

INTERROBANG



INTERROBANG TEAM REFLECTS

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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
We've made it to our final issue of the 2023/2024 school year! The winter term is quickly coming to an end, and with it, we're closing the book on Volume 56 of Interrobang.

This year has been a roller coaster, complete with epic highs and epic lows, stories that made us think about the world and Fanshawe's place in it, and what we, as students, have the power to change.

Our coverage was defined by global news stories, from the genocide in Gaza to the news of Canada's international student cap. The latter story continues to loom over Fanshawe, as we look ahead to next year at the potential losses the cap will have on our college community.

As has been the way for the last couple of years now, this issue is a chance for our team of Interrobang writers to reflect on their experiences over the course of the school year and to share all that they've learned along the way, both as students and as reporters. While these

reflections may be unique to each individual writer, I think you'll also find them deeply inspiring and applicable to your own lives. I know I certainly did.

I would like to take this opportunity to thank everyone on Interrobang's masthead—all of our writers, illustrators, graphic designers, and photographers. To our student team who skillfully balanced school and work all year long, and all of our full-time staff who helped make Volume 56 such a resounding success.

And thank you to you, dear readers, for all your support and engagement throughout this school year.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca

INTERROBANG

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Devlin: Visa allocation “slightly less” than 2023 student levels



Hannah Theodore (she/her)
INTERROBANG

New information is being shared regarding Fanshawe’s allocation of international student visas.

In a note to staff on April 2, Fanshawe president Peter Devlin said the allocation from the Ontario Government was “slightly less than 2023 international student levels,” but did not provide exact numbers. At this time, Devlin said the college is continuing to “evaluate the impact on programs and budgets.”

This comes after an initial email was sent to staff on March 28, announcing that the government had provided the college with its allocation, but which offered no additional information.

Both emails invited staff to attend a virtual town hall, set to be held on April 9 at 10 a.m. In the email sent March 28, Devlin said the town hall will “cover the government update, offer insights into our college finances at a high level, outline a timeline for the coming year and share some important College updates.”

The second email, sent on April 2, offered further details regarding how the government had decided

on its allocation, but still did not outline exactly how many international student visas Fanshawe would be receiving.

“The government allocation formula was thoughtful,” Devlin explained in the email sent April 2. “The province recognized institutions that had strong programs tied to labour market needs, robust student supports, balanced domestic and international student populations and institutions that operate in growing regions.”

The note to staff on April 2 stated there was still uncertainty as the educational sector awaits further clarity from the government. In both the email sent on March 28, and the email sent on April 2, Devlin asked that staff “continue to maintain a conservative spending approach.”

At an earlier town hall held on Feb. 15, Devlin told staff he anticipated some programs and sections wouldn’t be offered during the upcoming school year due to lower student demand.

On Jan. 22, Immigration Minister Marc Miller announced that the federal government will introduce a temporary, two-year cap on new international student permits. A cap of 364,000 approved study permits will be introduced, representing a 35 per cent reduction from 2023. The cap will be allocated by province based on population, meaning



CREDIT: GRACIA ESPINOSA

Fanshawe president Peter Devlin is expected to share more details about the college’s student visa allocation at an upcoming town hall with staff.

some provinces may see more significant decreases than others. The provinces and territories have been working together to determine how

the cap will be distributed among the designated learning institutions under their jurisdiction.

Interrobang will continue to

cover this story throughout the summer months. Be sure to visit theinterrobang.ca to stay up to date as more information becomes available.

Enhancing peer support services at Fanshawe



Gracia Espinosa (she/her)
INTERROBANG

The student peer support network project, overseen by Ashley Cochrane, a counsellor at Fanshawe College, represents a significant step towards enriching the student experience at the college.

This project is rooted in the ethos of students selflessly offering social and academic support to their peers. The project also serves as a lifeline for students navigating the complexities of college life.

“Essentially, it’s students supporting other students. They use their experiences, for example, as mature students, newcomers residing in our residences for the first time, or parents, to help other students,” Cochrane said.

Dylan Musico, a recent graduate and Transition Peer Facilitator, is deeply involved in the peer support program, lending his expertise to various facets of the initiative. Reflecting on his journey, Musico underscored the transformative power of peer-to-peer support.

“We’re not just providing a service, we’re building a community,” Musico said, emphasizing the program’s role in fostering student connections and resilience.

Central to the student peer support network project is the concept of collaboration. Cochrane emphasized the need to break down silos and create

synergies between existing peer support services across the college.

“We’re stronger together,” she asserted, highlighting the project’s goal of establishing a cohesive network of support that transcends departmental boundaries.

The project’s objectives are ambitious yet achievable. In addition to creating a physical peer space for students to access support and resources, it aims to identify everyday training needs among peer volunteers and explore opportunities for collaboration with external organizations. By harnessing the collective expertise of students and staff, it seeks to elevate the quality and accessibility of peer support services on campus.

Cochrane said a survey has been circulating to students, peers, staff, and faculty engaged in peer programming, asking questions revolving around what a peer space would look like.

“How and what do we need to include to make it feel welcoming?” Cochrane said. “What are the values of a peer space? What are some of the trainings that are needed for peers to support other students effectively? And then, what does collaboration look like, whether in an online environment or a physical space?”

As the project gains momentum, student involvement remains paramount. Cochrane emphasized the importance of student feedback in shaping the project’s direction, inviting students to contribute their ideas and suggestions.

“This is your project as much as ours,” Cochrane said.

Concerns grow over possible AI art in Museum London gift shop



Justin Koehler (he/him)
INTERROBANG

A London artist is voicing concerns over suspicions that Museum London is selling art in its gift shop which he believes was produced with artificial intelligence (AI).

“You just walk into the shop, you can even do so right now if you want,” said London resident and 3D Artist, Fyodor Postnov. “They’re upwards of \$400, the price tags are right there. A lot of people go to the gift shop having no idea how AI generation works.”

With attention growing over the use of AI being integrated into creative outlets, plenty of controversy has begun over the ethics and potential job losses caused by artificially generated art. This could be seen recently with the movie *Late Night with the Devil*, which has faced online boycotts over the use of the AI art transitions used in the film.

The artist behind the works being sold at Museum London, Diego Tamayo, said he has turned to AI in the past, primarily for inspiration.

“I want to look for many inspirations,” said Tamayo. “I read many books about art, looking for inspiration, and sometimes I find artificial intelligence, and it’s amazing, but I want to go farther than that.”

He went into some of the details on his prior art processes.

“Before going into photographs, I worked in oil and different techniques. My next step was doing that photography and then painting over

the photographs. My inspiration was some kind of artificial intelligence, but I decided to be a part of this because I want to be different.”

The Museum London shop said that they don’t have an established process for vetting the works of those they work with through their shop.

“We carry reproductions of original artwork, we carry original work, all across the map,” said Manager of Retail Services, Kerry Logan. “Typically, what I would say is we wouldn’t comment on an artist’s process, any more than I would comment on how one of our oil painters is making his finished product.”

Tamayo is an artist who lives in London, born in Bogotá, Colombia, whose art is being featured and sold in the Museum London shop. On the artist’s Instagram page, he shows that he has worked previously in AI-based art as well as crypto-art, such as NFTs (Non-Fungible Tokens).

“We’ve been working with Diego for a little over a year,” said Logan. “We were introduced to Diego through an artist collective that we work with called Simple Reflections, they represent a number of different artists, musicians, and artisans who have all settled in London from South American countries. We’ve had a long standing relationship with Simple Reflections, so that’s how Diego got to be introduced to me at the shop.”

The main pieces which Postnov brings into question for AI usage, come from a new collection focused around cats.

He said that, when looking closer at the pieces, there are

some inconsistencies that arise that can display the connections to AI generation.

“Most of the time, they’re trained at low-resolutions than what their output will eventually end up being. They leave behind artifacts that you see in patterns, which you usually see when you zoom in. Basically, it’s repetitive patterns, it really messes those up on small scales when you have to zoom in,” said Postnov.

Using an AI detection tool, one piece of art currently being sold at the Museum was deemed as “highly likely” to have been created with AI, with 98 per cent of the image’s content coming back as AI generated.

According to Tamayo though, this could happen with any photo or artwork.

“If you put any image into an artificial intelligence web page, even a photograph or something like that, they will read it like it was artificially made because they describe everything. They say, ‘This is something with those colours, those images.’”

The Museum London shop said that it has been given no indication from the artist of any use of AI in their work, but that they don’t push for specifics with any artist.

“He has never mentioned AI to me in his process. I don’t sit down and chat with everyone about exactly all the steps that go into whatever product they are selling through here,” said Logan. “It’s all so new and evolving. I don’t even know what that [process] would look like, in terms of determining if a piece of artwork has been AI generated.”

Doula students showcase their ideas at deathcare event



Konstantinos Drossos (he/him)
INTERROBANG

Fanshawe's doula studies program held its annual project showcase called Doing Deathcare Differently, where groups of students presented a variety of coping methods aimed at helping people dealing with grief.

Doing Deathcare Differently was created to shine a light on the topic of deathcare and to generate conversation about death.

"The inspiration behind our event... is taking appraisal of the incredible work that already exists within our community," said Jodi Hall, a doula professor and organizer of the event. "We thought about how we could contribute and widen the opportunities for people to engage in conversations around death, perhaps in ways that weren't happening at the level of communities. So Doing Deathcare Differently is really about... death awareness and death education at a community level."

The event was held in the Canada Life Village Square in Innovation Village, decorated with candles in a dimly lit room. The students' projects were lined up along the edge of the space, where they explained their ideas, research, and interactive displays of their coping methods.

"The great thing about this event is they all got to pick which ideas they wanted to do based on their interests," said Christal Malone, a professor in the doula studies program.

Alongside the unique methods, the projects showcased the various responsibilities doulas are tasked with when dealing with different situations.

"We have 'creating comfort,' which links a lot to birth and postpartum work as well, because it's



CREDIT: KONSTANTINOS DROSSOS

Jodi Hall (pictured right) helped organize the Doing Deathcare Differently event, which gives doula students the opportunity to design methods of coping with grief and death.

about bringing comfort to people that are dying and so they're using a lot of interprofessional skills that they learned as birth doulas," Malone said, "We have things like comfort measures and labour, and we also have 'sent it or shredded it' letters, where people can write a letter to themselves about a death and can either shred it or send it."

One stand showcased a telephone

booth, where people could pick up the telephone and have a conversation with a loved one who had passed.

"The 'wind phone,' which was developed in Japan after the hurricane and the earthquakes... is a place for someone to go into a phone that's not connected, pick it up and talk to their loved ones," Malone said. "It's a beautiful concept. So we built one

for the people that are participating to examine."

Another group of students showed an alternative for burials called Eco Death which highlighted the burial process and made it more sustainable for the environment.

"It shows our students the depth of their knowledge and their interests and their passion and bringing deathcare to the forefront," Malone

said. "And I think it highlights their organizational skills, their personality skills, and shows the community just how passionate we are of this with this stuff."

Industry partners of the program were present at the showcase, interacting with each of the students' projects, as well as engaging in conversations about their ideas and how they would apply them in the field.

Students create Foundation Sixty6 marketing campaign



Gracia Espinosa (she/her)
INTERROBANG

Fanshawe College's Interactive Media program students are collaborating on a semester-long project to develop a comprehensive marketing campaign for Foundation Sixty6.

Foundation Sixty6 provides accessible and affordable mental health support to young individuals facing severe challenges, such as psychotic depression, bipolar disorder, and schizophrenia.

"This foundation is new, so we're just getting started. And we are literally in phase one, which is to develop our brand, which is where these amazing students have come into play," said Aimee Hagerty, co-founder and board member for Foundation Sixty6.

From logo design to website development, students leverage their skills to raise awareness and support for Foundation Sixty6's mission.

"These amazing students bring

fresh perspectives and innovative ideas to the table. Their dedication to the project is truly inspiring," Hagerty said.

The final teams will showcase their work at an industry night on April 18. The victorious project will aid in the official launch of Foundation Sixty6.

"Every time that we see more information, it's gets harder and harder and harder to decide who the finalists are going to be and who the winner is going to be. So there are five of us in this foundation, who will decide, and it's going to be really tough decision," Hagerty said.

In 2016, Hagerty's son, Caelan, was diagnosed with psychotic depression at the age of 13.

"My son began experiencing severe mental health challenges," Hagerty said. "Navigating the mental health care system revealed significant gaps in accessibility and affordability. Many families, like ours, struggled to find adequate support, facing long waitlists and financial constraints."

After struggling through the mental healthcare system, Hagerty,

along with her family and friends, Stuart du Kamp and Russell Levangie, recognized this urgent need for change, and Foundation Sixty6 was born.

"We wanted to tackle three key areas," explained Hagerty. "Firstly, improving mental health care for youth aged 16 to 25, who often face the greatest hurdles. Secondly, establishing a network of physicians and mental health care providers willing to offer subsidized or pro bono services. And thirdly, partnering with organizations to create employment opportunities for young individuals battling mental health challenges."

The project's first phase extends beyond developing the concept and marketing of the organization.

"We're launching a GoFundMe campaign and reaching out to potential corporate sponsors," Hagerty said. "We aim to raise \$90,000 to \$100,000 in our first year, providing critical support to 10 needy families for 2025."

As the collaboration progresses, both students and Foundation Sixty6 are learning from each other.

"It's been incredible to work



CREDIT: MARCO DELUCA

Interactive Media Design program students are developing a marketing campaign for Foundation Sixty6.

alongside these talented students," Hagerty said. "Their passion and dedication reaffirm our commitment to supporting youth mental health." Foundation Sixty6 and Fanshawe College are committed to making a lasting impact.

"We're laying the foundation for a brighter future, one where young individuals facing mental health challenges can access the support and opportunities they deserve," Hagerty said.

“Challenging, successful, insightful:” FSU president reflects on year



CREDIT: BRANDON GRUBB

FSU president Stephin Sathya reflects on a challenging year.



Hannah Theodore
(she/her)
INTERROBANG

April 30 marks the end of the Fanshawe Student Union’s (FSU) calendar year, and starting May 1, a new president will take office, along with new directors, coordinators, and a new board.

Current president Stephin Sathya described his time in office as challenging, successful, and insightful.

“I learned how challenging it is to bring about organizational change,” Sathya said, “and how difficult it is to pick and choose your battles while making important decisions.”

Sathya said he was most proud of his efforts to reintroduce the FSU to the federal advocacy landscape, becoming an observer in the Canadian Alliance of Student Associations (CASA).

“Through that opportunity, I was able to advocate for students on Parliament Hill, and a success story is that we lobbied for the removal of the international student working hours cap, and the government extended the regulation with consideration for a permanent resolution that would benefit students,” Sathya said. “It was a huge milestone that benefited more than a million international students in Canada.”

Under Sathya’s presidency, the FSU hosted a number of events, including the grand opening of the newly-renovated Forwell Hall in Innovation Village. Sathya also

spearheaded the campaign efforts for the food security fee referendum, and was a frequent guest on Interrobang’s podcast.

When his time as president wraps up, Sathya plans to move into the federal advocacy space in a public relations role, and said he will be taking much of what he learned as president with him into his next endeavours.

“Although I was limited by time in what I could achieve, I hope to use the knowledge and experience I gained to empower and influence others to bring change and eventual success to their associations and organizations,” Sathya said.

For incoming president, Sidharth Singh, Sathya offered four key pieces of advice:

- Educate yourself extensively about the role.
- Be fearless in continuing the advocacy.
- Ensure the success of your team and the organization.
- Stay loyal to the students and uphold the good values of the FSU.

Finally, Sathya thanked all the students who supported him throughout his time as president, stating he hopes his legacy will continue into the future.

“I am grateful to the students who stood by my side through thick and thin,” he said. “It was my honour and privilege to serve you. Thank you for making me who I am today. My final prayer is that one day, a student inspired by my legacy will follow in my footsteps to serve the greater cause.”

London gets set for more record-breaking construction



Justin Koehler
(he/him)
INTERROBANG

The City of London is set to be hit with another year of major construction projects.

This comes after last year’s construction season, which saw the city break its record for total investment costs at over \$200-million in 2023.

Less than a year later though, the city has already said it will be breaking that record, with \$270-million slated in construction investments for 2024.

The investments are coming through the city’s Renew Construction Program, which the city says is meant to support London’s vision to be more sustainable and infrastructure-ready for future generations.

“2024 is another record-breaking year for London’s Renew Construction Program,” said Director of Construction and Infrastructure Services with the City of London, Jennie Dann. “Requiring significant coordination with various city teams and our external partners to minimize impacts to businesses, residents and everyone commuting through the city this year.”

While some investments will be going towards new initiatives, many of this year’s projects will enhance the existing infrastructure, with there being a focus on creating a better-connected transportation network across the city that is safe, efficient, affordable and environmentally responsible.

On the day-to-day side, Londoners will be seeing improvements to more than 35 intersections as well as new bike lanes and sidewalks, but the city



CREDIT: CITY OF LONDON

Oxford and Highbury is just one part of the city being met with construction in 2024.

will also be looking towards upgrades and improvements to the aging underground infrastructure.

“We are very excited to deliver these projects in 2024 that will bring long-term infrastructure improvements to support our rapidly growing city, and London’s vision towards a more sustainable and emissions-free community,” Dann said.

Some of the main projects being targeted, consisting of the city’s top-10 projects for the year, include:

- Adelaide St. N. Underpass
- Wellington Gateway Phase 1 and Downtown Loop Phase 3
- Clark’s Bridge Widening — Wellington Gateway
- East London Link Phase 3
- Victoria Bridge Replacement
- York St. and Wellington St. Infrastructure Renewal
- Fanshawe Park Rd. and Richmond St. Intersection Improvements
- Sunningdale Rd. and Richmond St. Intersection Improvements

- Colonel Talbot Upgrades
- Wellington Gateway Phases 3 and 4

Most notable for Fanshawe students will be the continued construction on Highbury between Oxford and Dundas as part of the East London Link project.

Through the course of the year, the city plans to add more than 18 kilometres of new bike lanes and 16 kilometres of new sidewalk. As well, the city aims to repair over 20 kilometres of existing sidewalks and reconstruct over 89 lane-kilometres of road.

With yet another big year for construction, the city is encouraging everyone to adapt to using zipper merges as often as possible, planning ahead using apps such as Google Maps or Waze, as well as visiting the city’s interactive map at london.ca/roadwork in order to stay up to date with active projects and detours.

“It is exciting to see our city grow, and all these projects are essential to support that growth.”

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Beyond Ableism, Part Two



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

This article is an excerpt from Fanshawe grad Adam D. Kearney's essay, *Beyond Ableism*.

Eventually I graduated high school and went to college, a fresh start. I doubled down on my efforts not to be considered disabled, or at least not like one of "them." However, I still wasn't free of Johnny. During those first few years out of high school, we would still run into each other at parties because we had so many common friends. He still found ways to assert his dominance over me, such as pouring a full beer over my head at one party we were at, and stealing two full bottles of alcohol from my parent's house at another. The latter of which I caught him doing and he just strong armed me away from the trunk of his car and continued to deny it all, both the theft and bullying me. Luckily, over time I made new college friends, and slowly stopped socializing with my high school friends shedding the skin of my identity as a person with disability and Johnny once and for all.

Despite trying to distance myself from my disability during this time, I obviously still acknowledged I was a wheelchair user. But, I relished in the feeling of joy when my friends would say things like, "I don't even see you as disabled." Though outwardly I was trying to ascend in the class system, the harsh reality was that no matter how hard I tried, society was always there to project its ableism onto me. This was when I really started using alcohol to push down all that cognitive dissonance to live in this new reality I had created. While sitting on a patio of a neighbourhood pub I couldn't enter with my wheelchair, I would criticize people with disability I knew for complaining too much. They needed to accept the reality that the world wasn't going to change for them, and they needed to stop whining so much. I completely ignored the irony of this situation.

I became so lost in my ableism that I was willing to fight to remain in a toxic relationship, just so I could feel loved for once. Even though that person they loved was not the true version of myself. I was so far gone that I didn't realize how much I hated myself. How little self-confidence I had. I was convinced I truly had no worth in this world, and to cope with that darkness I drank. Though I wasn't drinking every day (yet), I did lose all control of my drinking in search of oblivion. In that darkness I was free of all the guilt, shame and lack of honesty to myself. A lot of alcoholics will say that they started drinking because it was fun or that it worked to help them unwind, until it didn't any more. After losing my job, my relationship, my place to live, and my self-respect, that is exactly where I found myself. At the bottom of a bottle.

"When you find peace within yourself, you become the kind of person who can live at peace with others."

Peace Pilgrim, *Mildred Lisette Norman*

With nowhere left to turn, I got sober. I read the book *Unfuck Yourself* by Gary John Bishop and learned that I was the biggest thing standing

in my own way of changing. I reread *Between the World and Me* by Ta Nehisi Coates and witnessed what systems of oppression can do to the bodyminds of those marginalized and discriminated against. I read the memoirs of folks with disability, and learned what living in their individual bodyminds meant to them and how they identified with disability. Though it wasn't until a tinder date turned good friend lent me their copy of *Care Work* by Leah Lakshmi Piepzna-Samarasinha that something clicked in me. I started to fully realize how I had gotten to where I was and in what direction I needed to work towards. I didn't stop there though. I kept reading more about disability. As I began to feel more comfortable in my own bodymind, I started finding ways of accepting myself, and dare I even mutter the words... love myself. The book *The Body is Not an Apology* by Sonya Renee Taylor helped with that as well.

Where did all of this shame and self-loathing start, though? Obviously, I wasn't the first person to find myself in a situation like this. The good news was that there are a million other people who are far more educated on this topic than me, and they all have written about it in great length. I am going to try and simmer it down to the basics, some of which I already covered in my previous essays.

There is a book that a lot of people have invested a lot of time and energy into that tells them that they are "God's chosen people." For millennia these people have used those words as justification for why they should have supremacy overall, and to claim things as their own. Most troubling, they feel that they have the god given right to kill people who disagree with their beliefs. They went on to use this mindset to steal land from those they determined to be unworthy of it; to enslave bodyminds they claim to be told are lesser than themselves. Then, they wrote laws to give themselves the undeniable jurisdiction over everything they claim to be given by god. In order to maintain this supremacy in the pursuit of life, liberty and the pursuit of happiness (to quote our neighbours to the south), systems of oppression were created and maintained. For hundreds of years these systems removed the rights of those deemed lesser by incarcerating, mutilating, maiming and killing.

While all of this was happening a global phenomena named Capitalism was sweeping the world. Those already benefiting from these created systems of oppression continued to climb the social and financial pyramids on the backs of those under them. Further laws were passed to ensure their class supremacy in the hierarchy. Eventually the oppressed populations were seemingly being given freedoms and rights, yet laws to ensure they could never achieve true equality were continuing to be written. Regulations around wages, wealth, property and even physical movement were passed. The ugly laws of the 1880s stand as a shining example of this, making it illegal for anyone seemingly impoverished or disabled to even be seen in public, punishable by incarceration/institutionalization. Even though laws like these were repealed in the 1970s the long-standing effects are still easily witnessed to this day. People who identify as female, BIPOC, 2SLGBTQIA+ and disabled statistically make up the highest percentage

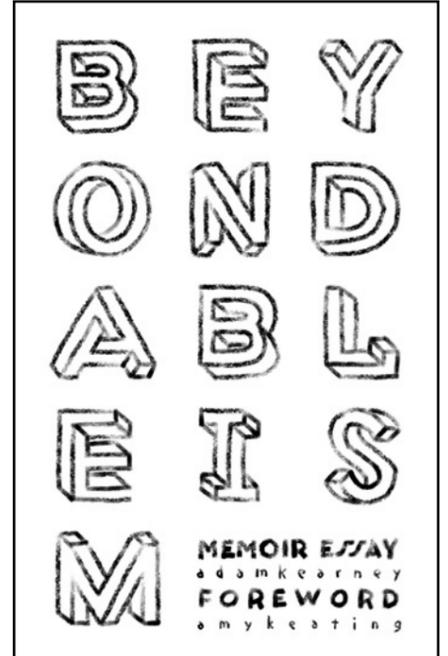
of people incarcerated, institutionalized or impoverished.

Outside of the obvious devastation this oppression has left, the most frustrating thing to witness is the infighting that happens within these communities keeping them largely distracted from advocating for real systemic change. I for one am a shining example of this. I spent over twenty years of my life chasing a dream I drunkenly thought was easily obtainable. Hell, I even have the privilege of being a masculine presenting white person going for me and I still fucked it all up. Why? Because I was lying to myself about who I was the entire time. I was too focused on throwing others under the bus in hopes that I could better my social class status. I believed the lie that others thought of me as an equal, only to have others throw me under the same bus. It really is a snake eating its own tail.

So how the fuck do we start breaking this cycle? One suggestion is that we stop looking to fix the problems created by a system, with the same system that created them in the first place. If we look at the Canadian penal system as an example, they are in the process of eliminating and limiting the use of solitary confinement within prisons. Yes, this needs to happen, as the UN even considers it torture, but this does nothing to address the damage being done by the prison system. Leaving folks feeling disenfranchised by society, and often leading them to reoffend. This issue disproportionately affects the BIPOC communities, in Canada it particularly affects indigenous communities. Who make up three per cent of the population but make up more than 25 per cent of folks in custody, a rate even higher for indigenous women. Changes like these don't address the larger systemic issues at play, and we must look outside of the current framework to find them.

Not only must we look outside of the current framework to solve the larger issues within our society, but we must do the same to start the healing at a community level as well. The pressures those of us in marginalized communities have been living under have not only led us to lash out and sabotage ourselves, but also to ostracize and excommunicate when one of us falters. Yes — an individual needs to be accountable for their actions, but if we are going to come together as a community to rise above this systemic oppression we must also learn to forgive ourselves, as well as each other. For there is strength in numbers, and we become fewer and fewer when we continue to completely write each other off as lost causes.

If we are coming to the table hoping to advocate for large systemic change, we also need to hold space for accepting that there are many things we still have to learn and change within ourselves. One of the greatest mistakes we can make is to fool ourselves that we know everything there is to know. We then feel confident in making judgment calls on other people's thoughts or actions. In reality, things change. Knowledge bases grow. Hell, the science we accepted as fact in the 1950's is largely laughable now. This evolution is natural though, it happens, and we have to accept it and should never weaponize it against others, especially those in our community. Given that we live



CREDIT: ADAM D. KEARNEY

In Part Two of this essay, Kearney looks at how we all can collectively work towards creating systemic change.

in a toxic swamp of racism, sexism, ableism, homophobia, transphobia etc, we must hold space for folks to grow into new understandings of how their learned toxic behaviours impact others.

All this being said, we shouldn't roll over and accept half measures and compromises from those in power of the systems of oppression we are challenging for inclusion and rights. Instead if we keep in mind that the people we are talking to don't understand what we are really asking for just to be seen as a peer or equal. We can then try to bring them into our community and educate them with knowledge based on our collective shared life experiences.

There is an older gentleman who attends a meeting I chair that will often say "No person is completely useless; they can always serve as a bad example." Something he often says about himself, and how far he has come in his journey. Here I want to use secular AA (the version which isn't focused on religiosity, but on recovery) as an example. It is a group of individuals who have made about as wide of a variety of mistakes as possible, that come together to help one another by sharing their experience, strength and hope. We hold each other accountable to heal and to grow through our recovery. Holding space to help each other as we stumble along the way. We can't possibly be everything for everyone, but if we show up with peace, love and understanding we might be able to help each other on the way to burning down and rebuilding the fucking shit-show of a god damn circus we call our society.

"So why don't we start making a history worth being proud of and start fighting the real fucking enemy?"

— Propagandhi, *The Only Good Fascist Is a Very Dead Fascist*

This memoir essay was published as a zine in May 2023. For more information visit handcutcompany.com.

Closed for business: Downtown or ghost town?



**Finch Neves
(he/him)**
INTERROBANG

Last year, I tried a spot near my apartment that specialized in Thai food. The small shop, nestled into the Eastern side of London's downtown, looked like a relic of the past. Cheesy 80s style wallpaper matched splendidly with red plastic chairs and tables so wobbly that ordering soup was an active risk to your safety, though a risk worth taking.

Surprising no one, it was absolutely phenomenal.

I always gravitate towards these little shops where prices are low and portions are excessive,

if at the expense of an hour long wait time. In these shops, I feel for a moment like I see a glimpse of the culture the food represents. The intoxicating scents of spices unfamiliar and the chatter of a foreign tongue are almost a portal to places unknown.

That shop closed not long after. An eviction letter was posted on the door with the amount owed and a padlock blocking access. Below the formal white note, was a simple yellow post-it reading, in messy script, "Out of business. Sorry."

This article isn't a story about me missing a restaurant, or cursing capitalism for robbing me of the best Pad Thai I have ever had, though I do dream of it frequently. No, this is more serious than one business because it isn't an isolated incident.

Downtown London has been hemorrhaging

businesses at a rate that is shocking and deeply concerning.

Even Richmond Row, the centre of foot traffic for the city, is seeing not only businesses boarding up their windows for good, but no new ones taking their place. Many of these buildings sit vacant, despite being in what should be the best place to attract customers in the whole city.

And it isn't just small restaurants or niche stores. Urban Outfitters, which was a prominent business in downtown London for years, just closed their doors this year. It sat on the corner of Oxford and Richmond, which may be the busiest intersection in the city.

With so many businesses with years of history in London dropping like flies, there has to be a problem systemically.

While it was never nearly as heavily trafficked as the core of downtown, look just East

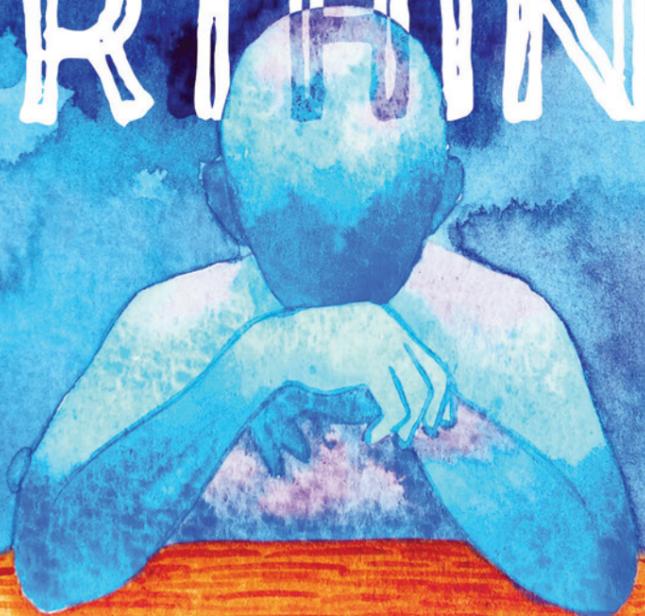
of William and Dundas. The area used to have the best vegan place in town, interesting niche shops, and what the city called the "Dumpling Trail". Now, it has boarded up windows, pawn shops, and enough cigarette butts to make your middle school health teacher faint on sight.

It may sound overdramatic, but it feels like we are watching downtown London slowly die in front of us, as family run shops get replaced by chains or are just left vacant to rot.

As foot traffic becomes ever more condensed around the bars and hungry students look to online delivery apps instead of local spots, I fear that we may see downtown become a ghost of what it once was.

So, the next time you are out and see a small shop with tacky wallpaper and a menu in broken English, stop in because it might be your last chance.

FINDING LOGIC AS AN OVERTHINKER



Mauricio Prado (he/him) | Interrobang

Have you ever considered why we make things more complicated than they are in our brains? I am referring to every little thing in life that piles up and makes things much more complex than they need to be. In this article, I will discuss my personal experience and how I have learned to deal with it, which I hope will resonate with many others.

I usually overthink things, which is one way I make things more difficult for myself. Overthinking a situation can lead to oversimplifying and complicating it beyond what is necessary. I also overcomplicate stuff by attempting to accomplish too much. I get stressed and overwhelmed when I try to take on more than I can manage.

Is anyone feeling identified? If this seems all too familiar, I bet you have tried to improve it, but you always end up in the same situation daily. I have learned that we humans love to do things like this. For various reasons, I overestimate the difficulty of situations, and it can be challenging to overcome this habit.

Overthinking something helps me remember and prioritize things. However, the same overthinking can send me into a spiral of being overwhelmed and having self-doubt. It is difficult to break the habit because the signs are not always evident. Daily, I intentionally complicate my life with dozens of minor acts that go unnoticed because they are so small or ingrained in my life.

Naturally, this implies that my life is complicated, and I must cope, even when the truth is far different. Things are usually straightforward, but I choose to make them more difficult. The fact that I am doing something to feed that impulse is only sometimes evident. It is more difficult to detect the issue when it is at the center of everything, as with many things.

When I am experiencing a challenging and stressful period, my mind is preoccupied with solving problems rather than asking why they arise. I am sure that happens to many people. Whenever I find myself in a stressful circumstance, I do not take a moment to consider whether I had any part in it; I just decide to go on with it. But why do I torture myself like that?

It provides me with an out, which is the most obvious reason. It gives me a reason to cover up errors or poor performance and lets me overstate our accomplishments. I construct a false win-win scenario in which I receive credit for my achievements and feel justified in my mistakes. Although I know that is untrue, I still dedicate time and energy to creating and feeding those thoughts.

Most of the time, other people are unaware of the extra trouble I cause since I only make things more challenging within my frame of reference. They will not likely accept the explanation or think I am worthy of recognition because they view the issue in its original, simplistic form.

How often have I let a task sit in my email or on my list of things to do for weeks before tackling it in the last days before the due date? Trying to fit weeks of work into a few days drives me a bit crazy, but somehow, I managed to finish it all, and I feel like I worked my butt out to do it.

Even if I have, all I did was complete the assignment within the given time frame in the eyes of my supervisor, my teachers, or anybody else waiting for that assignment. Nothing noteworthy occurred there. However, they would have been quite disappointed if you had missed that deadline.

Over the years, I have tried to change my behaviour but have not succeeded. This year, I decided not to fight against it but to understand it. The secret to altering this behaviour has always been to increase my awareness of my choices, motivations, and actions.

I know it is easier said than done. To begin with, I will continue to examine my behaviour to determine if I am unconsciously adding unnecessary stress to my life. I may modify it as soon as I realize I am doing this. Making the change comes from attacking the root cause of the problem. Addressing the root cause of the issue can make a big difference. It would also make it easier to understand myself better. Understanding why I am doing things like I am can help me identify the logic of the actual situations.

Who knew the real struggle was choosing between a

Paintbrush

and a

CALCULATOR?

Caleigh Reid (she/her) | Interrobang

This school semester was filled with many challenges and new beginnings. I started working for the Interrobang in September while entering a new program outside my comfort zone in Business Accounting.

For the previous five years, I had been studying Fine Art and Animation. It wasn't an easy decision to leave my hopes and dreams of working in animation behind, caving to all the voices telling me that landing a job in that industry wasn't possible. And at the time, maybe they were right. Companies right and left have been making cuts. What chance did I stand in that kind of career if even the most talented people I know are struggling to find work? Despite the shift in my career focus, working at the Interrobang has kept my creative side alive.

As an artist, I grieved for the sole dedication I had to my art projects. Going from five years of only making art to now studying accounting. My plan of building my animation portfolio got put on the back burner. I am always criticizing myself. How can I make this better? How can I push it forward? Although I'm not among other artists daily, I'm grateful for the friends I can reach out to and ask for constructive feedback. Also, I highly recommend little trips to Museum London to reignite the passion for creating art.

One of the challenges I faced during the school year occurred when I failed my first math test. The fear was noticeable as my hands shook while completing the equations. As a student with learning disabilities, I grappled with doubts about my abilities. I had every word to describe failure in my head. Also during that period, my Grandma was in the hospital. Unknown to me was that this was the last time I would ever see her. When she was grasping for whatever positive news she could get, I lied to her and told her I was doing great when in fact that was far from the truth (disclaimer, I do not endorse lying). However, I persevered and adjusted

my studying habits. I worked on memorizing how to solve the problems and I spent all the free time I had practicing. This eventually led to my success on the next math test, earning me a score of 90 per cent. From there, I was named to the Dean's Honour Roll for the fall term.

For so many years, people saw me as the creative type. They would never have guessed that I would choose accounting. In the summer, I was enrolled in the 3D Animation and Character Design Program. But at the last minute, I switched to Business Accounting. Everyone was shocked when I told them I had changed programs.

But here's the lesson I learned: People aren't boring old jars only made for one purpose. We are diverse, and we should never "stick to that status quo," as High School Musical would put it. And, we shouldn't be afraid to fail at times. Not everyone is inherently gifted, but there's an advantage in that. Every hard-earned cent contributes to building character, a stark contrast to someone who was simply handed a million dollars.

Overall, I'm proud of how I handled the challenges I faced and the art I created this year, even the bad ones.





MY GRADUATION JOURNEY

Konstantinos Drossos (he/him) | Interrobang

It's hard to believe the end of school is just around the corner and I am about to wrap up my time as a college student. The memories I have made in the last six months with my friends at school and outside of school have been the best memories I've made since I can remember.

This past year has also offered me an opportunity to do a lot of self-reflecting on how far I've come as a person and where life will take me next once I walk across the stage with my diploma. When I returned from my summer vacation, I was thrown into the midst of things. I knew that I wanted to go into storytelling but did not know which point to choose as my starting position.

Creating content that people found interesting was something that I knew I wanted to continue to do and I wanted to explore what more I could do with my creativity. So I decided to dip more into topics that I bonded over with other people and decided to start creating audio documentaries and podcasts based on those niches. With that as motivation and the excitement of getting to use these ideas for school, my first major idea was to explore the history of the Canadian rock music scene through history.

I was fortunate enough to interview my grandfather who was the manager of The Gasworks, the hottest rock bar in Toronto during the 70s and 80s. He told me stories of meeting some of the most iconic musicians the world and Canada has ever seen, like how he would allow Rush to practice overnight in the bar before their bog Saturday night gigs.

He also talked about what it was like touring provinces looking for upcoming bands to play at the bar and the overall business of it as well. Once I knew I had the business perspective for the documentary, I shifted my focus to a musician and got to meet and interview the lead singer of the Canadian metal group Helix, Brian Vollmer.

The highlight of this interview was discussing his band's rise to fame, from playing at small venues of 50 people to then playing in front of thousands. He also discussed how integral a band's chemistry is when it comes to working in the studio, performing live, and how special it was to be with them doing what they all loved doing as a career.

Completing this project was when I realized I wanted to go deeper into the music scene and see what more I could do. The local scene then became my new playground to explore. I started to look in London and at Fanshawe, where I was introduced to a local band out of the Music Industry Arts program, called Carmine.

After interviewing them for a podcast, it opened my eyes to start surveys of the many local music scenes around London and surrounding cities in the province. Many of the bands were like finding hidden gems in a cave, with their sound becoming more infectious than the stuff bands in the mainstream were releasing.

Doing further research into these bands then prompted me to write an article for the music issue this past year, encouraging students to listen. The post detailed good Canadian indie bands with great music to listen to and make a nice welcome into the indie band world.

Having the creative freedom with projects gave me the motivation to explore what options I had in my mind and manifest them into reality. It taught me to not hide the crazy things my imagination would come up with and gave me an auspicious edge to transition what ideas I had in my head to make an engaging article or audio piece for others to enjoy. It gave me an avenue of music journalism to explore in hopes of being able to continue this path into a career.

FIRING ON ALL CYLINDERS: THE PROS AND CONS OF OVERWORKING YOURSELF

Justin Koehler (he/him) | Interrobang

In life, in the workplace, and especially when wrapping up your time in college, we're often told to say yes to everything. People always tell us that it isn't about waiting for the opportunities to come at you, but getting ahead and doing what you can to build on the ones in front of you.

With that, a lot of my year was spent saying yes to every opportunity I could find. I almost wanted to test myself, to see just how much I could handle and really find the point where I felt overloaded.

I definitely found my limit.

Covering for a professional radio station, working on news stories daily with the college, classes, freelance social media management, a part-time retail gig, writing and podcast hosting for the Interrobang, are all just a few of the hats I was wearing throughout the course of the year.

I'm very proud of what I've been able to accomplish throughout the time that I've had, but it definitely came with a few of its own drawbacks.

On the one hand, I've gotten incredibly ahead of diversifying my resume, my perspectives, and my overall skills. Getting the experience in each area is one thing, but also knowing that I can schedule around four jobs on top of classes and balance them all fairly well has given me great confidence in my own capabilities.

The connections I've been able to make and acquire over that time are also incredibly beneficial to my future and definitely one of the most important aspects that I've been able to pick up. Especially in a journalism career, connections are everything.

On the other hand, I also tested my mental health throughout all that time.

Sleepless nights, constant commutes, little downtime, and constantly working can really take a toll on your mental health, a toll that I had never experienced before.

In one instance, every single outlet crossed over at once.

That resulted in me getting five total hours of sleep over a 57-hour span. I felt closer to a zombie than I had ever been before by the end of it. While it was tough in the moment, it also had a lingering effect throughout the remainder of my workweek.

At the end of the day though, I was still able to complete everything including a major 20-minute audio documentary, two interviews, and eight newscasts, the podcast of which earned me one of my higher marks through the course of my program at Fanshawe.

The biggest difference-maker of it all was the fact that I loved all of it. It was work, yes, but so much of what I've been balancing over the past year has been work directly in the field that I'm striving to be in one day.

I had fun, which really pushed me through the toughest times of the year.

Mental health is important, you should always put your sleep and well-being ahead of everything that you're doing in order to get the best results that you can in life.

But would I do it all over again if given the chance? The grind, the sleepless nights, the commutes, the mental toll? Absolutely, in a heartbeat.

Over the past year, I've discovered more about myself and what I can accomplish than I would say I have over the entire last decade. That alone is more valuable to me than sleep, food, and a social life.

Would I recommend it for others looking to achieve the same thing? No, I don't think I would, unless you know whole-heartedly that it's in the direction of the career of your dreams. Overworking showed me just what I can do, how hard I can work, and fully instilled in my head the full passion I have for what I'm doing.

If you don't think you will be able to do the same thing, then keep your mental health, keep your time, and keep your life intact.

For me though, it was more than worth it.



REFLECTING ON MY JOURNEY AS A MULTIMEDIA REPORTER



Gracia Espinosa (she/her) | Interrobang

As I write this article, I think about my two years at Fanshawe College. As a student, resident advisor, and multimedia reporter, I have had countless experiences and made many memories. Throughout this 2023-2024 academic year, I roamed the halls of the institution, searching for compelling stories that would impact our community and showcase the professional successes of our students.

One of the highlights of being a multimedia reporter for Interrobang has been the great diversity of topics I have had the privilege of delving into. With each issue, I have embarked on a journey to discover extraordinary people in the city and our college who have opened my eyes and mind.

From the bustling streets of downtown to the quiet corners of our campus, I have been allowed to witness countless stories that bring our community to life, whether it is talking about the opening of the Innovation Village, the referendum to vote for a food security fee, or the services available for students with disabilities.

However, my journey as a journalist transcended the boundaries of the written word, and I explored new frontiers of storytelling by leveraging Interrobang's YouTube channel. That is why, from here, I want to thank Brandon Grubb, Asiah Prestanski, and Sabrina Piccione for their support. Without them, none of the videos would have been possible. They have helped me a lot in each of my crazy journeys through the college to interview students.

In addition, I also ventured into being a presenter for the Red Couch Podcast. It may surprise you, but I have always been terrified of speaking English in public, and this podcast has been quite a challenge for me. Still, Justin Koehler and I have made the podcast a beacon of conversation and camaraderie, uniting voices from across Fanshawe College. It has been a work driven by our passion for telling stories and our unwavering belief in the power of dialogue.

I would only like to finish by dedicating a few words to our editor, Hannah Theodore because you can't imagine all the work and effort she puts into putting this newspaper forward. But she also had a great team of reporters: Finch Neves, Konstantinos Drossos, Mary Akpojivi, Mauricio Prado, Mia Rosa-Wayne, and Sarah Abukarsh, all of whom have done their bit.

As with the audiovisual team, it is also essential to highlight the work of this newspaper's illustrators and graphic designers: Alissa Chalis, Purvi Suru, Briana Brissett and Caleigh Reid. They have talent that gives life to our journalistic work.

Ultimately, each written article, video, and podcast episode represents the transformative power of journalism, a force that transcends borders, uniting and amplifying voices that would otherwise go unheard.

As the curtain closes on another school year at Fanshawe College, I carry the invaluable lessons learned and the unforgettable memories shared. To the journalism students at Fanshawe: I invite you to embrace your curiosity, seek out untold stories, and harness the power of storytelling to shape the future of journalism. Here's to the next adventure that awaits Interrobang. I hope it is filled with countless possibilities and stories waiting to be discovered.



THE RETURN OF MY JOURNALISM CAREER

Mia Rosa-Wayne (she/her) | Interrobang

As graduation is just around the corner, I want to reflect on the whirlwind this year has been. This year has been a lesson in resilience and flexibility. Stories can change in a heartbeat and the ability to pivot and adapt is crucial. There have been moments of frustration, when things didn't go as planned or when the puzzle pieces of a story didn't fit together. There has been immense satisfaction as well, in those breakthrough moments when everything fits into place and you know you've nailed it.

As I look back on my time, from when I started my first year of college in 2021 to study journalism to now, it was definitely a rollercoaster of events. Coming into the Broadcast Journalism program, I had no idea what was in store for me. As a young girl, I always wanted to be on camera and grow my passion for writing and talking. I found the perfect program for me. Entering my second year in 2022, I was overwhelmed with the fact that it was my graduating year, and I didn't know what was next for me. I found myself struggling, anxious, and confused because I ended up thinking that this wasn't the journey for me. After a turn of events occurred personally, I took a step back and left.

When 2023 rolled around and I was working full-time, I took more time to realize what I wanted to do in life: talk about sports and be on camera. My motivation came back after watching the FIFA World Cup and seeing some of my greatest inspirations take the field, reporting and interviewing players. I knew that was what I still wanted to do. In the summer of 2023, the second last week of August to be exact, I made the decision to take a last-minute leap and return to do what I know I do best. Here is my reflection on my time as a journalist.

Time management has really been something I worked on maintaining this year. Uploading two stories a day, newscasting three times a day, creating a five-minute documentary, and working on two 20-minute podcasts opened my eyes and made me realize where my priorities needed to go. Doing this as schoolwork, while maintaining two part-time jobs outside of school, my commute to school, and still managing to get a good amount of sleep all in one day was nerve wracking at first. Once I was able to fully make a plan of how my days were going to pan out, I was able to have effective time management skills, even though some days didn't go as planned.

On a personal level, this job with the Interrobang has pushed me to grow in ways I didn't fully expect. It gave me the experience I needed to be prepared when I enter the real world of the journalism industry. I got the opportunity to speak with multiple people who are part of Fanshawe groups and clubs, doing feature reports. This encouraged me to step out of my comfort zone and forced me to become more creative.

Being able to work alongside some of my friends makes the job even more enjoyable, with the support and encouragement they give. Journalism is far from a solo sport. I came into the journalism program with no expectations in caring for a friend group because all I was set on doing was succeeding in college and fully focusing on school. That ended up changing right away with the support and encouragement my friends have given me within this program.

Looking back, thinking if I would change anything, I definitely wouldn't. Maybe in what was supposed to be my final year, I would have looked at opportunities differently and blocked out my overwhelming feelings, but sometimes mental health is something that needs to be looked after first and foremost. Every misstep and every win have been learning experiences, shaping me into the journalist I am today. Sure, I could use less caffeine and more sleep, but then it wouldn't have been the relentlessly exciting ride that it has been.

The opportunities that journalism has given me is remarkable and my journey is just getting started. Simply by doing my duties for the school radio station, 106.9 The X, to being a student writer for the Interrobang, writing for a motorsport company covering Formula 1 based in the U.K.; all of these opportunities gave me the experience to achieve a professional internship at a radio station in Woodstock, 104.7 Heart FM.

As I look forward to whatever comes next, I am ready for it. More stories, challenges, and growth. The world is full of stories waiting to be told, and I'm just getting started on uncovering them. Here's to a great, fulfilling year of journalism, endless curiosity and a little more balance between coffee and sleep.



FALLING INTO

SUCCESS

Finch Neves (he/him) | Interrobang

I have never really been very good at anything. I know that feeling insufficient compared to your peers is nearly universal, but I mean it. For as long as I can remember, I had to work harder just to compare to the people around me.

Report cards would come out and my siblings would count how many "As" they got and celebrate, while I tried to hide mine and pretend it had been lost by the school. It was not that I did not try. Trust me, I tried. I tried so, so hard that it hurt and that is why it stung so much more when I failed time and time again.

I got through high school through sheer force of will and entered adult life just as lost and scared as I had been on report card day every year. With no direction, I flung myself into anything I enjoyed, desperately chasing the idea of passion.

Adults had always told me that if you love what you do, you will never work a day in your life. I wanted that. I would have done anything to find something that came naturally or felt right. It was not photography or culinary school or custom cabinetry or forklift driving or writing.

When I quit all of my writing contracts, I was starting to worry that I was just broken. That I could chase anything and put every last drop of will I had in, only to not be enough again.

I would have given up if I could, if there was a family business to inherit at the expense of dreams or a nine to five that would put a roof over my head, but post-pandemic, even that was not easy to find.

Luckily, even when I had given up any hope that I could ever belong somewhere, my wife did not. She saw something in me that I could not, something I still cannot. Without her, I would be nothing.

As another school year approached, I found myself in my annual spiral about my future and if I even deserved success. She looked

at our bank account, which was far from flush, and told me to try one more time. I spent hours going through the list of available courses at Fanshawe, bouncing between practical programs that would lead to certain employment and programs centering around creative expression.

I wish I could say that I chose Radio Broadcasting because of some innate calling or gut feeling, but I picked it because with two days before orientation, not much else was open. I wanted to learn about broadcasting equipment, and I convinced myself that even if everything fell apart, at least I would learn more about the gear.

The program started and I poured everything I had in. I lived, breathed, and dreamed all things radio. If this was going to be the last try, I wanted to know that I had at least done my best before failing miserably.

The days turned into weeks, into months, into school terms and I found myself at the centre of a community that appreciated me and, in some cases, needed me. For the first time, I felt like I belonged.

It was not just me gelling with my peers. I excelled at the work and achieved the Dean's Honours List every semester. In a field where everything revolved around storytelling, everything just made sense.

The effort I poured in resulted in success, which was something I had never experienced before, and it felt incredible.

Now, as I approach graduation, I have noticed that fear begin to creep back in. What if I am not able to transfer my success to the industry? What if I never even get the chance to try because I can't get hired? But I know that will not happen.

I simply will not let it. I refuse to betray the expectations of everyone who helped me get here.

To my wife that gave me the push I needed to not give up, I love you more than something as feeble and hollow as words could ever hope to express. To my professors that guided me and patiently showed me the path forward, I could never have made it without you. To my peers that believed in me in ways I never could, I will not let you down, I promise.

I was once told that opportunity happens when luck meets someone that refuses to give up. I am here to say that it is right. Keep putting everything you have in. Make mistakes, fail, and fall down because when you do it enough times, you will surely fall into success.



A year of listening to myself



Zoë Alexandra King (she/her) | Interrobang

Reflecting on the past year, I can confidently say that I prioritized listening to myself and what I wanted. For most people, it can be easy to let outside factors influence your decision-making process. While sometimes this is okay, it can also steer you in a direction that you don't want. In this past year, I learnt how to drown out the noise and opinions of others in my life and truly ask myself what it was that I wanted, in the most selfless way possible!

Although this can be viewed as a personal reflection, I've found that it can also be intertwined with your decision-making process as it relates to academics and career paths. When you're in college and you're nearing the completion date of your program, the question of, "Where will I start my career?" is usually sparked.

In my case, there were a few hurdles in my journey to get to the career destination that I've seen for myself for years. Instead of allowing these roadblocks to weigh in on my mental health and keep me in a standstill, I decided to listen to myself.

Somewhere among the silence and the solitude, I realized that there was another industry with my name on it. One of which I would've never found if these hurdles weren't in my way. In many scenarios of my life, I've learnt that roadblocks have helped me become who I am today and have also led to better opportunities.

This example of choosing to ask myself what I want, knowing that the answer might not come right away, has helped me live a fuller life.

While the above career example played a critical factor in my life over the past year, I can acknowledge that I've asked myself what I truly want in almost every important decision that I have had to make.

As a yoga teacher, I can't help but relate this back to meditations and being on the mat. Sometimes carving the time out to sit with yourself can open the doors in your mind to something you didn't even know you wanted but already know that it's yours.

An important factor that I am always very cautious of is creating an action plan to guide me through the pathway that I want to go down. For example, in my case of diving into a new industry, it meant not only learning but also doing the steps in place to make it a career. Action plans in my eyes aren't haste or rushed. Sit with the thought of something that you think you want for your life and when that thought makes you excited every time you think of it, create your action plan.

For my readers, I encourage you to learn how to sit in silence and ask yourself what you want in situations where you have big decisions to make. Is there an action plan that you can create to help you get to the destination that you are seeking?

The key is that the answer is always rooted deep inside of you, and you are the only one that can unlock the door to opportunities in your life.



Fanshawe chef overcomes tough competition on *Guy's Grocery Games*



Mauricio Prado (he/him)
INTERROBANG

Chef Erin Circelli-Russell, one of the head chefs and an instructor at Fanshawe College's student training facility, the Chef's Table, has won for the third time on the popular Food Network cooking show *Guy's Grocery Games* (GGG).

"I was honoured when they called me," Circelli-Russell said. "That is a pretty heavy title to carry a three-time Triple-G winner."

Host and celebrity chef, Guy Fieri invited four past winners back to the Flavortown Market for a non-stop super battle in the episode titled, "Winners Whammy Auction."

"It was scary because I was competing against other chefs who had already won in other episodes," Circelli-Russell said.

She said that in this episode, Fieri gave them \$100 to buy food to make an appetizer and an entree. But they also had to bid on auction items.

"The starting bid was \$40, so I spent at least \$40 on an item I did not want," Circelli-Russell said. "I was the last person to buy one of the items, so Fieri charged me \$60 for the black liquorice."

She said she had only \$40 left to buy all the rest of the food.

"The most challenging part was purchasing a nice cut of beef steak for under \$40 and serving eight plates. It was extremely nerve-wracking," Circelli-Russell said.

Circelli-Russell came home with \$20,000 for her win. She said it feels good to remain undefeated after three visits to Flavortown Market.

"Some of the competitors had won up to five times in this show, so I knew I was against fierce competition," Circelli-Russell said.

She said she went to have fun, whether she won or lost. She added



CREDIT: MAURICIO PRADO

Chef Erin Circelli-Russell remains undefeated after securing her third win on the popular Food Network competition show, *Guy's Grocery Games*.

that she was relaxed right before they started playing.

"Chef Abby, the other female chef, also works at an education facility, so she feeds thousands of people a day at a university in California," Circelli-Russell said. "I was most nervous about her. She is just such a talented chef."

She said the other participant, Chef Jeff, owns two California restaurants and is a very "distinguished chef."

"I knew all of them were going to be very talented. I had to pull it up and play my best game to win," Circelli-Russell said.

Circelli-Russell said that the most fun part was hanging out with the chefs, meeting them, and getting to know what they do for their lives and families.

"We do not have a lot of downtime, but when we do and sit together and eat with someone, friendships become stronger," Circelli-Russell said. "Having all these friends around North America has been probably my favourite part of the process."

She also said that Fieri is a fantastic guy in real life and that his main goal is to make everyone look good.

"Even if you were extremely nervous and flopped at the challenges

that he threw at you, he is still going to make you look good on TV," Circelli-Russell said.

Circelli-Russell said that Fieri just wants everybody to return to their hometown as heroes. She added that he is always there to support people in the industry.

"My students at Fanshawe College have been asking me every day since we filmed the show," Circelli-Russell said. "We filmed this episode in August, they have been asking almost weekly."

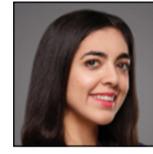
She said she and her parents had a party at the Chef's Table on Fanshawe downtown campus when the show aired in the U.S. a week ahead of its Canadian airing date.

"I have gotten so many messages on social media from students that it is heartwarming to know they were as excited as I am about this adventure," Circelli-Russell said.

She said the celebration was even more significant for Canada's show airing, which was on March 28.

"We have got a bunch of screens set up at my parents' place and a huge tent out back with fires," Circelli-Russell said. "It was an incredible evening with friends, family, and the community."

MIA student shines light on local talent



Gracia Espinosa (she/her)
INTERROBANG

Drew Moir, a second-year Music Industry Arts (MIA) student at Fanshawe College, is quickly making a name for himself as a multifaceted talent in the local music scene. Drawing from his diverse background in arts and media, Moir has emerged as a dynamic force in artist management and event coordination.

Born in 1998, Moir's passion for music began at a young age, nurtured by a family with a deep appreciation for the arts.

"From before I can even remember, I've loved music," Moir recalls. "I grew up on the 60s, 70s, and 80s eras of music, which contains some of the best music ever written."

Transitioning into the MIA program was a natural progression for Moir, who sought to combine his passion for music with his burgeoning business acumen.

"I settled on the music industry, which is perfect for me," he said. "It allows me to work with artists and bring some of that business knowledge into the realm of music."

Recently, he has been planning and putting on a series of showcase events called London City Roots. The first event, held on March 16, was a resounding success, drawing a sold-out crowd eager to discover the next big thing in music. Moir plans to continue these events with 12 acts already confirmed for the series, set to run until October.

Moir's influence extends beyond London City Roots. Moir is also the owner of Year 30.000, a multi-platform arts collective that creates The Immersive Experience, the "logical next step in how we as a society consume art." Moir's dedication to supporting emerging talent extends beyond the classroom. As the manager of multiple bands and artists



CREDIT: BRANDON GRUBB

Drew Moir is a second-year Music Industry Arts (MIA) student at Fanshawe College.

within his program, Moir is committed to helping artists navigate the complex landscape of the music industry.

"We're trying to bring back, with my company, that experience when you combine the feeling, the story, and the sound and take time to put out music, rather than what we see a lot of times: a lot of half-baked, one-minute-and-a-half songs."

Reflecting on his educational journey, Moir credited Fanshawe's pre-media course with providing a solid foundation in various aspects of the arts.

"The pre-media course here at Fanshawe is great for developing every aspect of my music and arts background," Moir explained.

Looking ahead, Moir is excited about the future of the MIA program, particularly with introducing a new third-year program focused on music industry management and artist development.

"It's exactly the kind of stuff I want to do," Moir explained.

For Moir, the highlight of his current endeavours lies in working closely with artists and helping them realize their dreams. "What I'm doing right now is honestly such a dream," he said. "It's all about bringing that collaboration together between all artists."

How to (safely) experience the upcoming solar eclipse



Konstantinos Drossos (he/him)
INTERROBANG

A rare and exciting cosmic event is set to take place April 8, and many in London will be treated to a front row seat.

A solar eclipse usually happens every year and a half, according to NASA. London, amongst other Canadian cities, will have a close look at the eclipse's path of totality, meaning the moon's disk will almost completely be covering the sun's face.

"London will be in 99.6 per cent partial eclipse, and it's a very different thing than a total eclipse," said Jan Cami, a professor of physics at Western University.

The path of full totality is just south of London, in St. Thomas.

The partial eclipse will be visible from anywhere in London, but not for long, as the path of totality is a bit out of the city's way. By travelling south of the city, the chance of experiencing the eclipse for a

longer period is more probable.

"The closer you travel to the centre of the path of totality, the longer the eclipse lasts," explained Cami.

According to Cami, the north of St. Thomas will experience about one minute of totality, while the southern part of St. Thomas will catch about a minute and a half. The further south you go, the longer the eclipse will last.

"If you would go all the way down to Long Point, for instance, you would have well over three minutes and 40 seconds," Cami said.

The eclipse will begin around 2 p.m., lasting roughly two hours and 28 minutes, with maximum coverage occurring around 3:17 p.m. With the popularity surrounding the event, many school boards across the province have scheduled their April Professional Activity (PA) days to fall on the day of the eclipse.

If you plan to view the eclipse, whenever any part of the sun's disk is visible, it is important to practice eye safety, as Cami warned that viewing the eclipse with the naked

eye can be extremely dangerous.

"The problem is that you have a lens in your eye, which helps you focus and see things sharp, but unfortunately...when you look at the sun, [it] focuses all the sunlight onto your retina and it starts burning your retina which has no pain receptors," Cami said. "So, while you're burning your eyes, there's no indication that you're doing something which is very unsafe and can cause blindness or eye damage."

But don't fret, there are safe alternatives, like "eclipse glasses," which resemble 3D glasses. Eclipse glasses block the light with dark polymer film made by embedding carbon black powder inside a resin matrix. The London Public Library branches have a limited number of these glasses available, or you can purchase them online.

Another option is to view the eclipse with a pinhole camera, which you can even make yourself with tin foil, a white sheet of paper, and a cardboard box.

Meanwhile, for Iftekhar (Isaac) Haque, a science and mathematics professor in Fanshawe's School



CREDIT: CALEIGH REID

Southwestern Ontario will experience a total eclipse on April 8.

of Language and Liberal Studies, who has taught courses on astronomy and astrophysics for the past decade, the solar eclipse also represents an opportunity for advancing scientific knowledge.

"This eclipse is especially exciting because it will last longer, be more 'total' and the sun will put on a much livelier show as it is currently at the peak of its roughly 11-year activity cycle," said Haque

in a statement. "As a science educator, what is most exciting to me are all the citizen science opportunities."

Whether you plan to experience the eclipse for its beauty, or for its scientific potential, be sure to do so safely and have fun. The last time there was a total eclipse in Ontario was in February 1979 and the next one won't occur for another 120 years.

Revolutionary arts incubator reshapes funding models for up-and-coming artists



Mauricio Prado (he/him)
INTERROBANG

Fanshawe Music Industry Arts (MIA) graduate Lliam Buckley has announced that his company, Corduroy Earth, is ramping up an arts incubator in London. He plans to do this through his Corduroy Colab program after receiving a \$40,000 investment from Tech Alliance.

He introduced the first group of artists for his Corduroy Colab program, an accelerator for the arts specializing in music. With this initiative, Buckley intends to support the arts while giving up-and-coming local artists fairer access to the workforce.

"This is focused on reinforcing the arts and music industry by creating more equitable economic structures for them," Buckley said. "It just makes sense to use the funding for that."

He said they are looking at innovating the model for funding the arts. Buckley noted that the economics of the art industry right now are "very broken."

"It is difficult for an artist to get paid just to create things. Artists are usually paid after they have built up a fan base," Buckley said.

Buckley wants to quit that model, stating that it is the "key piece of the equation." He said that to understand how the arts and music industry works, they first had to understand and research the traditional models for funding art.

"In the 1960s and 70s, we had the record label model. Even going back 50 years, record labels were good at paying artists just to create something," Buckley said. "Essentially, if a record label thought you had potential, they would invest in you."

He said they used to give these artists funding advances that were low-risk loans against their earnings. After the label had recouped those funds, they might start to profit from some of that investment in the artist and then be able to invest that in more art. Buckley said that the funding model received some criticism.

"Some say it was exploitative as it tried to own and control the artist's career. It did not allow them to



CREDIT: LLIAM BUCKLEY

A Fanshawe grad is helping pave the way for new artists.

be authentic in who they were and the art they wanted to create," Buckley said.

Buckley added that the model was effective at creating that funding upfront. In the 1990s, much of the media funding disappeared because of the Internet.

"You have a digital file that can be copied and pasted by anyone with an unlimited supply. That reduced the value of the art," Buckley said.

He said that during those times in the arts and music industry, few record labels had funds to take risks on artists. He added that nowadays, artists have to market and figure out how to record themselves.

"They have to do everything themselves to fund everything, and it could take three, four, or five years of doing that before they have built

up a fanbase," Buckley said.

Even though this new model gives the artists more control than when they were with a label, it is a lot more difficult because they do all that on their own.

"We are expecting artists to now just be independent and good on their own while they do not even know if they would make some of that back," Buckley said.

Buckley said they want to bring everyone together, not only the artist but also different resources within the city.

"People could support artists by giving them a studio space, a storefront where they can sell their merch, or something like that," Buckley said. "It is about collaborating and pooling the various communities, businesses, and other things to support a small group of artists."

He said they can now financially support these artists, give them marketing support, support on the recording side, and help with releases and video content.

"They will work with us for a year. Then, the next year, we will bring in another group and do it all over again," Buckley said.

They will give artists funds in advance, just like a label would. Then, they will try to recoup that within the year. After that, the artist will split any future royalties, and Corduroy Earth will take a tiny percentage.

"We are going to take about 10 per cent of those royalties, which is much less than the 50 per cent the labels take out from artists," Buckley said.



CREDIT: DAHLIA KATZ

Are you ready for it? The 2024/25 season at The Grand Theatre has been announced!

A time for play: The Grand's 2024/25 season



Zoë Alexandra King (she/her)
INTERROBANG

I always feel a tinge of sadness as each season at The Grand comes to a close, knowing that all the productions have been memorable for me. At least until I see what they have planned next!

The upcoming 2024/25 season has been dubbed, *A Time for Play*. According to the Artistic Director, Rachel Peake, the season "is about moments where joy, where play, bring about real change in the world."

Here's a look at what's to come!

The 2024/25 High School Project, *Roald Dahl's Matilda the Musical*

Starting off strong on Sept. 17, with the annual High School Project, is *Roald Dahl's Matilda the Musical*. The High School Project never ceases to amaze me with the talent that lives in the students of London, Ont. This musical, based on the beloved children's book by Roald Dahl is a well-known classic filled with upbeat and heartfelt music.

Shakespeare & The Beatles, As You Like It

This Shakespearean love story, re-set in Canada's Okanagan Valley in the 1960s demonstrates challenges that a couple faces where they realize that "love may not be all you need." Peake acknowledged that anyone who has studied Shakespeare may find it particularly interesting to see a different perspective or in her words, "to experience Shakespeare in a really new way." In the trailer that highlights the season and the opening of this production in October, Peake is disguised in hippie apparel from head-to-toe walking through the Thames Valley Parkway.

The Sound of Music

Coming to the Spriet Stage in November is another iconic classic that Peake herself will be directing, *The Sound of Music*. Based on the Tony Award-winning musical, this holiday production features well-known songs such as "My Favourite Things," "Do-Re-Mi," "Sixteen Going on Seventeen," and more! A story about a woman who brings the joy of music to a family, backdropped by the threat of a Nazi-invasion, this show will no doubt supply some much-needed holiday nostalgia.

Heist

Ring in 2025 is this thrilling co-production with The Citadel Theatre, featuring five criminals that will keep you on the edge of your seat throughout. Peake said that this production is known as "the *Ocean's 11* for theatre," so if you love a good heist, make sure to have this one on your list. The screenwriter and playwright, Arun Lakra, is said to bring "high-tech, stunt-filled, crime drama from the silver screen to the stage."

The Secret to Good Tea

Starting on Feb. 18, 2025, this mother and daughter story is co-produced with the National Arts Centre Indigenous Theatre and will take the Spriet Stage until March 8, 2025. When a mother (Maggie) has a story to share with her daughter (Gwynn) it creates "a journey of laughter, revelation, understanding, and the bond of a mother and daughter."

Waitress

The second production that Peake will be directing in this season is *Waitress*, beginning on March 25, 2025. Co-produced with Theatre Aquarius, this Tony-Award winning show follows a troubled marriage, which slowly becomes more complex with the news of a baby on the way. *Waitress* features incredible music by Grammy Award-winner Sara Bareilles' such as "She Used to Be Mine" and "When He Sees Me."

Pride and Prejudice

Adopted from the classic Jane Austen novel, *Pride and Prejudice* will take to the Spriet Stage on April 29, 2025. The well-known story will no doubt fill the seats in the theatre. According to the Grand website, "In this laugh-out-loud adaptation of Jane Austen's classic work, Kate Hamill deftly infuses the beloved Bennets, Bingleys, and Darceys with even more saucy irreverence for society's expectations."

Visiting The Grand Theatre is always enjoyable because you almost always know that you're going to have a great time. For those avid theatregoers, I feel your excitement for this upcoming season and for those who have never ventured to The Grand, I encourage you to do so this season! Students should be reminded that there is a student rush special for those who can provide a valid student ID. Instructions on how to book a student ticket at The Grand can be found online under the "Ways to Save" subheading. For more details about the shows coming to The Grand in 2024/25, visit grandtheatre.com/202425-season.

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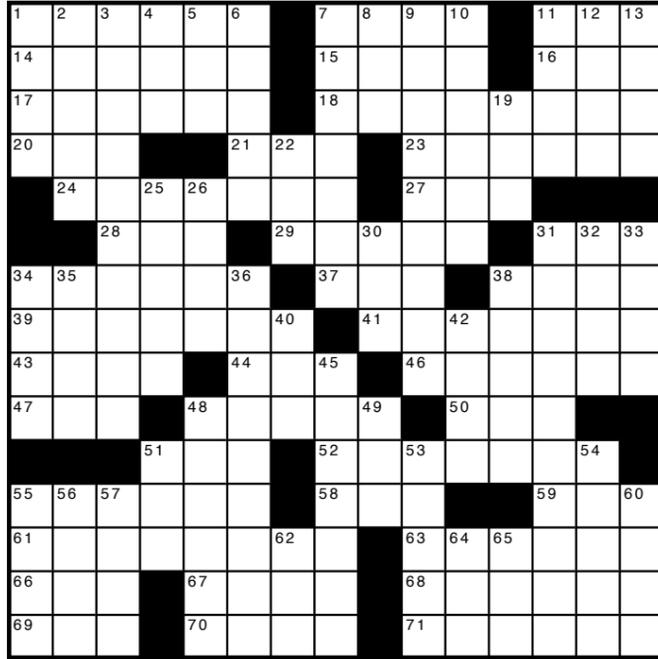
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CROSSWORD

"Deer Xing" by Barb Olson

ACROSS

1. Do only as a hobby, with "in"
7. Bad-mouth
11. Skippy rival
14. Place to put the milkman's delivery
15. ___ and including ...
16. Nobody special?
17. Easy-to-swallow pill
18. Walks drunkenly
20. "Pull up a chair"
21. Carr collection?
23. Helpful gerund builders, in Scrabble
24. Cory Joseph or Lebron James
27. Common soccer score
28. Be a bad friend, in a way
29. Curriculum ___ (résumé)
31. RBC or BMO alternatives
34. Become more cheerful
37. Poe's "The ___ and the Pendulum"
38. Restaurant chain with a new smiley logo
39. Hamilton band, winners of the 2015 Juno for Group of the Year
41. Snookums, or Snoopy?
43. Not needing a haircut, perhaps
44. O-U preceders
46. Did a laundry chore
47. Ginger ___
48. Organ pieces
50. Street walker: Abbr.
51. Her possessive partner?
52. Ms. Anonymous
55. Running late
58. Prefix with -Contin or -Codon
59. Bird that tastes like beef
61. One whose goose is cooked
63. Spurs to action
66. Greedy person's desire
67. Plus-sized, palindromic model
68. This evening, as it sounds
69. Cardin competitor, initially
70. Bautista stats
71. Pan-fries



DOWN

1. Grooves on
2. Have an ___ the hole
3. Prominent clasp atop a cowboy's jeans
4. Something to watch on the telly
5. Mauna ___ (largest volcano on Earth)
6. Canadian living abroad, say
7. Greyhound excursion
8. Storied bldg.
9. Becomes foul, as standing water
10. Render immobile, rodeostyle
11. Nova Scotia rocker Plaskett
12. About, in contracts
13. Come clean, with "up"
19. Anne's love in Avonlea, for short
22. Toyota's ___4 (SUV)
25. Demonstrated an inquiring mind
26. Lone, in Longueuil
30. Crime Stoppers call-in
31. "I've had enough of this!"
32. St. Joseph's Oratory, architecturally
33. Drove over 120 km/h in Canada
34. ___ Wawa (role for Gilda Radner)
35. Russian range or river
36. Feigns ignorance
38. How amounts owing may be written
40. Half a sch. year
42. Bend an elbow, so to speak
45. Humour that's not for everyone
48. Impede
49. It's blown at a jazz club
51. Kept from view
53. Russian refusals
54. Overdo on stage
55. Party time, for short
56. Lampreys, e.g.
57. '90s comedy troupe "Kids in the ___"
60. Articles in "Le Devoir"?
62. Roman 901
64. ___ long way (last)
65. Wildebeest's other name

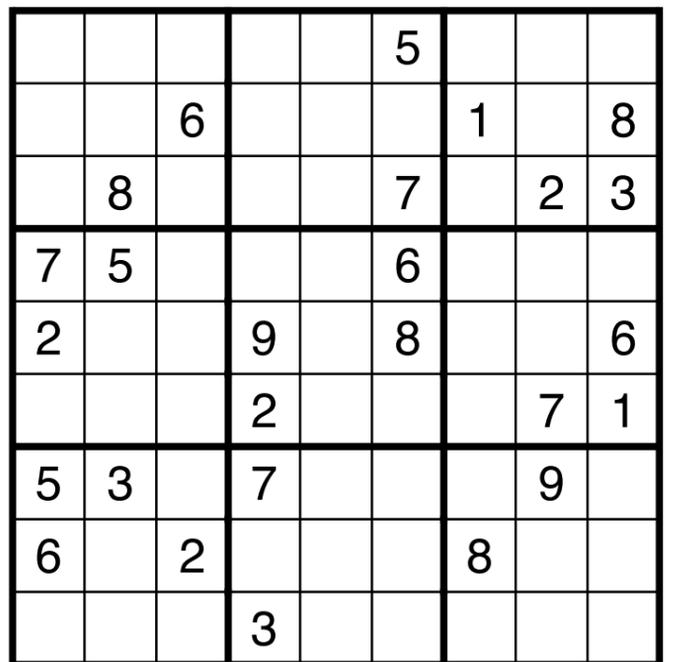
WORD SEARCH



SUMMER FUN

- | | | | | |
|------------|-------------|-----------|--------|--------|
| Fishing | Garden | Ice Cream | Art | Fair |
| Watermelon | Bike Riding | Softball | Lake | Pool |
| Snowcones | Fireworks | Carnival | Tennis | Picnic |
| S'mores | Camping | Reading | Movies | |
| Lemonade | Beach | Harvest | Hiking | |

SUDOKU



Puzzle rating: Very Hard

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

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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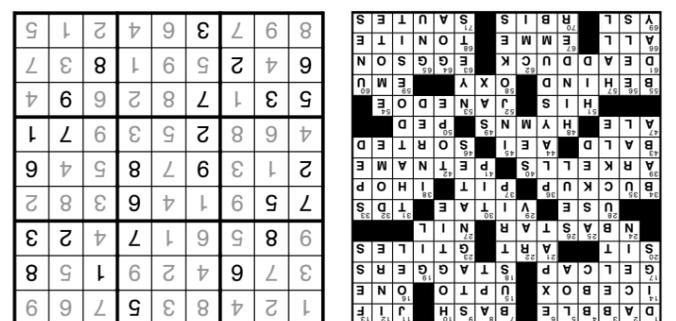
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19 22 14 8 11 2 3 8 9 20 15

14 8 11 15 8 7 2 16 12 3 7 2 8

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PUZZLE SOLUTIONS



—Chuck Palahniuk
 "The feeling is less like an ending than just another starting point."

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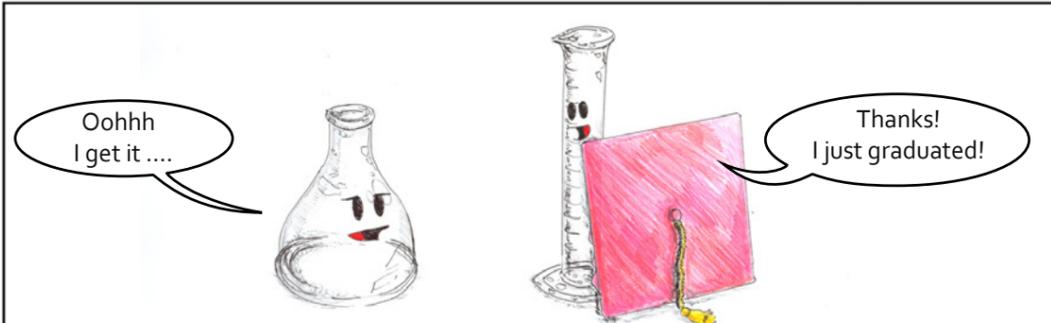
FSU INTERROBANG

End of Year is Here

Created by Briana Brissett © 2024



By Christopher Mischczak © 2024

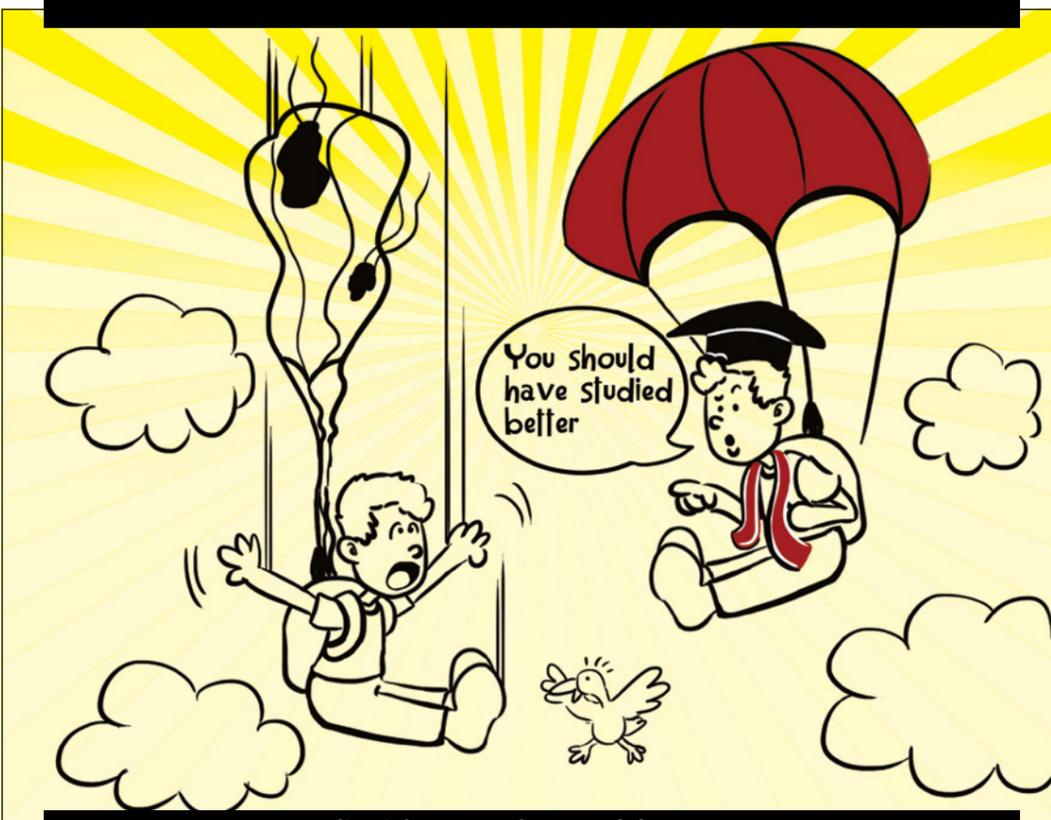


Freshman Fifteen



By Alan Dungo

Butt sweat n Tears by Andres Silva



Editorial Cartoon by Mauricio Franco

Horoscopes

Aries

Take the initiative these next few weeks. Don't wait for someone to take over. Focus on what you want and do your best to make it happen. Check your emotions before you do or say something you regret. Concentrate on responsibilities, and you'll defuse criticism. Reach out to classmates for ideas and solutions, but do not partner with anyone, or you'll encounter emotional setbacks and uncertainty. Fend for yourself and put more effort into looking and doing your best. Be secretive about what you are doing, and you'll substantially impact everyone when you are ready to share.

Taurus

Pay attention to where your money is going. Don't sign up for subscriptions or make unnecessary purchases. Put more emphasis on personal changes and self-improvement. An opportunity is within reach but can also lead to sensitive issues if you decide to make a move that someone close to you doesn't like. Have incentives ready that can sway a negative response to a positive one. Keep your inner thoughts to yourself until you have a sound plan that offers plenty of appeal. Let your swagger lead the way, demonstrate what you can offer, and victory will be yours.

Gemini

Be careful where you put your allegiance. Someone will likely mislead you or use emotional manipulation to tilt thoughts or decisions in their favour. Choose common sense and intelligence, over-reacting emotionally. Hunker down and get things done. Keeping up to date will help you avoid questions that put you in an awkward position. Trust your instincts, not what someone leads you to believe. Know what you are up against, set ground rules and boundaries, and forge ahead. Align yourself with like-minded people. Put more thought and effort into physical well-being, fitness, diet, and spending time with someone you love to be around.

Cancer

Say what you have to say and do what you must do and you'll cut the drama, allowing you more time to focus on personal growth and gain. Romance is in the stars. Set the tone and make your choices clear. It's up to you to be direct if you don't want others to misinterpret you. Be innovative and use your skills and charm to get what you want. An offer someone makes won't be as good as it sounds. Get the lowdown directly from the source and counter with what's fair. Observe and learn. It's what you do, not what you say, that will make a difference.

Leo

An entertaining approach to life, love, and happiness will turn heads and raise eyebrows. You can't please everyone, but by being yourself, you'll discover who's on your team. Add more structure to your routine and make the changes that encourage a simple and convenient lifestyle. It's up to you to make your journey enjoyable and eliminate any unnecessary dead weight. Mixed emotions will mislead you. Listen, ask questions, and learn about a situation before you act or pass information along. Choose saving over squandering. There is plenty to do that doesn't cost or lead to indulgence. Express your feelings and demonstrate your love for someone.

Virgo

Take your time, think twice before you spend money, make a commitment, or sign up for a subscription. Change may entice you, but discipline will save you from making a premature decision. You'll be better positioned to evaluate what's possible. Reach out to someone with more experience and gain insight and a commonsense path forward. Be aware of emotionally unstable situations before you share personal information. A change in how you feel about a friendship or lifestyle change will surface. Do your due diligence before you proceed, and you will be happy with the outcome.

Libra

Don't be fooled by someone's emotional rhetoric. Trust your instincts, experience, and knowledge. Clean up your personal affairs and put a plan in motion that eases stress and makes your life manageable. A positive step in the right direction may be difficult to digest at first, but once complete, you'll feel better about the future. Get together with someone upbeat, it will lift your spirits and point you in a positive direction. An idea you share will get rave reviews. Rethink how you handle your cash, and what you want to commit to. Set boundaries, know your limitations, and implement practicality.

Scorpio

Dissect your options and follow through with your plans. A unique path with many diversions and attractive alternatives will expand your plans. Keep an open mind. Reach out, engage in conversations, assess what you hear, and do what's best for you. Home improvements that make your life less stressful or accommodate something you want to incorporate into your daily routine are your choice. Refrain from trusting people to make choices for you. Take charge, do the work yourself, finish what you start, and everything will fall into place. You'll develop unique ideas that can improve relationships with the people you care about most. A kind gesture will impact your life.

Sagittarius

Think problems through before moving. Confusion is apparent; without facts to back you up, you are best to take a pass. Emotions and money will lead to debt. Don't sign up for something you don't need or want. Bide your time, gather information, and only proceed when you feel confident; you'll get the desired results. Reading, knowledge, and verification will help you avoid making mistakes. An event that offers insight into something that interests you will also help you confirm your next move. A change someone suggests will be inaccurate. Find out what's involved before you agree to proceed. Choose to help yourself first.

Capricorn

Wait to share information. Observe and consider your options and act secretly. Expect the unexpected. Don't let what others do or say confuse you. Make plans that are in your best interest. How someone reacts will change the way you feel. A change at home will encourage positive reactions. Refrain from letting anyone take over. Address anyone trying to sugarcoat a situation or charm you into something questionable with honesty and facts. Look for ways to improve your life, surroundings, and money management. Put your energy where it counts, and you'll reap the rewards and bypass interference.

Aquarius

Sit tight until you can see a clear passage forward. Don't feel you need to bend to someone else's agenda. Say no to any form of aggressive action. Go about your business. Do things your way and under the radar. Someone will step in and interfere if you are too vocal or visible. Don't alter your plans for the wrong reason. Take hold of your finances and revamp your plans to advance or change direction. Invest in yourself and how to modify your skills to suit trends. Educate yourself. Attend an event or tutorial to broaden your scope regarding something interesting.

Pisces

Don't settle for less than what you want. Check out what's available and consider how to utilize your experience and knowledge to increase your chance to explore new things. Consult with someone with insight into something you want to pursue and you'll discover how to adjust your routine to reach your desired goal. Keep your plans private. Work behind the scenes, build a platform, and explore the best route forward, and you'll find it easier to control the outcome and cost involved. You'll see what's possible very soon. Go over every detail, and you'll discover how to delegate your skills, money, and energy to reach your goal.

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Mindful MONDAYS
Stress Relief
April 11th | 11am-2pm
Student Centre

Meditation Glitter Jars | Colouring | Mental Health Support

FUEL FANSHAWE STUDENT UNION www.fsu.ca

SUPER SMASH BROS.™

GAME NIGHT

Monday, April 8th
Alumni Lounge

6pm Friendlies | 7pm Tournament Start

FREE EVENT
Connect with us @fsu.ca/discord

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TOP 3 PRIZING



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MOVIES



PUSS IN BOOTS: THE LAST WISH

DATE: **TUESDAY, APRIL 9**
TIME: **8PM**

HUMANE SOCIETY

\$2 ADMISSION (PAY AT DOOR)
PROCEEDS HELP HOMELESS ANIMALS
PIZZA & POPCORN (WHILE SUPPLIES LAST)

ROOM D1060

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- ATTENTION -

FSU Annual General Meeting
Wednesday, April 10 at 5 p.m.
Alumni Lounge (SC 2013) or join via Zoom

Pre-register at www.fsu.ca/agm by Tuesday, April 9 at 12 p.m.
Snacks provided (while quantities last)
A meeting for all members of the FSU



Register and attend the meeting to be entered into a draw to win **1 of 2 \$100 Amazon Gift Cards**

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IS YOUR BIRTHDAY IN APRIL?
Come get treats and all the warmest wishes from us!

April Birthday Month!

Wednesday, April 10 Student Centre
12pm-3pm

Proof of birth month required.



Chill LOUNGE

Come Chill With Us

THURSDAY, APRIL 11
FORWELL HALL | MAIN CAMPUS
11 am - 3 pm

- » CARICATURE DRAWING
- » MASSAGE CLINIC
- » GLASS ORNAMENTS
- » VIDEO GAMES
- » BRACELET MAKING
- » HENNA ART AND MORE!



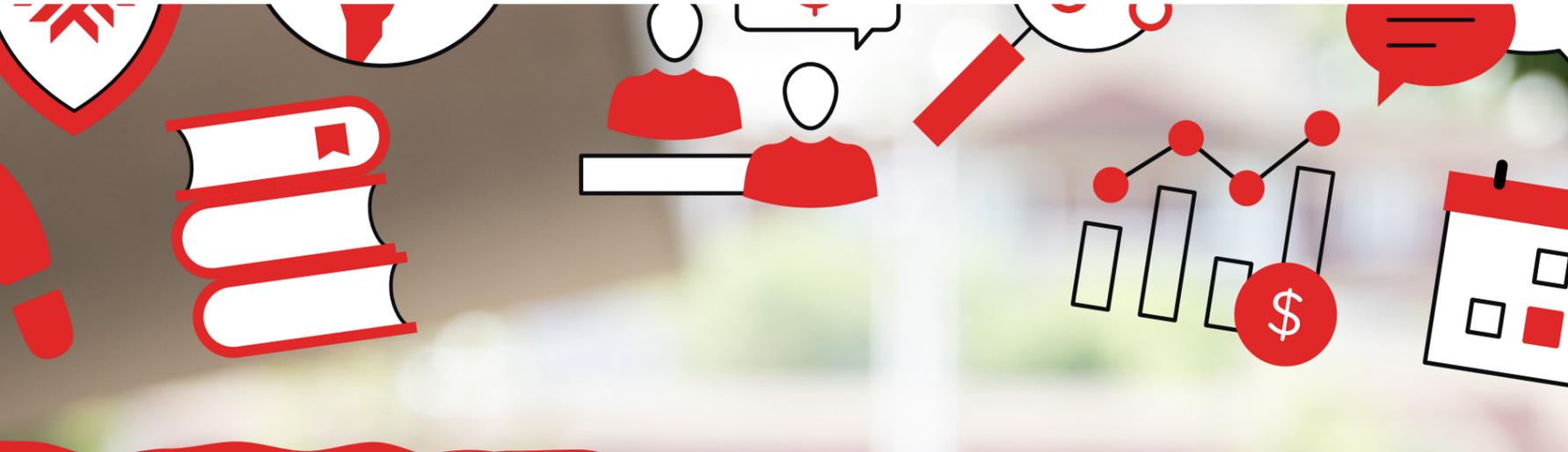
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PRESENTS

THE RED COUCH PODCAST

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can feel
overwhelming
with competing
deadlines, exam
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