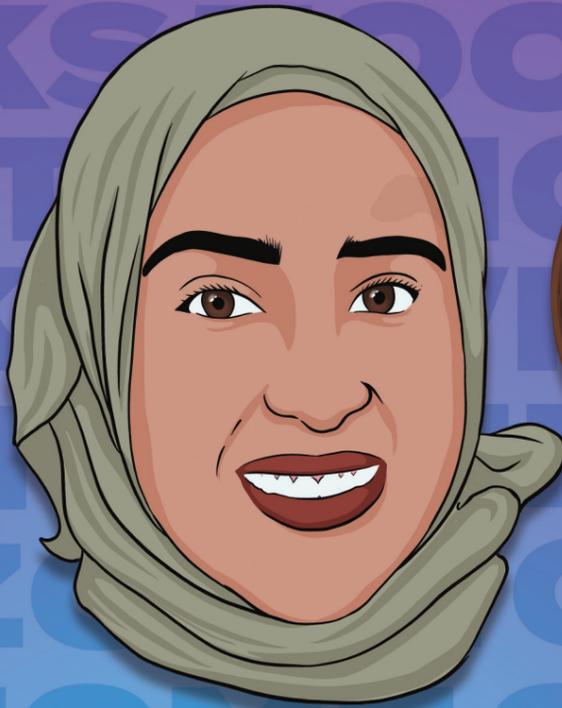


INTERROBANG





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theinterrobang.ca



FROM THE EDITOR Angela McInnes

Dear readers,
Welcome to Interrobang's final issue of the 2020/2021 year, and thank you from the bottom of my heart for picking up your copy.

When each year comes to a close, the Fanshawe Student Union's publications manager, John Said, immortalizes the latest issues of Interrobang into black hardcover periodicals that go as far back as the mid '70s.

With this fact in mind, I'm sure future editors will review what life was like during the first year of the coronavirus pandemic. Once every hundred years or so, an event takes place that shapes that particular era in human history. For the first time ever, we can now witness that event through the eyes of Fanshawe College students.

Therefore, this issue is our time capsule, with our special section featuring our staff's personal reflections on the past year. This issue celebrates their perseverance, resilience, and achievements.

On that note, I'd also like to take this opportunity to bid you all farewell. My time with Interrobang, particularly the past 12 months, has been extraordinarily transformative. I'm off to build my career as a journalist and venture further into the great unknown.

As a great man once said — when the going gets weird, the weird turn pro.

See you around, London.

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca

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PARTNERS



A farewell from Fanshawe's second-year collaborative nursing students

Salma Hussein
INTERROBANG

Fanshawe's nursing collaborative program has nurtured wonderful nursing students who are passionate and caring as they move on to the next part of their nursing career.

It has been a rollercoaster of two years as we have experienced first-hand how inspiring our future profession is. As a member of the Western-Fanshawe Collaborative Nursing Program of 2023, I can proudly say that we are grateful and honoured to have been part of the Fanshawe community for these past two years, and as sad as we are to say goodbye, we are forever thankful for how much this institution has given us and prepared us to be the nurses we will be tomorrow.

My fellow peers in the year-two collaborative program wanted to share their appreciation and final farewells to the community that has taken us in for the beginning of our nursing journey.

Aira Guerrero: "An unforgettable experience."

My first two years of the Collaborative Nursing program at Fanshawe have prepared me with the skills, confidence and knowledge to become a competent, caring and compassionate nurse. I was able to enhance my assessment, leadership and communication skills with standardized patients, which I can carry forward to my placement and future nursing career. The instructors have been extremely supportive, engaging and genuinely caring towards their students. I look forward to progressing in the program at Western, but I will miss the resources, mentorship and guidance from our instructors

at Fanshawe. This journey has been phenomenal and an unforgettable experience.

Hillary Perron: "We started our journey here."

My time at Fanshawe prepared me not only to further my education at Western U, but also for my future nursing career. I appreciated the time in lab with the professors and second and third-year students who deepened our understanding of the profession. With the skills I gained through Fanshawe, I feel extremely prepared to continue my studies at Western. The friends I have made here and the memories we've made in this school were only possible because Fanshawe brought us together. We started the journey here and because of the program, school, and professors, we can continue and move on to the next chapter of our education.

Chloe Keaney: "Gave us the chance to create a community."

Being at Fanshawe for the past two years has been such a great experience. There were smaller class sizes, more lab opportunities, and a welcoming atmosphere. Fanshawe allowed us to get to know our professors and peers on a more personal level and gave us the chance to create a community that has enriched our learning experience. I think this has allowed us to create a strong foundation in learning and socializing that will enable us to transition smoothly onto studying at Western.

Kyla Warner: "A home away from home."

The nursing program at Fanshawe has given me hands-on experience through the lab, working with standardized patients and placement. Despite the pandemic, the nursing professors at Fanshawe continued

to teach us online and in person where possible, providing support and sharing their knowledge. I am looking forward to moving to Western and continuing the last two years of the program but will be returning back to assist in labs for second year students at Fanshawe! I have appreciated the beautiful campus, the people I've met, the professors, and the experiences I have had here. I am going to miss the people that have given me a home away from home.

Quinn Salt: "Lifelong friends... and wonderful memories."

The last two years at Fanshawe has left me with more than just an education. Fanshawe College gave me the opportunity to make lifelong friends, engage with excellent professors, and make wonderful memories. Leaving Fanshawe represents an ending to one chapter in life, but also a beginning of another chapter. One at Western. Fanshawe prepared me and my peers to make the leap over to university and hopefully become the successful nurses our professors here at Fanshawe want us to be. Through all the stress of assignments, tests, and deadlines we can finally say, we're halfway done our journey. I am grateful for choosing to go to Fanshawe, because I undoubtedly appreciate and will cherish my time here."

Taylor Addison: "I will remember forever."

I have really enjoyed my experience at Fanshawe these last two years. I have found that it's very easy to feel comfortable at this school in a very short amount of time. I'm so thankful for all the experiences I've had and all the people I've met, who I will remember forever. My only wish would have been to have had more time here. It's bittersweet,



CREDIT: SALMA HUSSEIN

A final thank you and farewell to Fanshawe from the nursing class of 2023.

especially with COVID and how fast we have to move on to Western from Fanshawe. I can only hope that the memories formed at Fanshawe will continue as we enter this new transition/time in our lives as students. Thank you to our professors,

our program, and all of Fanshawe. Thank you for being our beginning and giving us the chance to be the future nurses we aim to be.

Forever grateful,
Western-Fanshawe Collaborative Nursing students of 2023.

New state-of-the-art Oral Health Clinic a win

Skylar McCarthy
INTERROBANG

Fanshawe College has a newly renovated, state of the art, Oral Health Clinic for dental students to help out their studies.

In both the dental assisting program and in the dental hygiene program, students will work on mannequins, then work on peers before they work there way up to live clients with supervision. Construction on this new clinic began on A-Building in December 2019, and the clinic will be live to clients starting in May.

Kelly Turner, dental hygiene program coordinator told Interrobang that for almost 20 years, students would have to travel back and forth from Fanshawe to Western University.

"We're really pleased that we'll be able to open up this new clinic here at Fanshawe College so that our students are all in one place," Turner stated. "Logistically that makes everything a little bit easier for the students."

Jennifer Cooper, dental assisting program coordinator, said that the equipment they have is the best you can buy.

"The chairs that we have the operatories that we have, the software systems that we have, right down to our sectioning systems, everything is brand new," Cooper said. "It's

more advanced than what you'd see in some dental offices unless they've had a recent renovation."

Turner also said that with all the equipment in there, they had to build the clinic with COVID-19 in mind and have good infection control in place.

"Everything with infection control has gone to a higher level is called additional precautions. We've got the ventilation that is necessary to help protect the students, the faculty and the patient when they come in," Turner said. "We also have put barriers in place. So, we've enclosed each of the cubicles so that keeps everyone safe with the procedures that we do."

In terms of how the programs have been running with COVID-19, Turner said that last March students abruptly stopped providing care to clients due to the shutdowns and that they haven't had the opportunity for about a year. She explains how they were able to get their skills back.

"Fanshawe offered a refresher course this winter that the students are doing. They are going back to the basics, learning their instrumentation, they get to do those digital radiographs again to practice on a mannequin, and now practising on a peer, getting prepared for when we open again for the public," Turner said. "The students have been really happy with the refresher course, that's really helping them feel



CREDIT: ANGELA MCINNES

For the last few years, dental students had their studies both at Fanshawe and Western. The new oral health clinic in A-Building will help students stay in one place.

confident again to open up the doors to the public."

Turner also said that they want to have clients with all different types of oral health. They are looking for clients of all ages for students to examine this summer. Patients are

able to have a checkup with a dentist, have radiographs or x-rays and able to have a polish and a fluoride. They can also have nutritional counselling for your oral health.

Finally, patients can have a complete examination and full mouth

cleaning. If you would like more information or would like to book an appointment, please visit fanshawec.ca/programs-and-courses/academic-schools/school-health-sciences/oral-health-clinic-fanshawe-college.



CREDIT: YIFEI ZHANG (GAZETTE)

The Huron students' council says the college's plan to break from Western University is not in the best interest of students.

Huron students' council condemns college's proposed split from Western

Hope Mahood
GAZETTE

Huron's students' council spoke out against their colleges' plan to end its formal affiliation with Western University.

"In its current form, Huron [University Colleges]'s proposal has not been shown to be in the best interests of students or the institution," Huron University College Students' Council said in their Monday statement.

The council said their stance is based on a unanimous vote from councillors during their General Assembly meeting and a survey of 280 Huron students, where 92 per cent of participants said they do not support the colleges' proposal to split.

Huron is currently consulting with students and faculty about their move to disaffiliate — something the college expects to continue for weeks to come after student push-back following the announcement. While Huron initially hoped the class of 2026 would graduate with their namesake, they have since pushed that timeline back to consult further.

The HUCSC's report claims Huron's consultations so far have "been insufficient in both informing the student community and collecting feedback."

The council maintains they will not support the university's move unless substantial changes are made to the consultation process, including delaying the Huron Board of Governors' vote on the split until the college can run in-person consultations.

The statement also asks Huron to publish a formal framework explaining the goals of their consultation process and inform Huron students

of the positive and negative impacts the split would have on the college.

HUCSC president Ziyana Kotadia said she believes this is the first time the students' council has openly opposed Huron's senior leadership.

The council published their statement alongside a 29-page report detailing the reasoning for their opposition and releasing the findings of their surveys and consultations with Huron students.

"Students are the stakeholders who have the most insight into what a good student experience looks like," reads the report. "[They] are the most qualified to speak to how Huron's proposal impacts that experience, both for current and prospective students."

Ninety-four per cent of students surveyed for the report said Huron's affiliation with Western influenced their decision to attend the liberal arts college and many said having continued access to Western and University Students' Council services is "extremely important" to them.

So far, Huron has maintained that current students and the class of 2025 will not be affected if the college goes ahead with plans to split from Western — the class of 2027 would be the first to receive Huron degrees. But, it is unclear how this would apply to students' ability to access Western and University Students' Council services such as libraries and the bus pass.

The report also questions the college's apparent rush to implement the split, noting this urgency has not been justified to the community and "should this proposal not be passed, there is little admission levels, infrastructure development and reputation will not continue to improve."

Quaran-tunes celebrates Fanshawe students and alums

Hannah Theodore
INTERROBANG

On the one year anniversary of the lockdown that ended in-person learning, Fanshawe College released Quaran-tunes.

The playlist features music by students and alumni from the College's music industry arts (MIA) and audio post-production (APP) programs produced during the pandemic. The playlist features over 50 songs from 28 artists and stands as a follow up to the Fanshawe MIA's JUNO History playlist that was shared during this same week in 2019 as part of JUNO celebrations in London.

One of the artists featured was MIA grad, Sarina Haggarty. Her singles 'Easy Tiger' and 'Not Over You Yet' are both featured on the playlist. Haggarty has been working hard over the past year on an LP, as a follow-up to her two previously released EPs. She said she felt extremely fortunate to be included in the playlist, after a difficult year without live music.

"I felt pretty lucky," she said. "I was happy being a part of the program in general."

Haggarty is among good company on the playlist, featured next to notable MIA acts like Lost in Japan and Texas King. She said the MIA family is a tight-knit group that looks out for one another.

"They're such good and kind people," she said. "So I know most of them all very well. I definitely miss everyone, that's the sad part."

Haggarty has struggled over the past year, after COVID-19 cancelled all in-person concerts, leaving musicians without a steady source of income.

"It's been hard because there's not a lot of things happening," said Haggarty. "It's really different, because I'm more of a traveller, and a person who goes out. But it's different being stuck in your house, or getting full time jobs that have nothing to do with music."

Despite the challenges, Haggarty has been lucky enough to continue working with MIA graduates, writing songs over Zoom with alums like Alex Emrich.

"He's an incredible producer, so he was one of the first ones that I co-wrote on Zoom with," she said.

The playlist was released with three goals in mind: create something Fanshawe students, staff and community could enjoy, mark the one-year anniversary of the pandemic lockdown in a positive manner, and support MIA and APR students and alumni whose musical endeavors were turned upside down by the pandemic.

In a statement released by the College, MIA program coordinator, Dan Brodbeck said he was "extremely proud of our students and grads for taking an obviously bad situation and turning it into something positive."

In a blog post released alongside the playlist, the students highlighted the power of music to get us through difficult times.

"Music plays a key role in marking important events, often like a



CREDIT: FANSHAWE COLLEGE

Quaran-tunes features over 50 songs from 28 artists, all of whom are either current Fanshawe students or grads.

soundtrack to our lives," read the post. "We also remember the tracks that helped us through the most challenging times of struggle, sadness or loss."

That's just what Quaran-tunes does. While live concerts may not be a possibility for some time, artists like Haggarty are finding ways to keep busy, by getting involved with online concerts like Revive Live. In the meantime, Haggarty said the playlist will have to do for now.

"Especially if you're a Fanshawe student, you should check out where these artists are now and what they're doing," she said. "Whether you're musical or not, at least you have something in common with me, or Dan Brodbeck...there's a lot of artists and there's a lot of genres. If you listen to it, you'll enjoy it no matter what."

Western mandates three-layer masks on-campus, says cloth masks insufficient

Hope Mahood
GAZETTE

Western will no longer accept cloth face masks as suitable protection from COVID-19 while on campus.

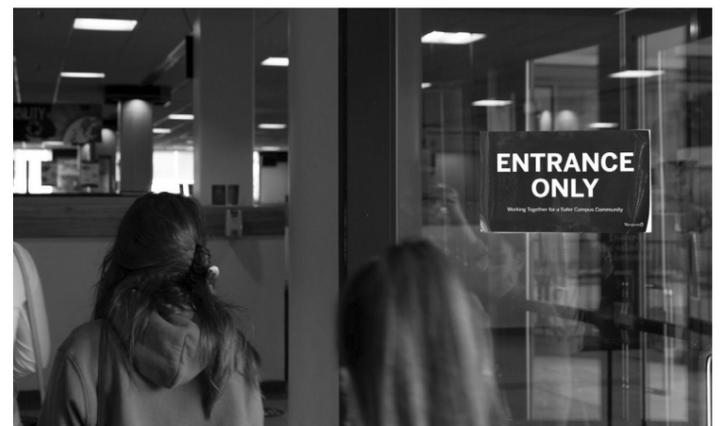
Starting this week, all students and staff must wear three-layer non-medical masks on campus, including in residence buildings.

Western University will distribute three-layer masks to all students living in residence. Undergraduate students living off campus can email facecoverings@uwo.ca to request their masks.

Western initially handed out two-layer cloth masks in September, which will be insufficient protection under the new regulations.

The change comes as part of Western's plan to combat the spike in student cases amid the third wave. Western students have been at the centre of four community outbreaks in the past five days — at least 39 students have tested positive.

Western also confirmed Tuesday that "some Western employees in one unit have also recently tested positive," though the health unit has not yet declared an outbreak.



CREDIT: YIFEI ZHANG (GAZETTE)

Students enter the UCC wearing masks.

The university did not release further details.

In-person classes and exams will not be impacted by London's transition into the red zone.

In addition to updating face-covering protocol, Western is also tightening regulations in residences. As of this week, all residence common areas, including lounges and study rooms, are closed and "students must wear face coverings at all times when outside their bedrooms."

Three of the four active Western

outbreaks are in student residences; Ontario Hall and Saugeen-Maitland Hall have at least 11 cases each and Elgin Hall has seven. The fourth outbreak is linked to two "business student social" gatherings.

At least three of the student outbreaks have at least one variant of concern, according to the Middlesex-London Health Unit.

Western staff and graduate students should contact their faculty or unit designated requisitioner to collect their mandatory three-layer masks.



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

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Fax: 519.451.8831

BOG.student@Fanshawec.ca

Tom Hutchison-Hounsell

Student Representative to
The Board of Governors

Western students say perseverance, community got them through a difficult school year

Danielle Pineda
GAZETTE

The transition to online classes, social isolation and increased mental health struggles over the past year has been a challenge for university students across the country. And while many students look back at the past year with disdain, many also highlight their own perseverance that helped them get through the difficult year.

As the year of Zoom University comes to a close, many Western University students are reflecting on this far cry from normal.

“When I first applied to university and went to those fairs where everyone was advertising their university experience, I always thought it was bullshit and I think what this year really taught me was how much more I was getting from uni outside of academics,” says Neha Khoral, a fourth-year English student and creative managing editor of the Arts and Humanities Students’ Council publications.

“[Things] like getting to know your campus, getting to know people ... it really becomes a small city that you know the ins and outs and there’s a comfort and solidarity in that, and the coronavirus pandemic completely got rid of that component.”

“I think one of the most important things I’ve taken away from this year is the importance of community,” adds Cobourn Sands, fourth-year English and theatre studies student.

As Theatre Western’s coordinator for 2020-21, Sands was in charge of running what were once in-person productions during the pandemic. Much of what he did centred on maintaining the sense of community he knew others craved.

“I only managed to make it happen [this year] because of the people involved in the community. It was their desire, passion, dedication and hard work that made it possible for me to make live theatre happen,” says Sands.

Callista Ryan, fifth-year international relations student and incoming vice-president communications of the University Students’ Council, highlights the constant changes thrown at students this year.

“This year has been one of transition — from quarantine, our routines and our classes. These transitions kept coming with changing regulations and the pandemic,” she says.

“If there’s one thing I’ve gained from this, it’s that I’m much quicker to adjust and accept what I cannot control and do the best that I can to navigate a challenging year. We all still have a few more transitions to go ... but I’m ready to adjust again and again — and probably again.”

Sara-Emilie Clark, second-year political science and English student, like Ryan, recognizes this year as one for adaptation.

“Prior to 2020, I always had a concrete idea of what my life was gonna be like. For me, I like to plan out every inch of my life, but going with the flow has been very informative for me,” says Clark. “The pandemic put into perspective that there’s nothing concrete about life, so just bite the bullet! The only certain thing about life is that it’s always going to surprise you.”



Western students reflect on the year that made them stronger.

CREDIT: YIFEI ZHANG (GAZETTE)

As an Essex soph, Clark also explained sophing posed unique challenges this year — with no soph partners and 70 virtual frosh, it was difficult to connect with all her first-years. However, that didn’t stop her from connecting with her frosh, by doing small but genuine gestures such as posting sticky notes of positive encouragement on students’ doors.

“I know that it’s a tough time for people and it may be harder for those who are introverted as opportunities to socialize aren’t as available. I was also introverted during first year so I know what it’s like,” she says.

While several pandemic experiences are universal, the pandemic posed additional challenges for some communities. Kayla Burt, a second-year medical science student, says she benefited from the goodwill of her peers.

“A really good part about this year is that being in my program — which is highly talked about as a very competitive program with unfriendly students and stuff — was proven to be so untrue,” she says. “So many people I was surrounded by had the mindset of ‘let’s all figure this out together and get through it together.’”

Burt was lucky to find these classmates-turned-friends but was not immune from witnessing the academic flaws of online learning. Burt says while many professors tried their best to accommodate students, for example by giving more time on exams, it is hard to meet each students’ needs with the sudden digital switch and some accessibility concerns were left behind.

Although some may have adapted better than others, many students noted the detrimental effects online learning has on the mental health of students who may already be suffering from the stress and isolation caused by the pandemic.

The emphasis on accessibility and mental health also grows as students cope with limited in-person opportunities, a particular area of hardship for those who are accustomed to — or were hoping to be — greatly involved in the university community, by joining clubs and attending events as a way to socialize and make friends.

But between the good and bad impacts of this year, one stands above the rest.

Lindsey O’Hearn, second-year sociology and French student at Huron University College, speaks the importance of also prioritizing yourself.

“This year I found I really struggled with my mental health and I felt myself declining in so many ways and just did not feel like I recognized myself. I think it was this downfall that led me to realize that I need to be taking better care of myself,” explains O’Hearn.

“We need to stop being so hard on ourselves and just slow down to take a second to be proud of how far we have come and just give ourselves a pat on the back instead of being so harsh on ourselves all the time. Without self-care we cannot do anything to the best of our ability.”

Sinan Abidi, a third-year statistical sciences student, agrees with this idea.

“Two years ago, I was a couch potato who would just go to work to pay bills and study just enough to pass and had no direction in life. I also had pretty bad anxiety and I found it difficult to spend time alone. When COVID-19 started all of that immediately got worse as I was stuck indoors, I lost my job and I gained a ton of weight,” he adds.

“I realized that maybe the world being frozen is the best time for me to start moving, it was an opportunity to catch up with the world and get out of a vicious, draining and self-deprecating cycle.”

He explains that making the effort to cut down his screen time, starting his day by exercising and doing thirty-minute sprints of studying, he was able to achieve his goals of getting better grades, saving up and getting in good shape.

“I look at the pandemic as a gift in the sense that it gave me the one thing I lacked in life which is time. Time for me and time with my family, something which I never truly could appreciate before COVID-19,” adds

Vanessa Damiani, a third-year biology student.

“With the adaptation of living back at home and online school, I was able to establish a schedule for myself that took care of my mind, body and soul. Now being able to form a routine that takes care of every aspect of my health, I’m excited to move forward into the new year carrying on the attitude that life is short, sweet and precious.”

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Help a good cause while having fun

Ian Indiano
INTERROBANG

Although the world as we know it was completely disrupted by the pandemic, if we open our eyes, we'll find stories that fill our hearts with hope. There are people everywhere still fighting for what is good and having great ideas to keep the world spinning in the right direction. Thinking of that, one of the greatest (and newest) initiatives is the Forest City Cycling Challenge (FCCC).

If you like exercise and helping social causes, this is the perfect event for you. Happening this June and sponsored by Lerner Lawyers, the FCCC's goal is to raise funds for youth mental health and promote healthy and save outdoor activities.

The event takes place June 5 to 13, coinciding with the beginning of "Cycling Month" in Ontario. Due to the pandemic, this year will be "virtual," with subsequent years planned to be in-person. This means that cyclists will follow their own routes between pre-established checkpoints in the city, where you can record your arrivals with an FCCC passport.

The cyclists can start and end their rides anywhere in the city. At each checkpoint, that includes stores, tourist sites and cafés, you will find deals or discounts for the registered participants. There are also suggested routes provided by the organizers for all ages and abilities of cyclists. And that's not all, the completion of routes and checkpoints also grant participants entries into draws for many prizes.



The Forest City Cycling Challenge is your chance to get fit while supporting the community.

CREDIT: PROVIDED BY LERNER LAWYERS

Besides being great fun, the event proceeds will go for an extremely important cause. The raised money will be used to support youth mental health through the Mental Health Incubator for Disruptive Solutions (MINDS), a fantastic project at St. Joseph's Health Care London focused on finding new ways to improve care for youth facing complex mental health challenges.

MINDS provides support through programs and research to understand and help those impacted by mental illness in London-Middlesex. Your support of mental health initiatives is especially important during these times of heightened social isolation and uncertainty. According to Statistics Canada, preliminary surveys suggest 64 per cent of youth are experiencing a negative impact following

physical distancing requirements. Also, youth are most likely to report symptoms consistent with moderate to severe anxiety. Therefore, every little bit helps.

The basic registration costs \$25, plus transaction processing fees. All registered participants will receive an event kit and a t-shirt. If you raise \$100 or more for MIND, and you receive an official event passport,

which gives you the discounts at participating vendors and entries into draw prizes at the end of the week. Raising \$300 or more, you receive all \$100-level benefits plus a limited edition FCCC cycling jersey. The goal of the event is to raise at least \$30,000 in total for the Foundation. The top fundraiser will receive a prize.

For more information and registrations, visit ridelondon.ca.

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

Ian Indiano
INTERROBANG

The last Off the Radar edition of this school year is not optimistic — neither is it romantic in its pessimism.

As we once more move to a red zone, or possibly grey, in London-Middlesex, the world continues to be a mess. The number of different disputes of power and money, that roll over human lives as if they were nothing, keep rising, one after the other. A ship the size of the Empire State Building can be removed in a matter of days at the Suez Canal because it was compromising global commerce and rich people were losing money, but not enough can be done to protect the environment or save people from themselves. The phrase "it's easier to imagine an end to the world than an end to capitalism" (Fredric Jamerson) could not be more (painfully) true.

Like the musicians on the Titanic, we are still playing as the ship sinks, and Off the Radar is still here trying to call attention to what we are not paying attention to.

Oil refinery on fire in Indonesia

A massive fire broke out on Monday, March 29, at the Balongan refinery, one of Indonesia's largest and most important oil refineries. More than 950 residents have been evacuated from the region. At least five people were injured, and a few have been reported missing. The cause of the fire is unknown. The Balongan Refinery feeds petrochemicals and fuel to the greater Jakarta area. The government said that the "fuel delivery to the public is

undisturbed and currently still ongoing." The refinery is state-owned and relatively new, operating since 1994. Authorities and the public are calling for an investigation.

Coup in Myanmar: Hundreds killed

The numbers are devastating. The Assistance Association for Political Prisoners (AAPP) confirmed more than 400 deaths, including children, after last month's military takeover. Myanmar is facing a concerning escalating wave of violence by security forces. Protestors said they will continue to fight regardless. The South East Asian country coup happened in retaliation to Aung San Suu Kyi's victory in an election early this year. Suu Kyi is a human rights activist and Nobel Peace Prize laureate. The deadliest day of the conflict was March 28, the annual Armed Forces Day, where more than 90 people were killed, some of them in their own houses. U.S., U.K. and E.U. officials severely condemned the violence, and the national and international press are calling it a "massacre."

China bans U.K. MPs

Claiming that they were spreading "lies and disinformation," China has imposed sanctions on nine U.K. citizens, including five MPs. The measure is a response to the measures recently taken by the U.K. government against human rights abuses against the Uighur Muslim people in China. These measures were co-ordinated with the European Union, U.S. and Canada. Those banned cannot enter China, Hong Kong and Macau, their properties in China were frozen and Chinese institutions are prohibited from doing business with them. The



CREDIT: IAN INDIANO

A coup in Myanmar, a massive fire in Indonesia, the Uighurs crisis in China and more this week in Off the Radar.

ban was already expected after the sanctions imposed on China over the Uighur crisis.

The Uighurs crisis: What is it?

China is being accused by human rights groups around the world of genocide after detaining more than a million Uighurs over the last years in what they call "re-education camps." There is evidence suggesting that the Uighurs are being used as forced labour and women being sterilized by force. These claims configure crimes against humanity. Chinese authorities deny these

accusations, saying that those camps are combatting Islamic extremism and separatism. The Uighurs are an ethnic group, mostly Muslim, living in north-western China. They are about 12 million and speak their own language, which is similar to Turkish.

Brazil's Bolsonaro calls lockdown "tyranny"

Speaking of genocide, Brazilian President Jair Bolsonaro has described state governors and mayors as "tyrants" who have imposed lockdowns to contain the

spread of COVID-19. His comment was said at his birthday celebrations recently, only a few days before Brazil passed the mark of more than 3,000 deaths a day. Although the Brazilian public health system is on the verge of complete collapse, Bolsonaro still maintains his claim that lockdowns are not necessary, and that people should "stop whining" about the pandemic. Brazil has more than 300,000 deaths since the beginning of the pandemic, showing Bolsonaro's complete fiasco at managing the pandemic.

The end of the world?



Michael Veenema
RELIGION

I began my last article by saying that the two most important days in the world-wide church calendar are coming up.

They are Good Friday and Easter. A slight correction: Western churches and Eastern churches have different dates for both those days.

So, for example, The Roman Catholic Church, a Western church, has different dates for Good Friday and Easter than The Russian Orthodox Church, an Eastern church. However, the dates are always close, and I am quite sure that nothing hangs on the differences anyway.

One of my go-to images at this time each year is by artist He Qi. He Qi was born in China and grew up during the infamous Cultural Revolution, 1966-1976. The university in which his father was a professor of mathematics was closed by the government. He Qi himself was sent to a labour camp for “re-education.” While he was there, an older friend taught him how to paint. This resulted in an event that changed He Qi’s life.

He stumbled across an image called *Madonna* by an Italian artist of the 1500s, Raphael. (Raphael painted more than one *Madonna*.) The painting depicts the mother of Jesus, Mary, with her child. He Qi tells about the sense of peace he experienced at seeing the image (YouTube video entitled “He Qi — The Peaceful Message: In His Times”). That painting, and the feeling of peace it provoked in He Qi, contrasted sharply with the violent ideology of Marxist China.

Since those years He Qi has earned a PhD in fine art and dedicated much of his life to painting the stories of the Bible so that the Chinese may be exposed to the Gospel (literally “Good News”) of Christ. His work has elements of European modern art, Chinese art, and folk art, making it accessible to viewers from Hamburg to Beijing to White Horse.

The image by He Qi that I am including in this article is titled, *The Crucifixion*. Red is a dominant colour, signifying judgement and pain. It resonates with the disturbing image at the centre of the work. There we see Jesus Christ crucified. (Crucifixion was common in Jesus’ time.)

The crucified Christ is depicted, firstly, in the four accounts of his death in four different

books collected in the Bible. Secondly, his death is presented in countless paintings and films. Nearly all of the depictions bring to mind the suffering of Christ for the sins of humans everywhere. He takes upon himself the penalty for — he attracts onto his own self God’s judgement upon — greed, murders, thefts, judgementalism, deceptions and all other sins.

Some people, in an attempt to do justice to the global impact of the image of Christ’s death, claim that it is the clearest representation of the archetypal scapegoat and the sacrificial lamb. Both of those are clearly presented in the pre-Jesus parts of the Bible, in the Jewish tradition. And Jesus accepted them as defining much of his identity and mission. He especially saw himself as the “lamb of God.”

However, he did not see himself as a mere symbolic representation. He saw himself as the ultimate sacrificial lamb and scapegoat, the one provided by God.

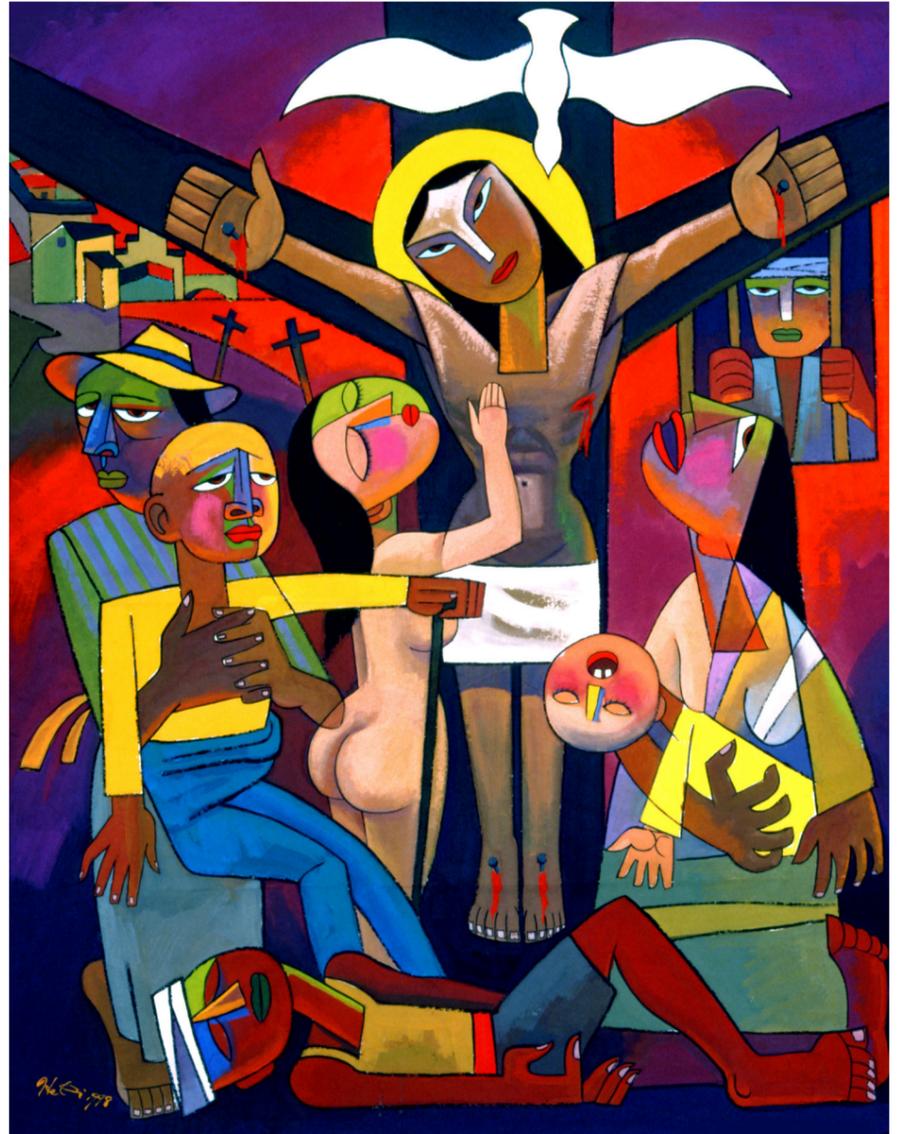
The followers of Christ all over the planet see him that same way. In other words, Christians do not have faith in an archetypal, symbolic figure. They have faith in the ultimate sacrificial lamb.

But the larger focus of this painting is not the actual suffering of Jesus. Rather, it is the effect that his death has. It brings God’s forgiveness, healing and peace to the guilty and broken people of the world. We see a man bringing an unwell adult, likely his son, to Jesus. We see another figure at the bottom of the painting, severely injured or ill, perhaps dead. We see a mother bringing her child who appears, if not dead, very close to being dead.

Holding onto Jesus is a naked woman. This is not meant to suggest any kind of sexual encounter. Rather, it recalls that in the biblical accounts of Jesus, women who were sexually exploited were not discarded by Jesus. He supported them and gave them a new start. Also, in some of the stories of Jesus we meet “sinners.” This was most likely a discreet — but very well understood — way of referring to prostitutes.

In the background we can see a collection of dwellings, bringing to mind not only that Jesus died just outside the walls of Jerusalem. The collection also reminds us that Christ came for all persons and went out to meet them where they lived. The Son of God travelled among the Israelite towns and cities of his time.

On one side of Jesus we see a figure behind bars, indicating Jesus’ interest in people convicted of crimes. He spent his last night in



CREDIT: USED WITH PERMISSION FROM HE QI

This Easter, remember the impact of Jesus’ death on humanity, which brings God’s forgiveness, healing and peace to the world.

a police custody of sorts, being interrogated under torture. And on the other side, there stand two crosses, recalling that Jesus died with one offender on his right and another on the left.

Jesus Christ suffered and died in order to bring God’s forgiveness, peace and restoration. His arms are outstretched to embrace all people in our troubled world. He Qi has painted the cross in the shape of a 1960s peace symbol. Above, he has placed a white dove, a biblical symbol of the Spirit of God. The Spirit

is not only a source of God’s power. He also turns the hearts and minds of people towards the bringer of peace, Jesus.

The days of our wars, social media quarrels, and domestic abuses are numbered. Jesus’ death opens the way to renewal for us and our world. That is why Good Friday is called “good” even though it commemorates a horrific death. And it is why, on Easter Sunday morning(s) there will be music, prayers, and celebrations pouring out of church buildings and Christian homes all over the planet.

What the hell, Ontario?

Angela McInnes
INTERROBANG

The third wave is here, and Ontario is drowning.

A year ago I held out hope for our province. Not out of naiveté, but because these are extraordinary circumstances; I had no basis at the time to doubt the durability of our responsiveness to a global pandemic.

I do now.

Here’s a snapshot of where Ontario sits according to a March 29 analysis from the province’s COVID-19 science advisory table: Hospitalizations are 20 per cent higher than at the start of the last province-wide lockdown. Variants that are more deadly are circulating widely. They take up 67 per cent of Ontario infections, with a 60 per cent higher risk of

death. These variants are 2.7 times higher in areas where essential workers live, and are increasing at the fastest rate amongst low-income essential workers.

As few as 10 per cent of low-income workers have paid sick days. Black workers are nearly two times as likely to be considered low-income.

Dr. Peter Juni, the table’s scientific director, summed up the analysis.

“Right now in Ontario, the pandemic is completely out of control,” Juni said, adding that there is “no way out” of what’s to come within the next few weeks without a widespread lockdown and paid sick leave for essential workers. Vaccinations are simply not enough to put out this fire, especially when they are being doled out by age groups — problematic as this method leaves out essential workers and people living in COVID-19 hotspots.

Delays to vaccine shipments also do not help the situation.

And as for the Ontario public, anti-mask rallies are doing little to help as well. Please tell me, someone, the logic behind gathering maskless, in droves of hundreds, to deny the reality of a virus? A virus that has been proven to exist countless times by countless experts?

The correlation between rising case numbers and these protests is undeniable.

And students of London, stop gathering in large groups. I’m done bending over backwards to understand your need to ‘blow off steam,’ or whatever the excuse is. You account for 20 per cent of our local cases. Find ways to decompress at home until this shit storm blows over, for the love of God.

TLDR? Here’s a recap of grievances: No sick leave for low-income essential workers. A slow, disorganized vaccine rollout with multiple



CREDIT: TARIK KIZILKAYA

Opinion: It was nice knowing you, Ontario.

shipment delays. An ignorant public, and a reckless student demographic. The worst part is that this has been the pattern of the past 12 months, with no behavioural changes in sight on both ends of the government and the people. Happy Easter. We’re all doomed.



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

PERSONAL REFLECTIONS BY INTERROBANG STAFF



Hannah Theodore

FINDING CERTAINTY IN UNCERTAIN TIMES: A REFLECTION OF THE PAST YEAR

It's funny how a year that has felt so stagnant in so many ways has also been the one in which I've grown the most. About two years ago, I left my full-time job in the service industry to pursue journalism at Fanshawe. Now, I'm staring down the end of a two-year rollercoaster complete with a pandemic to boot.

What has always kept me afloat through my studies has been my time here, with Interrobang. I knew, being a mature student, that I was going to have to pay my way through school, even with help from OSAP and financial aid. For me, a part-time job was just something I had to do. But, being a mature student, I also had this gnawing feeling that I couldn't waste a single second of time at Fanshawe doing something that wasn't helping me advance my career. That might seem like a lot of pressure to put on one person, and it probably was. But it led me to my work study with the Interrobang, and the chance to work with our amazing editor, Angela McInnes.

Landing the job was the first moment I truly felt like I was on the right track. I wanted nothing more than to contribute to this publication and learn as much as I could from my peers and superiors. The work I got to do here at the Interrobang helped me excel in my program, giving me practice with interviewing and attending newsworthy events.

I remember I had just taken over doing our weekly video news roundups when everything changed. On one of my last days at Fanshawe in the 2020 school year, I was on campus to shoot a news roundup, including a quick note at the end that we would be continuing to provide updates on the COVID-19 situation. It would be the last video I filmed for that year. I said goodbye to our office and our videographer, not knowing it would be the last time I would see them for six months.

The rest of that school year was like crawling to the finish line. Still, I knew coming back in the fall that I would return to the Interrobang. I knew now, more than ever that our publication would stand as a physical, tangible memory of this time. Despite the monotony of writing stories that always felt like they had an asterisk (COVID), I knew that if anything, these stories were more unique than anything that I would ever write again.

See one day, a time will come when every interview doesn't end with a question about how COVID has affected the story. A time will come when our days aren't shrouded in anxiety, painting everything we do with an air of uncertainty and fear.

Lately I've been coming to terms with the idea that we'll forget about COVID-19 eventually. Maybe for a while, our policies and practices will reflect this era, but some day, probably within my lifetime, the mistakes we made and things we did now will disappear. We'll make the same mistakes again as our fragile human memories lose sight of how we got through COVID-19.

But this paper you're holding won't disappear. These physical reminders of not just what we did, but what we didn't do will last forever. Even if you throw this newspaper in the recycling when you're finished with it, it will go on to become something new, and the lessons you learned from the stories within will stay with you, at least for a little while.

I'm struck by the sheer cyclical nature of everything, as I look towards the finish line of college and my time with the Interrobang. I've been here before, when I graduated from Western University almost four years ago. Back then, I felt lost and unsure, without a sense of direction or purpose. But now, even coming into a world that is less certain than ever, I feel sure of my purpose; to tell stories, to listen and engage, to be present and pass on what I can to the next graduate feeling just as lost as I did four years ago. I'm so grateful to everyone who has taken the time to read the stories we've written over the past year. I hope they last forever.

AN UNFORGETTABLE EXPERIENCE

This is the hardest 500 words that I have to write because they are the last ones of this year.

The COVID-19 outbreak has thrown us all off and changed our lives forever, and as a future healthcare worker this has been a life-altering experience. Sharing my thoughts and perceptions of news and events around our community through this paper was the most amazing and humbling opportunity of my time at Fanshawe.

Every single time an issue was released I was so proud to see my name and work published as it was proof of my hard work and contributions to the Fanshawe community. Each piece that I have put into Interrobang has a part of my ideas, perceptions, and perspectives that I have been through in my journey as a nursing student reporter. Each time an issue came out and my words were freshly printed, I would swell with pride knowing that I got to be part of something so amazing, and even more proud knowing that my work is always going to be here as a legacy of my time in Interrobang.

I feel so lucky to have been part of this team and to have my words and perspectives on healthcare issues and news be contributed to this paper. Undoubtedly, I have learned so much about this field; from pitching ideas, attending briefings, doing interviews to sitting in on conferences, the amount of knowledge I have gained in being a part of this crew is indescribable. This year was definitely memorable as we all had to redevelop this paper in a new way to adapt to the pandemic. Never have I been forced to be more creative and challenge myself to get out of my comfort zone and open myself to more opportunities as a reporter. What a humbling and exhilarating year.

I cannot emphasize enough how amazing and supportive the Interrobang family is, and how much that they have welcomed me as a nursing student without much of a publication or journalism background. Everyone is so talented and passionate, and their enthusiasm and innovation is contagious and makes you want to do your best. To everyone on the team, writers, editor, and illustrators, you have all made me feel so proud and grateful to work alongside you to create an amazing paper.

I think the best part about being a contributing member to this paper is seeing each issue come together with the work of the other Interrobang contributors and illustrators. It wasn't just about writing a piece, it was pitching an idea, writing about it, either complimenting it with a picture you took or having one of the very talented illustrators draw something for your piece, submitting your work to be edited, and then seeing the final version in an actual paper alongside other amazing writers that really excited me each time. Waiting for release day to pick up a copy of all our hard work was the most thrilling moment that always left me proud and anxious to write my next piece. Thank you to all our readers for taking the time to read our issues, you were also my motivation to talk about issues in our community.

Thank you, Angela, our amazing editor, for giving me this opportunity to feel pride for something I accomplished and pushing me to bring out my most creative self. I will be forever grateful and appreciative for this unforgettable experience.



Lance Dagenais

THERE IS AN END IN SIGHT

What do I say about the past year? It seems like so much has happened and nothing has happened all at the same time.

I've basically been occupying the same four square feet in front of my computer screen for the past eight months. Between assignments and working for the newspaper remotely, I feel like I never leave my office, and I'm always working. Finishing my final year of graphic design has been a challenge, the work load is heavy and the deadlines never end, but there is an end in sight.

I wish I could say the same for the pandemic. It seems like we are just beginning the third wave, and as introverted as I am, I am starting to miss people. At the beginning of this pandemic I didn't feel like there was much of a change in my everyday.

I'm not very social, and I typically avoid crowds at all costs, so it felt like I'd been training for this my whole life. I'm a master of staying home and my social distancing skills are unparalleled! Except now it's getting old. I want to hug my sister, I want to visit my grandpa and I want to play with my nieces.

But all pessimism (or as I like to say realism, lol) aside, I guess there is an end in sight, vaccines are rolling out (albeit slowly) and maybe we will have some semblance of normalcy in the near future. We will all be able to leave our offices and bedrooms, and we will be able to safely hug and visit our loved ones.

The world will be opened back up and we will all get back to doing the things we love. And I can get back to avoiding people on my own terms, because I want to, not because I have to!



Skylar McCarthy

WHAT I LEARNED THROUGH THIS COVID-FILLED YEAR

Wow, school is really about to come to a close for the year.

I'll be graduating after April, but it totally doesn't even feel like a celebration, to be honest. This year for me has been a lot of ups and downs not only physically, but also mentally and socially. If you had asked me back in November if I was going to weather the storm and graduate from my program, I would've told you no; I might have dropped out or deferred my last semester. But, one of the key things I learned this semester was to never give up.

I think everyone needs to have some sort of pressure that they have in their life, whether it's pressure from school, work or just life itself. I can say this entire school year was really difficult to manoeuvre and go through. The endless amount of times this year I had to check my emails, as well as the endless Zoom meetings that our program has really felt off.

While yes, near the end of the school year last year, we had to start using virtual technology to learn, it has been weird using it 24/7.

However, during the start of this year, I felt like doing my studies from home was actually a good thing. I could become lazy while working from my desk at home (which by the way, is the same place I've been writing articles for Interrobang). But after a few months of actually doing it, I do miss going to school for my studies.

I feel I actually get a lot more done at school than I do at home. I feel like I'm less distracted at school compared to when I'm home, where I'm not so distracted by my TV and video game consoles.

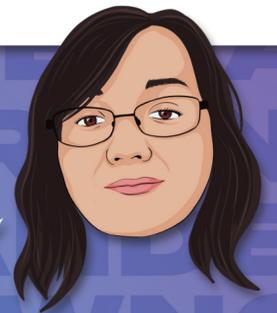
I think another lesson I learned this year was how to have time management. For most of my life, I had school, work and nothing else. But now having so many projects out there such as my own podcast, I really had to manage my social life, work life, school life and many more by using some time management. With time management, I won't feel tired with everything going on in the world today.

But on a serious note, I think a lot of this year was learning more about myself and what I want to do in my life. While a new change/new course could be underway for me, this year has certainly changed my career path. Coming into doing the Interrobang, I've learned so much not only for myself but also everything in the world.

I not only will graduate, but finish school back to back to back. Not a lot of people know this, but as a child I was diagnosed with autism. I had so many people doubt me, from people telling me I wasn't going to make it far, from teachers telling me I can't do anything I wanted to do.

Well guess what, I'm about to do it. I'm about to become the first person in my family to have graduated high school, went straight to college, and graduate. If you can put your mind into achieving something, then don't give up and remember you can do this.

As we head into the last few weeks of school, know that you did it. In a year unlike any other, you decided to continue on. Be proud of what we have done!



Cheyenne Dockstader

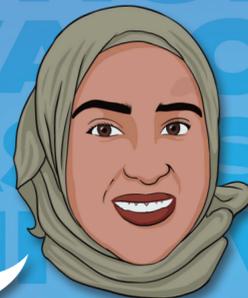
TAKING THE OPPORTUNITY TO CHALLENGE MYSELF

Working for Interrobang has been fun. This year was hard, I haven't been motivated to do much of anything, but being able to see my work in the newspapers all across Fanshawe, and even at Western University, has been an uplifting experience for me.

I constantly struggle with feeling that my art isn't good enough. The team has been very reassuring and has made me want to work harder. I am glad I was able to get work during quarantine as it gave me something to focus on that wasn't school related.

Also Interrobang has given me the opportunity to explore writing. I worked very hard on my article and even got to interview two amazing female artists which is something I didn't think I would be able to do. So even though it's been a difficult year of adjusting to online school and work Interrobang has been a very good experience for me.

I am grateful for the work and I truly appreciate how the team has helped me with having confidence in my own work and for all the reassuring messages. Thank you and I wish you all the best!



Salma Hussein

A YEAR OF TRUTH

Someone off-handily mentioned to me that this year, they felt like an octopus with their tentacles being pulled in every direction—a shared feeling deep within my spirit.

This year has been the hardest year I've worked with the least amount of return.

It's strange, I've always known time was fleeting but never really could say I cared until I found my passion. Sounds selfish but this year has taught me it's OK to be selfish so long as you can also be selfless.

The pandemic gave to light the many underlying issues that we, as a Canadian society, have collectively swept under the rug—parallel to how we've been dealing with our personal problems for some time.

It's been a year of truth; what kind of truth I'll leave up to you.

In my life, I've seen both a heavy regression and tremendous growth. Its impact is yet to be seen, but its weight is absolutely felt.

With graduation around the corner, the closing of this chapter in my life is imminent and I don't quite know what to make of it. What I do know, however, is that this year is one like no other.

I've changed for what I hope is for the better but could be argued for the worse.

I've become more fearless in my goals, commanding in what I want for and from myself, and impatient to the overflow of nonsense I see.

I've learned to unburden myself of my parents' past and accept them, flaws and all. So much so, I am openly embracing—rather than running from—our similarities in behaviour.

I've developed a much thicker skin when it comes to criticism of both myself and my creative endeavours. It's been illuminating to witness my progression of apathy towards matters that should not and do not concern me. It's become much easier to let go and just be rather than constantly worry.

I realized—albeit in a difficult way—the importance of a healthy work to life balance.

Most importantly, I realized kindness is not given to be reciprocated, and that's a bitter pill to swallow.

These life lessons have been a long time coming but were expedited due to the immense time spent alone because of COVID. Regardless, I can confidently say that I understand myself much better than I did a year ago.

Working to run a biweekly newspaper and weekly podcast during a pandemic will be an experience I will never forget.

The number of mistakes, adjustments and forced adaptability helped strengthen both my entrepreneurial spirit and mindset, allowing me to better plan my future.

It was a cathartic yet unusual experience earning money through the expression of my thoughts and feelings, one that I most certainly want to continue.

Overall, this year has been a tedious, yet tantalizing time and I wouldn't change a single thing—accept the amount of people that died due to the incompetence, greed and bureaucracy seen through the handling of this pandemic, but that's an article for another day.



Ilhan Aden



Ian
Indiano

THE GHOST OF A FALCON

For the past few years, the world has been giving me systematic classes on not expecting things to go as planned. These lessons started before the pandemic, but after last year, I think I'm ready to graduate.

Looking back to what Fanshawe College meant to me and what it means now would reveal a great change of perspective. In my first day of class, in September 2019, there was a guy dressed in an overall with flames blowing fire while balancing on a one-wheel motorized skateboard right in front of the main entrance of D building. I remember sending a picture of him to my friends in my home country. The halls were packed with people. The walls were pulsating with life. And I, alone in the middle of that sea of people, felt small.

My two eyes behind my glasses were looking everywhere, trying to learn how to read the red direction plaques or to understand the confusing instructional pictures in the recycling bins. I found my class, and for the first time I saw the faces of those who would become dear friends. Faces that within less than a year would be half covered with masks and converted into simply voices emanating under a pair of eyes. I didn't know what to expect from Fanshawe. I didn't know what to expect from Canada. Like a newborn child, I was amazed by a world I was seeing for the very first time. And like a newborn child I was unsure about my abilities to communicate. And surrounded by my classmates' heads in that room, devoid of personal identity so far, once more I felt small.

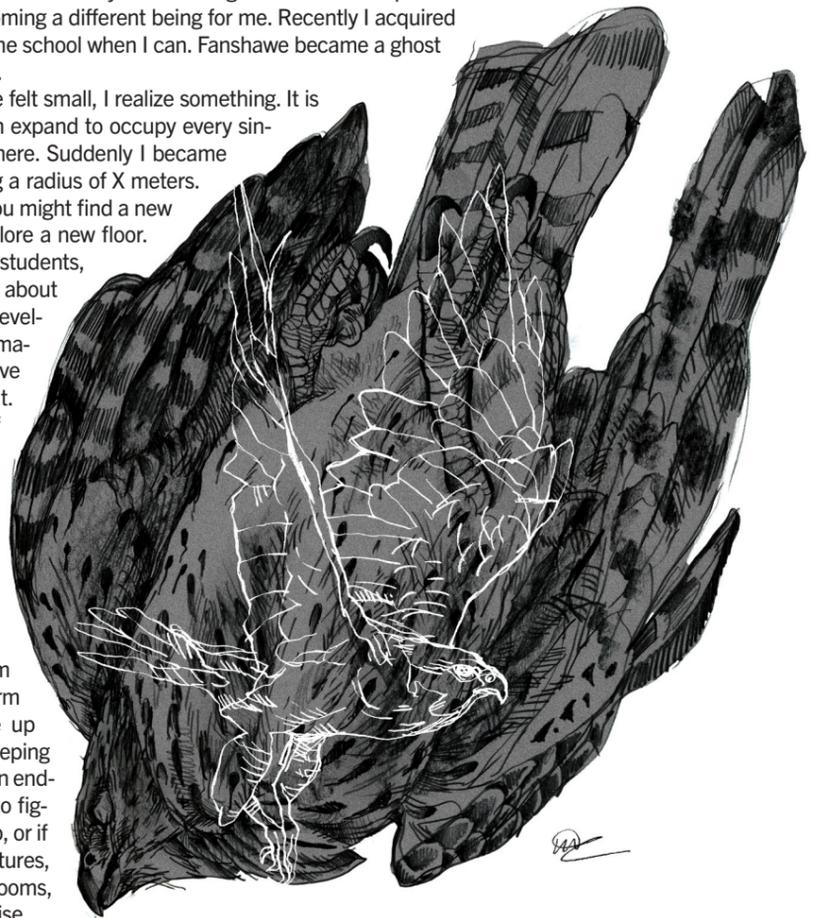
I lost the count of how many times I was wrong about when things would go back to normal. Maybe three months if the situation in Italy gets better. Maybe six if the vaccine comes soon. Maybe one year. Maybe two. Who knows?

What I do know is how my immediate reality became heavier, more palpable, and at the same time, ephemeral. How cold can a bus window feel when you're not supposed to touch it? How warm can my own breath feel under a mask? How fast can a Halls package be promoted to an indispensable companion now that I'm constantly smelling my own breath? Not only smelling it, but also seeing it, for it fogs my glasses, and opacifies an already tarnished view. How loud can my footsteps sound as I walk down an empty corridor?

I've been fortunate enough to be able to leave my house and go to school a couple of times a week. And I've been watching Fanshawe becoming a different being for me. Recently I acquired the habit of aimlessly walking through the school when I can. Fanshawe became a ghost town, and me, one of its few inhabitants.

As I walk the same halls where I once felt small, I realize something. It is amazing how a single human being can expand to occupy every single corner of an empty room if alone there. Suddenly I became a giant, the only breathing thing within a radius of X meters. The walls are like gallery walls, where you might find a new artwork if you turn a new corner or explore a new floor. Most of these artworks were made by students, from a time where we were all clueless about what awaited us in the 2020s. I have developed relationships with the vending machines, and I know one or two that will give you another treat if you shake it a little bit. I see chairs that moved, empty bags of Skittles, a cardboard box that wasn't here yesterday. Traces and signs other human beings left behind.

But is the desolation of Fanshawe a real phenomenon? Has Fanshawe become a ruin without being a ruin? And therefore, is the world around us a ruin without being a ruin? I say no, and I write these words to convince myself that I am wrong. Fanshawe is a sleeping pachyderm waiting for the right moment to wake up from its hibernation. A pachyderm sleeping within another sleeping pachyderm, in an endless chain of sleeping creatures trying to figure out if tomorrow is the day to wake up, or if it's the day after. I am one of these creatures, wandering around a labyrinth of empty rooms, waiting for the snow to melt. Waiting to rise.



EVERYTHING HAPPENS FOR A REASON

In 2015, I began to write horror movie reviews for Interrobang while studying public relations at Fanshawe College. I wasn't interested in journalism at all back then; my passion was cinema studies and I jumped at the opportunity to publish my "hot takes" on cult classics in the student paper. It was all just for fun.

My plan at the time was to graduate into a career in communications. However, we all know that the greatest lie we tell ourselves is that life will go a certain way.

Thanks to the encouragement of Jessica Thompson, Interrobang's editor at the time, I learned that journalism can be a powerful tool giving a voice to the voiceless. I went with the flow of what felt right and changed my life plan accordingly.

In 2018 going into 2019, I graduated from journalism school at Western University and returned to Interrobang as staff reporter. I look back fondly at what I now know would be my final year of normal, carefree life — working for the Fanshawe Student Union, taking guitar lessons and enjoying nights out with my roommate.

In 2020, I found myself leading a team of resilient Fanshawe students while we adjusted to the new normal of the coronavirus pandemic. I was terrified of all the unknowns. But I wouldn't trade the experience for anything in the world.

The 2020/2021 Interrobang staff poured their hearts into this small but mighty publication. Skylar McCarthy and Hannah Theodore served as trusty Fanshawe news reporters. Ilhan Aden courageously helmed our podcast. Ian Indiano brilliantly illustrated world events for his column Off the Radar. Salma Hussein provided invaluable perspective as a nursing student. Cheyenne Dockstader created beautiful illustrations and sharply witty comics, while Lance Dagenais knocked it out of the park with his cover designs week after week.

This year, I've been afforded the chance to learn firsthand that there are amazing people in this world — many of them young and determined to make it a better place by speaking their truths and holding power to account.

There have been moments of despair over the past 12 months. But thanks to this team, those moments have always been outweighed by pride and joy at the result of our collective efforts. For the rest of my life, I'll treasure the work we accomplished during this period, despite all the obstacles placed in our paths.

Thank you, Interrobang team, for everything you've done and will continue to do. Trust yourselves, do what feels right, and everything will work out better than you ever imagined.



Angela
McInnes



A heartfelt goodbye

Christopher Miszczak
INTERROBANG

I am certain that for a lot of people, this will raise some eyebrows, as this story begins in the operating room.

It was there that I was able to be a part of something exceptionally rare, as I was able to see a surgery up close. Something changed that day so many years ago, it was almost like God was tickling the back of my mind. It meant something, it lit a passion in me like no other.

From that moment, there was no question that I fell more in love with life. It felt like that I could accomplish anything, do anything that my heart desired, I felt like a true prince of this world. This is probably why when I went to the University of Western Ontario, that I felt that I could handle the workload. Not only did

I learn some very powerful life lessons

while there, but the experience also rekindled a love for telling stories that I forgot that I had.

Thus, it was from 2012 to 2016, I probably spent more time in the UWO Gazette office than I probably should have. I still look back at my time there very fondly, being the illustrations editor and graphics editor during that tenure. In what time that I did have, I wrote articles for sports, op-ed, arts, and even news. I still have every article that I published during my time there hanging in frames on my wall; every article published was a new lesson, a new milestone, another way to communicate with an active audience, but more importantly another huge accomplishment.

Even when I was working at Auto-data Chrome Solutions from 2016 to 2020 I published a few articles in their newsletter "In the Fast Lane." The passion for writing never truly left me, so I knew that once 2020 came around that the timing was right, not only to enroll in the public relations and corporate communications program here at Fanshawe

College, but that I would also want to dedicate time towards wanting to write for the Interrobang.

The moment that I saw my name under the Interrobang masthead under the title columnist, my heart swelled because a dream that I had since high school was accomplished. Ever since that time, I told myself that one of the goals of my life was to be a columnist.

They often say that one cannot trade thank-you's, appreciations, or I will be your best friend at the store for groceries. However, each article that has been written, that has been read, that has inspired someone else in some way, is its own reward. It has been its own investment for the future.

Spreading that sense of wisdom means so much. A friend that I made along this journey recommended a book called *Nudge, Improving Decisions about Health, Wealth, and Happiness*. I am glad that she did because this book provided an entirely new perspective in terms of how to think about the world, changing it for the better but in smaller, gentler, and subtle ways. This is a philosophy that I think is kind of lost in the world today.

At the end of the day this is more than just about appreciation; this is about providing some sense of wisdom, compassion, empathy, well-being, and critical thinking to a readership. In some small way, making the world a slightly better place than how I left it. This is what drives me, every morning and why I even decide to write. Who knows who might read what I have to say, who knows what effect that inspiration will have on someone else?

This might be the last article that I am writing for the Interrobang, it certainly will not be the end of the journey. That question that I must pose is what drives you? What makes you get out of bed in the morning, why do you do what you do? I offer this advice, to reflect on what core values are important to you. Imbue them on your heart, print them out on a piece of paper and tape it above your bed. Let your values drive you and guide you into a wonderful, rich, and fulfilling future. To quote Steve Jobs "If you are working something exciting that you really care about, you don't have to be pushed. The vision pulls you."

CREDIT: CHRIS MISZCZAK

Fall in love with life, and follow your passions whatever they may be.

Why we need to cancel cancel culture

Skylar McCarthy
INTERROBANG

During this pandemic the term of cancel culture has come to the forefront — but what exactly is cancel culture?

To me, cancel culture is a term used to describe a group of people who want to cancel a prominent public figure and block them from having an opinion. Usually, we see cancel culture come into place when a well-known celebrity or publicly known figure has a controversial moment or says/does something offensive.

So why is there a need to end cancel culture? The first thing you need to know is that even though the term does impact a celebrity, most of them don't actually get cancelled and still find success. Let's take a few of the most recent things that cancel culture has victimized.

Dr. Seuss Enterprises announced earlier this year that a handful of books won't be printed anymore due to racist depictions. While some people cried out "cancel culture," their mainstream books are still topping bestseller lists.

Another example that still continues to have success is Gina Carano. Carano, who was playing a role in Disney's *The Mandalorian*, was fired after comparing the treatment of conservatives to the Holocaust. While yes, some people may have thought it was offensive (rightfully so), she still is finding success and found a recent gig with Ben Shapiro.

Don't get me wrong, people are allowed to voice a concern they have about a celebrity or public figure, but a lot of them never really get cancelled. There's also some issues you don't bring cancel culture into at all.

In 2016, National Football League (NFL) quarterback Colin



CREDIT: NADIA_BORMOTOVA

Is cancel culture the solution to improving society?

Kaepernick protested police brutality in the United States by kneeling during the national anthem before games. However, people were calling for him to lose his job and be "cancelled" due to the public's misconception of why he chose to kneel.

Some people thought kneeling for the national anthem was a sign of disrespect to the armed forces and military fighting for the country. Since that season, Kaepernick hasn't been on an NFL football

field. In the years to come, Kaepernick and Eric Reed, a teammate who also knelt, filed grievances with the NFL, saying the league colluded against them to not get signed by other NFL teams. The early fallout of the protests highlight many indifferences by not only NFL leaders but also former President Donald Trump, and many other political figures. In this example, where were all the anti-cancel culture people wearing his jerseys.

Social media influencer Logan Paul, who was a victim of cancel culture after his 2017 trip to Japan, recently said his stance on the whole cancel culture trend: "Our generation will be marked by its ability to hold others accountable. But reformation will not work when, we, as a society, refuse to accept genuine change," Paul stated. "For those who have a moral lapse, trust the journey that is progression. For those who hold accountability, when

the time is right, ask yourselves to forgive."

What Paul said is the same feeling I have with cancel culture. Yes, obviously people do some stuff that will offend others. But those people still find ways to have success.

There are situations that you shouldn't use for cancel culture and as humans we make mistakes. That's why we are humans. That's why I feel it's time to put an end to cancel culture.

Matthew Dawkins on his upcoming book and passion for creating

Lauren Medeiros
GAZETTE

Matthew Dawkins knows exactly who he is.

Already the coordinator for Ethnocultural Support Services, as well as an equity commissioner on the Arts and Humanities Students' Council, this second-year School for Advanced Studies in the Arts and Humanities and English student is about to add another title to his name — published author.

Until We Break, Dawkins' debut novel, is set to be released in winter 2022. The story centres on issues with race, identity and perseverance.

It follows protagonist Naomi Morgan, who is the only Black student at her dance academy. After the death of her best friend, rather than confronting her sorrow, Naomi copes by focusing on the pressures and rules of ballet. As she experiences injuries and her mental health deteriorates, she reaches an emotional tipping point.

"My dream is quite literally coming true," says Dawkins.

Tracing his love for storytelling to his upbringing, Dawkins fondly recalls books being a constant and central part of his life. As a child, he could always be found buried in a book, uninterested in the toys that the other kids were playing with — an anecdote his mother still reminds him of.

Visiting the bookstore each summer with his mother is a prominent childhood memory for Dawkins. He remembers sitting in the corner, taking books off the

shelves and quietly reading them as his mother shopped for the school reading list.

"That was just my thing," he says.

And it continued being his thing. From as early as the seventh grade, Dawkins knew he wanted to write for a living.

"I vividly remember reading a specific sentence and it hit me," he says. "I looked up and literally said the words out loud: 'this is what I want to do for the rest of my life.'"

In fact, Dawkins remembers the exact book he was reading: *Clockwork Prince* by Cassandra Clare. Not paying attention to the math lesson being taught, he was completely encapsulated by reading, admiring the beauty of the story. That day in his grade school classroom was a turning point.

"The feeling that I got, that's the feeling that I want to redistribute to people."

In his own coming-of-age story, Dawkins recognizes that continuous growth and reflection are important practices to him, which he can achieve through his writing and creative endeavours.

"Writing is definitely an outlet for me," he explains. "It's so hard to describe. It's almost innate and inherent. I feel as though some things I genuinely cannot process until I stop and write it down."

Writing enables him to deeply and fully examine his feelings in a way that basic language cannot convey. Through the use of metaphors, analogies and symbols, Dawkins captures a wider range of feeling. He enjoys this exploratory

process and considers it a form of personal growth.

"That's why I think writing is so powerful for me — it's because I can feel one thing in multiple ways."

He began publishing chapters of *Until We Break* on Wattpad in 2018. After gaining reader attention, he escalated it to Wattpad Books, who will be publishing his novel next year.

"[My story] took on a life of its own on that platform," says Dawkins.

Since the deal, Dawkins has been hard at work editing, refining and turning the book into a product he's proud of.

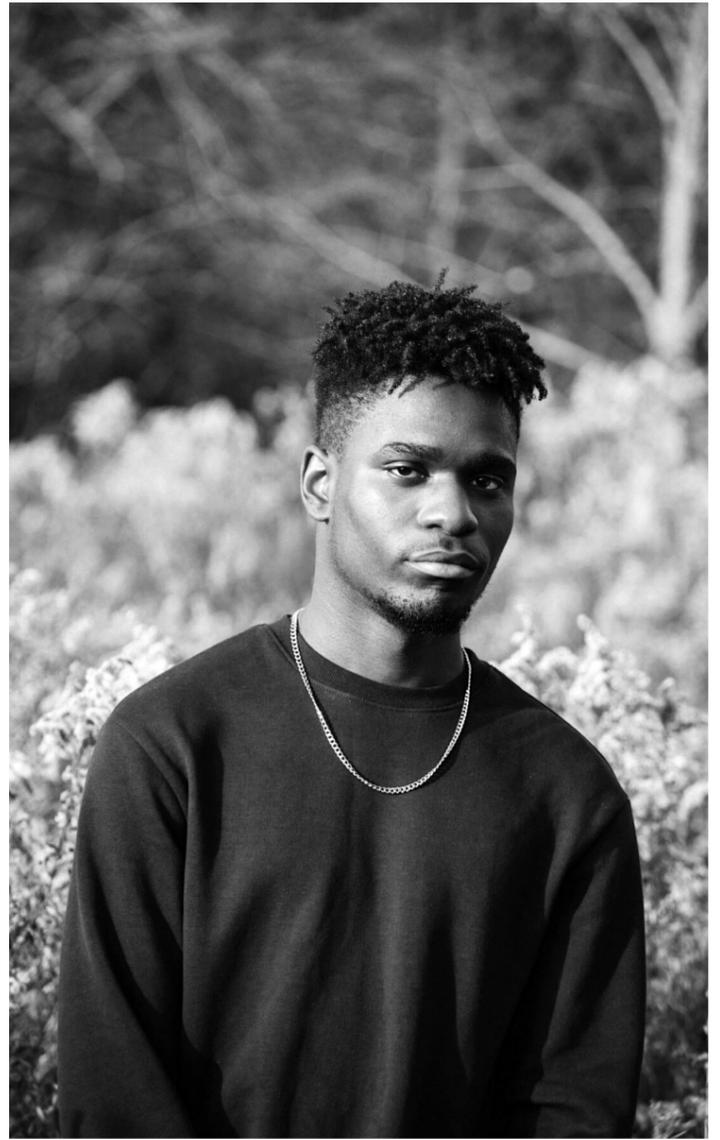
"It sets the tone for my career to come," he says. "This is the kind of book that will launch me into, I hope, years and years and years of more books and storytelling. And so I just want to make sure I'm priming the ground for that."

Traditional publishing is a tricky industry. The highly competitive nature and pressure of selling deters many authors from ever getting into bookstores. Dawkins wants to grab hold of this opportunity and execute it well.

The dream doesn't end here. Dawkins' passion for writing is something he plans to continue to explore throughout his lifetime. With experience in nonfiction writing, poetry and prose, his options are limitless.

"I'm a creative, so I don't know, anywhere that feels like home, I'll probably go there."

Updates on *Until We Break* will be posted on Dawkins' Instagram.



CREDIT: COURTESY OF MATTHEW DAWKINS

Matthew Dawkins is a second-year student who is already on his way to becoming the next great Canadian author.

The Deadly Disguise first novel written by Fanshawe grad and healthcare hero

John Said
INTERROBANG

The Deadly Disguise is a murder mystery novel dripping with suspense that promises to take readers on an emotional journey highlighted by a variety of twists and turns. The novel also happens to be Fanshawe College respiratory therapist program graduate Nora Valetta's first novel. The novel was released on Feb. 26.

Valetta graduated from Fanshawe in 2000, and has been

working as respiratory therapist in the London area since. The life-long Londoner and mother of two daughters has been keen on writing and exploring the arts since childhood. Writing the novel and getting it published has been very much part labour of love, part passion and part therapeutic.

"I've been writing poetry and short stories since I was a child. It has been a great way to express myself and I really enjoy doing it," said Valetta. "With *The Deadly Disguise* I wanted to pursue writing a book while also wanting to

be an example to my kids. I wanted to show them that people are multifaceted, that they are more than what you might see. I wanted to be an example to them to not give up on your dreams."

The novel itself will appeal to a wide range of readers.

"It really is an emotional rollercoaster. You'll find yourself feeling sad and angry. You will be able to relate to the characters. You may find it easy to judge the characters or find yourself relating to some of them," said Valetta. "You can also find yourself feeling sympathetic to the villain in the story. The feedback I have been getting from readers is they have 'shed tears and experienced fear.' There is a lot of intensity in this compact book."

What motivated Valetta to pursue a murder mystery, suspense filled novel for her first work was her love of that genre.

"Murder mystery has always been an interest to me. I've always been drawn to true crime, murder and forensics. It was a natural fit for me to pursue this genre as my first novel," said Valetta. "And with my medical background I was able to add in those extra little details that are real lived experiences for me."

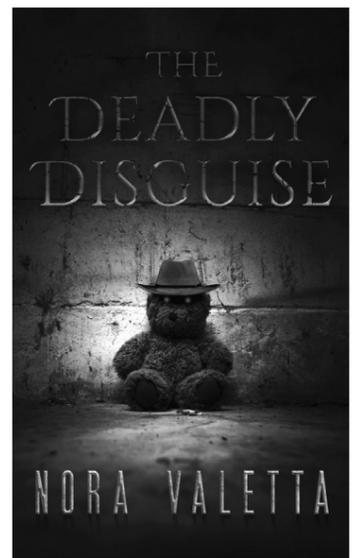
It took Valetta over two years to develop the manuscript. This

while working a demanding full-time job, being a full-time mom and then trying to find the time to dedicate to writing. When the manuscript was finally completed it was onto the next challenge.

"Finding a publisher was a whole other adventure," said Valetta. "I contacted dozens of them, and I was doing all this without an agent. It made it more of a challenge to get noticed. It took almost two years of trying to get a publisher to take notice. There were countless phone calls, emails and constant following up. It was like a second full-time job."

Fortunately for Valetta her perseverance paid off when Austin Macauley Publishers took notice, making it a five-year journey to finally get *The Deadly Disguise* published. All this while serving on the frontlines of the COVID-19 pandemic.

"It has been very intense working in the hospital this past year," said Valetta. "Myself and colleagues have faced so many challenges during this pandemic, and it has made us stronger as a team. It really has helped put a spotlight on our respiratory therapy profession. It has shown our importance and contribution to the medical community. It has been a constant challenge to balance work



CREDIT: PROVIDED BY NORA VALETTA

Fanshawe graduate Nora Valetta has completed her labour of love, *The Deadly Disguise*.

life and family life and keeping those you love safe, while showing up to work to serve the community. Throughout it all we are saving people."

The Deadly Disguise can be ordered online through Amazon, Chapters, Barnes & Noble and the publisher at austinmacauley.com/us/authors.

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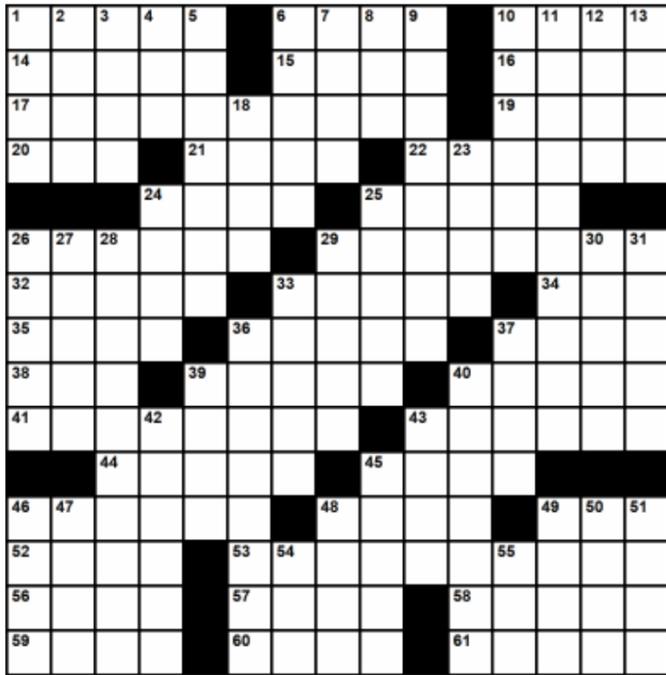
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ACROSS

- 1. Biblical spy
- 6. Jardín occupant
- 10. Air pollution
- 14. Winter mecca
- 15. Ancient alphabetic character
- 16. North Sea feeder
- 17. Boob tubes
- 19. Certain Scandinavian
- 20. "Jurassic Park" mathematician ____ Malcolm
- 21. The "C" in U.P.C.
- 22. Carolina river that was Foster's original choice for "Way Down Upon the Swanee River"
- 24. Ho-hum
- 25. Model Gabrielle
- 26. In reality
- 29. "Sounds about right"
- 32. Africa's largest country
- 33. Divisions
- 34. Bog
- 35. Hissy fit
- 36. Future docs' exams
- 37. Balcony section
- 38. "Another Green World" composer
- 39. Painter Veronese
- 40. Broadcast again
- 41. Modern tennis-racket material
- 43. Blew up
- 44. Letters
- 45. Home to some Mongolian nomads
- 46. Actresses Black and Valentine
- 48. 1995 earthquake site
- 49. Canadian prov.
- 52. Melville novel
- 53. "Star Trek: T.N.G." lounge
- 56. Woodwind instrument
- 57. Length x width, for a rectangle



- 58. Make fun of
- 59. Popular board game
- 60. Belgian river
- 61. To the point
- 27. Certain Muslim
- 28. Extremely simple
- 29. Extremely simple
- 30. Smooth transition
- 31. Upturned, as a box
- 33. Search, as for talent
- 36. Backbone
- 37. Sainted pope called "the Great"
- 39. Nabokov title
- 40. Kern musical
- 42. Cactus bump
- 43. Mr. Burns's teddy bear on "The Simpsons"
- 45. Succeed in life
- 46. R.J. Reynolds brand
- 47. Prefix with dexterity
- 48. Elbow counterpart
- 49. Author of "I Kid You Not"
- 50. European language
- 51. Footnote word
- 54. European language
- 55. Marry

DOWN

- 1. The year 902
- 2. Turturro of "The Sopranos"
- 3. Been in bed
- 4. Rock genre
- 5. Digital currency
- 6. "The Lord of the Rings" hero
- 7. Elegance
- 8. Individual
- 9. Regards highly
- 10. Its parent is Liberty Mutual
- 11. Brand that supports women?
- 12. French river
- 13. Characteristic carrier
- 18. Big cheese
- 23. Fun house sounds
- 24. Without delay
- 25. Odd-numbered page
- 26. Money in the bank, say

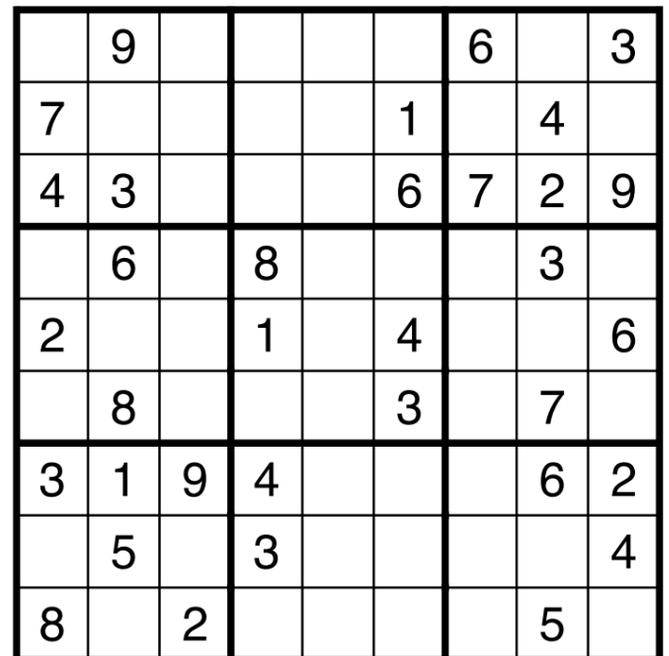
WORD SEARCH



FISHING IN ONTARIO

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|---------------|---------------|-------------|-------------|
| Sturgeon | Rainbow Trout | Bluegill | Crappie |
| Alewife | Herring | Muskie | Brown Trout |
| Yellow Perch | Walleye | Bass | |
| Northern Pike | Coho | Carp | |
| Catfish | Chinook | Pumpkinseed | |

SUDOKU



Puzzle rating: Easy

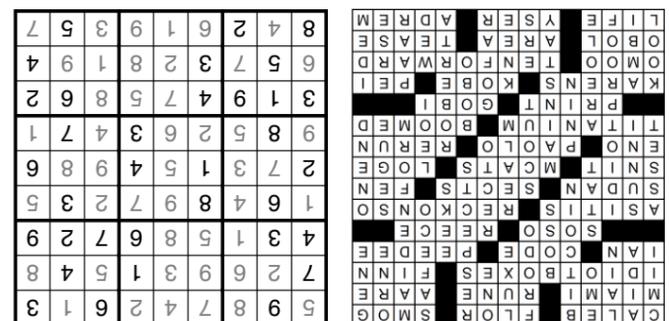
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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 21 15 17 26 26 15 2 16 17 26 2 23 24 12 22 22 17 23
 16 17 22 22 14 26 15 2 2 20 6 13 11
 26 15 2 21 13 23 22 6 26 15 2 5 17 14 26 2 23
 16 17 22 22 14 17 1 19 26 26 2 23 11 22 9
 23 12 16 15 17 23 6 1 17 16 15
 ”

PUZZLE SOLUTIONS



“What the caterpillar calls the end of the world the master calls a butterfly.” — Richard Bach

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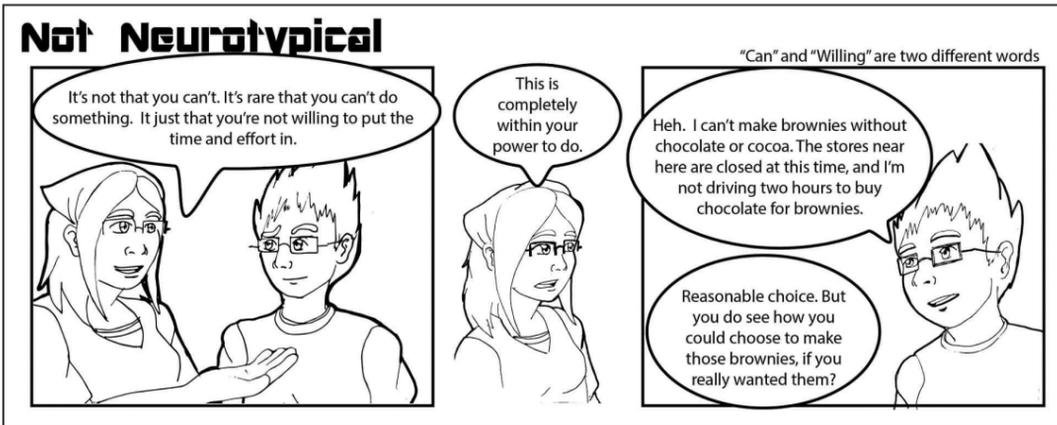


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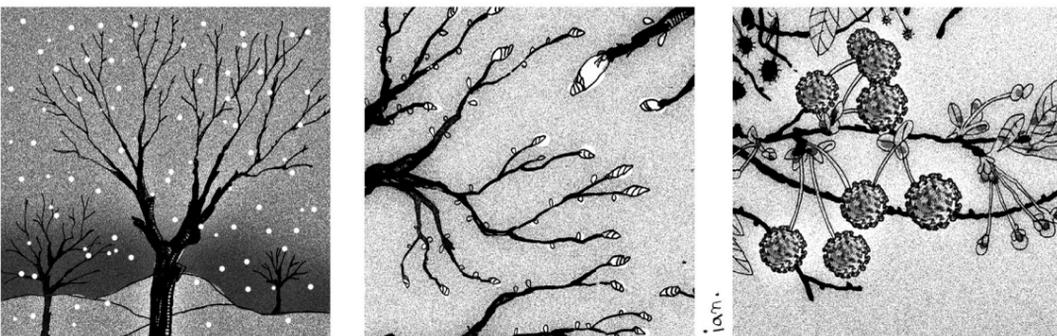


@FibertCartoons

By Christopher Miszczak © 2021



By Alan Dungo



Aries

Keep busy, finish what you start and get serious about the goals you set as school nears an end. Don't get angry over something you cannot change; put your energy into what's doable. Make changes that will spark your imagination, creativity and desire to get things done. Home improvements that cut your overhead are worth looking into. Follow your heart and it will help you overcome any confusion or uncertainty you've been wondering about. Physical improvements will prompt compliments. The truth is instrumental if you want to excel.

Taurus

Pay attention to your achievements and you will avoid getting involved with someone who tends to be excessive. When in doubt, take a pass. Emotions will lead to uncertainty. Don't participate in something risky or an unhealthy situation. Intuition coupled with physical energy will help you find a way to make life easier. A problem will get blown out of proportion. Before you make a decision, consider the consequence. It's essential to live within your means. Equality, integrity and fair play will help you maintain control. Get involved in something you believe in and you'll make a difference.

Gemini

Be honest with yourself and those around you to avoid making a mistake. Put your focus on self-improvement, not trying to change others. Personal growth will encourage positive decisions. Listen carefully before you participate in something that may damage your reputation. Don't be a follower or put up with someone pressuring you. Be an overachiever and do your own thing. An opportunity will come your way if you are paying attention. Avoid getting caught in the middle of someone's drama. If you take part or provide your opinion, you will end up responsible for what unfolds.

Cancer

Learn from experience and refuse to let anyone take over. Take the high road and the direction that suits you. Follow your intelligence, and use your insight to excel. Discuss your plans with someone who has something to offer, and a unique relationship will develop. Watch your spending habits. You are best not to go overboard trying to impress someone. You can't buy love or favours; you have to earn them. Dealing with authority figures can affect your reputation and will require finesse as well as verified facts and figures if you plan to get things done.

Leo

Form relationships with people who share your opinion and it will encourage you to walk away from situations that are causing uncertainty and doubt. Find a way to improve the way you feel and look and it will help build the confidence you need to trust and follow your heart. A worthwhile relationship requires nurturing and commitment. Refuse to let your emotions run wild. Impulsive action may cost you your position or your reputation. Choose peace and love over discord. Take care of health issues before matters spin out of control.

Virgo

Think twice before you say something in the heat of the moment that you will regret. Honesty is the best policy, especially when dealing with relationships. You'll be in a better frame of mind making it easier for you to express your feelings and to make a promise that you plan to deliver. Don't feel you have to make a change because someone else does. Be a leader, not a follower, and you will make a difference that brings you joy. Stay calm. Now is not the time to fuel the fire if you want to get things done your way.

Libra

Make plans to engage in something rejuvenating. An opportunity to challenge yourself physically will boost your confidence and encourage you to embrace new beginnings. Refuse to get into an emotional mind game with someone. You have nothing to gain and everything to lose if you play the odds or take an unnecessary risk. Focus on what you do well, and finish what you start. Pay more attention to someone you love and the feedback you receive will encourage you to make some adjustments. Problems will arise if you have to deal with a colleague or bureaucratic situation.

Scorpio

A change you make will cost more than you anticipate. Say no to persuasive individuals trying to part you from your money. You'll develop a good idea that helps you solve a problem. Everyone may not favour the changes you make, but if it works for you, do whatever it takes to get things done your way. Please don't overdo it or make promises you cannot keep. Spend your time putting together a budget to ensure you get to do something that will make you happy. Someone will reach out and help you. Offer something in return so you don't feel indebted.

Sagittarius

Don't share opinions and you'll avoid a disagreement. Sticking to the truth and verifying facts will be necessary. Use your imagination when it comes to money matters, and you'll come up with an innovative way to save. Cutting corners will encourage you to use your skills diversely. Romance will bring you closer to a positive lifestyle change. Spend more time on physical fitness, building strong relationships with like-minded people. You'll be held hostage by someone using emotional manipulation. Be strong and say no to anyone suggesting you participate in indulgent behaviour.

Capricorn

An emotional issue will lead to a financial setback. Look for ways to expand your knowledge and parlay a disappointment into a new beginning. Share financial plans with someone close to you and you'll receive valid suggestions. Don't let your guard down regarding your health and well-being. Hard work coupled with an unexpected opportunity will help you make a financial gain. Listen to your inner voice, not someone spouting off false claims. Make a contribution that offers something in return and you'll change the way you handle your finances moving forward.

Aquarius

Find a way to socialize safely. The experience you encounter and the information you receive will boost your morale and set the stage for better days ahead. Listen to the story someone shares with you and you will discover how you can use your attributes to bring in extra cash. A physical change you make at home will add to your productivity. Romance is in the stars. Question your relationship with anyone who contradicts you or makes you feel bad about yourself. Gravitate toward the people who bring out the best in you.

Pisces

Choose your words wisely. Someone will take what you say the wrong way and pass along information that can damage your reputation. Your unique way of approaching a problem will help you gain support and respect. Contribute to a cause you believe in, and you will make a difference. Look for an opportunity for self-improvement that helps build strength and ensure that you are mentally, physically and emotionally in top shape. Spend more time with someone you love and you'll come up with a plan that will encourage a positive lifestyle change.

Is football safe?

Jordan Bloom
GAZETTE

In 2002, famed Pittsburgh Steelers centre “Iron” Mike Webster lay dead on a table in the coroner’s office in Pittsburgh.

By the time forensic pathologist Dr. Bennet Omalu finished his autopsy, he discovered chronic traumatic encephalopathy, a neurological condition coming from repeated concussions or subconcussive hits, which Webster confronted almost every day on the football field.

With Dr. Omalu’s research and further findings into the dangers of football, young athletes and their parents have been forced to ask: is this sport safe?

“To be perfectly honest, I don’t know,” says Michael Robinson, postdoctoral fellow at the Fowler Kennedy Sport Medicine Clinic and assistant professor at Western University.

Dr. Omalu’s discovery triggered a wave of research on football’s dangers, especially related to concussions and head trauma. A 2017 study showed that three of 14 studied players who stopped playing in high school developed signs of chronic traumatic encephalopathy — brain degeneration — all of which were mild cases.

Damage can also extend past the head as football can injure knees, shoulders and bones all over.

However, football isn’t all bad. Through a shift in rules and culture, the sport has the potential to allow young athletes to enjoy the game’s benefits with lessened risk, today and when they get older.

Football gives players an opportunity to get active and reap all the rewards sports offer, on and off the field. Exercise benefits the body, while teamwork and social skills help young players develop as people.

Contact is ingrained in football. But, there are rules that can be enacted to limit the danger of contact and thus, head trauma.

In recent years, the NFL and youth sports changed kickoff rules to prohibit the motion of



CREDIT: MICHAEL CONLEY (GAZETTE)

Despite its track record as one of the most dangerous youth sports, football still boasts multiple rewards on the other end of the scale.

players — besides the kicker — on the kicking team. Denying a run-up reduces the momentum of players as they run into the returning team’s blockers. It’s a simple adjustment, but by proactively reducing force of impact, football has seen a decline in injuries on kickoff plays — previously a disproportionate source of harm.

Studies, like the one conducted in 2019 by the American Academy of Neurology, conclude that a rugby style tackle is far safer than the head-on collisions common in football. A change in football’s tackling techniques, either enforced by rules or by training, would also help tip the scales.

It’s for this reason Robinson would let his children play rugby, while football remains uncertain.

Football is plagued by a “tough it out” mentality, often pressuring players to play through injuries — a culture that makes football dangerous. Recent research indicates early intervention in concussion cases can reduce their long-term impacts, so it’s become increasingly important for coaches and players to urge their teammates to immediately seek help when facing a brain injury as opposed to playing on.

“From a health standpoint, football does get a bad rap,” says Robinson. “It is one of the higher risk sports but if we understand the risks, we understand how to mitigate the risks, and we take those risks seriously, I think it’s viable, 100 per cent.”

Despite its track record as one of the most dangerous youth sports, football still boasts multiple rewards on the other end of the scale.

Football, like most sports, requires physical exertion and all of the positive health benefits exercise creates. As a team game, it also teaches kids lessons about interacting with others. As a competition, it teaches them life lessons about winning, losing and how to play the game the right way.

“If the benefits of sport, exercise, group socialization, all those things outweigh risks like concussion and we’re able to mitigate those risks, I think that needs to be taken into consideration as well, because that’s just as important,” says Robinson.

“At the end of the day, youth sport is about exercise, it’s about community, it’s about fun, but there’s a lot of life skills built into those things ... like peer support ... those are important for child development.”

Football has the potential to evolve. If the sport’s risks fade with the introduction of new rules and cultural shifts, players can benefit from its overwhelming positive impacts.

The ball is in the hands of youth football coaches, organizers and parents. By changing the game and the culture around it to make it safer from a young age, they may have the power to make what is a difficult decision for this generation’s parents and players a far clearer one for the next.

Does anyone remember *The Mighty Ducks*?

Skylar McCarthy
INTERROBANG

When I look back into good sports movies out there, one of my favourites growing up was *The Mighty Ducks*.

When I was a kid, I loved the game of hockey. I’ve since developed my taste to other sports but now and then I’ll still watch a hockey game. But, when I used to actually play ice hockey, I would also watch this movie like there was no tomorrow. It was essentially my childhood growing up.

Now since I’m a bit older, and Disney Plus started a new TV series called *The Mighty Ducks: Game Changers*, I wanted to look back on the original movie and how even though it has aged a bit, the movie is still one of my favourite from the sport genre.

Without trying to add spoilers into the movie, *Mighty Ducks* is a movie when the main character, Gordon Bombay, a lawyer charged with drunk-driving after having old memories of himself as the star of a hockey team, and lost the finals from a shootout. When he appears in court, he is sentenced to do community service to coach a local peewee hockey team that is the worst in the hockey league.

Bombay is played by Emilio Estevez, who also plays the same character in the new TV series on Disney Plus. In order to be a coach of the hockey team, you have to play someone who is passionate and motivating to the team. Emilio played the character perfectly. He knows how to motivate the kids on the hockey team to do better.

This story even though produced by Disney isn’t like a Disney story. It isn’t your typical fairy-tale, but it’s a work hard turns into success type of story. It’s a good movie to tell sport fans that winning isn’t everything, and that playing sports



CREDIT: DISNEY

Emilio Estevez reprises his 1992 role (pictured here) as coach in Disney Plus’s new rendition of *The Mighty Ducks*.

should be more fun and team oriented.

While Bombay is an aggressive character at first, he becomes more relaxed and ready for the moment as the film goes on. This movie has a funny and young cast supporting Bombay.

I will say however that even though this is one of my favourite movies of all time, it has aged quite a bit. The movie was released in 1992, so soon it will be 20 years old. It is a bit predictable in terms of the storyline. But, in most sport movies the one objective in those is that you take a team, work hard with them and win a championship. No spoilers but that storyline is similar to *The Mighty Ducks*. But it’s not only that, Bombay also faces his old team later on in the movie, which has the same coach who coached Bombay as a kid, reliving his old and ghostly memories and tries to get rid of that fear he had at the start.

It has this message however, that sports is way more than winning or guiding your team to the championship. Sure, everyone wants to win, but sports is more about team building and of course having fun. That’s why I will always go back and watch *The Mighty Ducks*.

What separates a sport from an activity or game?

John Wang
GAZETTE

In its most general definition, sports need to fill three requirements: physical exertion or skill, competition between players or teams and a defined set of rules that the competition has to follow.

However, personal interpretations may differ from the standard definition. And with the rise of activities such as eSports, poker and darts on a professional level, the ideals of what defines a sport are beginning to change.

“Anything that involves competition between two or more people or groups of people [is a sport],” says Mark Royce, first-year kinesiology student and member of Western University’s cross-country team. “The competition must require physical exertion and planned, skilled or timed movement requiring thought.”

While these definitions appear to summarize what a sport is, there is vagueness when considering how much physical activity is required.

Well established sports such as

archery and golf arguably require very little physical exertion, yet there isn’t much of a polarizing argument on how to classify them. Meanwhile, the debate around eSports and chess has brought on so much controversy.

It certainly isn’t their popularity that has prevented them from reaching their sport status. eSports currently has a viewership of close to 650 million around the world and chess has over 600 million active players, ranking them 8th and 9th place for the world’s most popular sports.

Twitch, a popular online eSports streaming platform, routinely breaks its own records for viewership as its game coverage grows. Chess.com, an online chess platform, garners millions of daily players.

These activities both also require substantial skill and can be physically draining. Studies at Stanford referenced in ESPN have reported that a chess player can burn up to 6,000 calories per day while competing in a tournament. The elevated breathing rates and increased blood pressure can be on par with those of elite athletes in more traditional sports.

“It’s rare to see a top chess or

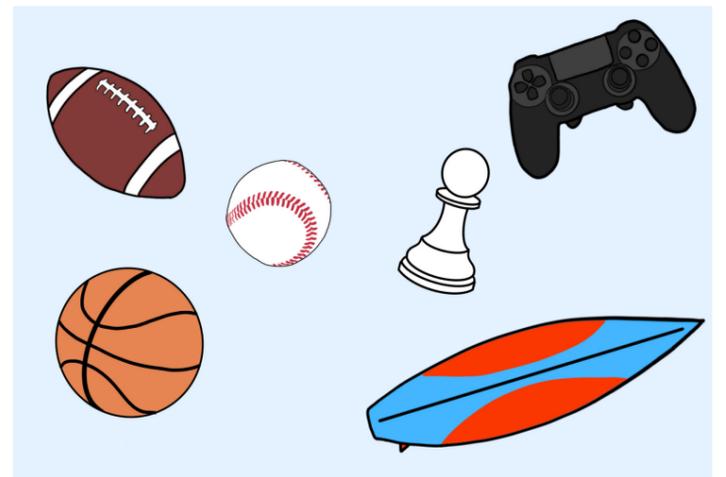
eSports player past [age] 40, similar to other sports athletes,” says James Iansavitchous, first-year science student and director of media of Western’s Chess Club. “That demonstrates the level of physical or mental strength and rigour required to stay competitive.”

eSports also requires dexterity and quick reflexes in competition. Teams such as Liquid, a top professional League of Legends team, practices up to 50 hours per week to hone their skills.

“I would say that eSports have a similar competitive aspect to them that traditional sports do like soccer or football,” says Mustafá Keskin, first-year engineering student and a member of Western’s eSports and Gaming Association.

“eSports also requires split second decisions similar to traditional sports. In a game like League of Legends, there is a lot of variables you must consider while playing and you must effectively communicate with your team and take quick decisions to succeed in the game.”

While many support classifying chess and eSports as sports, there are



CREDIT: ERIN GRACE (GAZETTE)

Let’s face it: the ideals of what defines a sport are beginning to change.

many arguments against.

“While games such as chess or poker do require a large amount of mental effort, they lack the aspect of a physical skill that can be improved by practising,” says Dylan Comfort, first-year BMOS student and assistant captain of his high school’s varsity hockey team “No matter how many times you train moving a chess

piece, your skill level will never be improved.”

With channels such as ESPN expanding sports broadcast, the definition of a sport continues to evolve. Although sports purists may argue against this changing definition, the classification of what constitutes sport is determined in the eyes of the beholder.

Alayna Joy



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