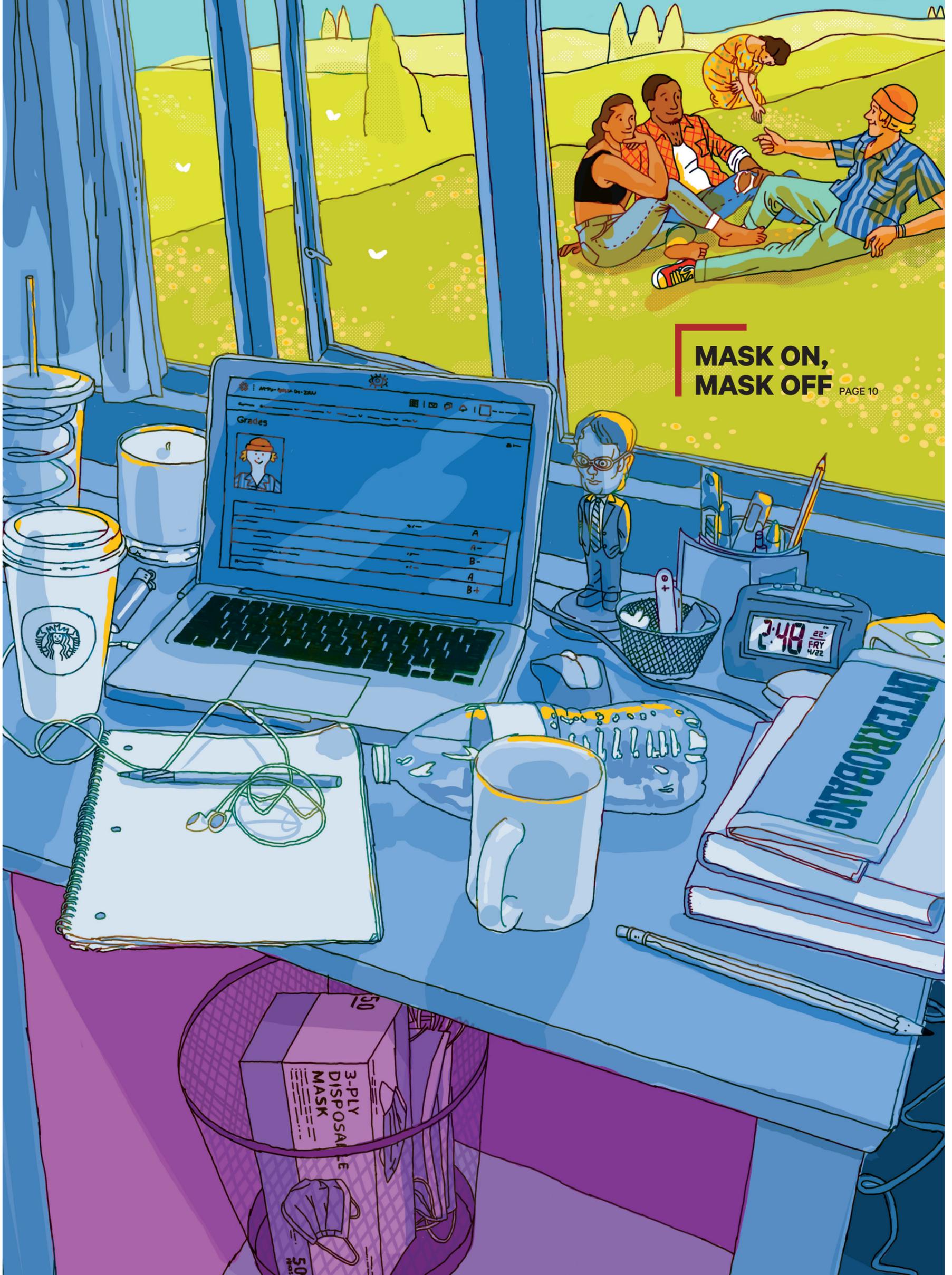


# INTERROBANG



**MASK ON,  
MASK OFF** PAGE 10



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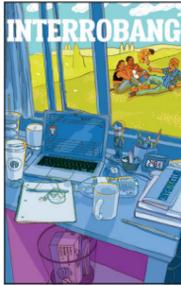
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**FROM THE EDITOR** Hannah Theodore

Dear readers,  
Another year has come and gone. I feel like I've barely had time to catch my breath. But it's true, after completing an astonishing 15 issues, I am so thrilled to share with you the final issue of Interrobang for Volume 54.

From where I'm standing, it seems as though we've encountered just about everything this year: war, a continued pandemic, a federal election, a(nother) lockdown, and more. It has been a privilege to be with you all as we went through these things together. As journalists, we have a duty to inform our audience as best we can, and I hope we've been able to do that for you this year.

This final issue is overflowing with optimism for the future, with tips from freelance reporter Svitlana Stryhun on how to achieve your goals this spring, guides to summer employment from reporter Kate Otterbein, and a heartfelt letter to her younger self by Aisha Javaid.

Thank you to each and every contributor to Interrobang this year, including the various artists, graphic designers, videographers, freelancers and social media experts who make what we do possible. None of this happens alone, and thank goodness for that.

The future feels as uncertain as ever, but the promise of normalcy inches closer every day. You too, readers, have spent all year just trying to do your best to survive and reach the finish line. And lo' and behold, you've actually done it. In spite of everything, we made it.

Until next time,

**Letters to the Editor:** fsuleters@fanshawec.ca

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# Meet Larry Verestiuk, new Associate Dean of London South Campus

**Hannah Theodore**  
INTERROBANG

Larry Verestiuk took over the position of Associate Dean of Fanshawe's London South Campus earlier this year. Interrobang sat down for a conversation to learn more about his goals for the future of the growing campus.

**Interrobang (?): What were some of your key goals going into this position?**

Verestiuk (V): Well, I think you know, London South is a relatively new campus, we just started in September 2019. And within five months, we were shut down with COVID. But we've had some wonderful successes at London South even in the short amount of time we've been here. My goal really is to build on those successes. We've got great, wonderful students who've got amazing faculty, and we're growing, we've got a lot of demand from our students in terms of the programs we offer. So, one of my first goals is really to ensure that's continuing, and to build on that...and to offer the best opportunity for our students in terms of their learning experience.

**?: Now, you have quite a business background, from working with Lawrence Kinlin and having connections with other really prominent business schools, not just in Canada, but around the world. How has that previous experience come in handy, especially at London South, which is so business-focused in its course offerings?**

V: When I was first teaching, at Kinlin...I was always working with international students, I absolutely

loved it, it was so great. We've got wonderful students, they're engaged, they're here for a reason they want to learn, they want to grow, they want to be part of the Canadian culture, community. And so I really took to that and had a great connection with them. So that was a natural progression for me. My, my work experience...I've learned a lot about how to work with people how to work with different perspectives, how to leverage the knowledge that everyone else shares. The key thing for me is to keep asking questions and learn more, and then try and share that out all the best practices. So, in my years in business, I've tried to do that, I've tried to engage with people, I've tried to grow and learn from that.

**?: On that note, diversity and inclusion has become a key pillar for the college in recent years. And I know it's something you've long advocated for as well. So how do you plan to keep that momentum going at the South Campus in the years to come?**

V: Diversity and inclusion is critical in any setting and in our society. But you know, it's very important at the college level, and extremely important here at London South. And we've got such a wonderful range of different cultures and different backgrounds. And it's so important for us to incorporate that together, not only just to recognize it, but to really infuse it into what we do on a daily basis. So, we always want to interact with our students in the classroom, we want to make sure it's a two-way conversation. I'm really thrilled to say that, you know, above 50 per cent of our student population is female as well.

As we get to having more face-to-face interactions in September moving forward, we're going to be having a lot more clubs and interactions and social events to get students to know each other, get them to work together. A critical part of the students' learning is to have them discussing between themselves in class about different aspects. So, a lot of it is not them studying on their own, but really working together to come up with solutions and understand case studies and how do they come up with problem solving together as a group. So, we want to make sure that they're working together and interacting together, and we're going to continue to build on that, because that's so important.

**?: What is something that people who only attend the main campus or the downtown campus would never know about the South Campus? And, more broadly, how can we all continue to work to bridge the gap between Fanshawe and its various campuses?**

V: They may not have realized that we are almost 100 per cent international. We were set up as an international hub. And our actual vision for the campus is to be the centre for international student excellence at the college.

Another thing is maybe the size of our campus, they may not realize that we are 1,100 students, which is actually quite a few and that we're going to be growing to 1,500.

One thing that we find from our students is one of the reasons why they're coming here coming to Fanshawe is that they want to live the Canadian experience, they



CREDIT: COURTESY OF LARRY VERESTIUK

Larry Verestiuk took over the position of Associate Dean of London South Campus earlier this year.

want to amalgamate with other students, they want to learn from them in and interact. And so I think it's really important for us to make sure that we as separate campuses are giving the students the opportunity to do that, to interact. I think it's so great that our students here have the ability, for example, to use the gym and to use all the facilities we have at main campus and a lot

of them do. And a lot of them go to the events that the [Fanshawe Student Union] sets up, for example, and we try and encourage that we do a lot of advertising here, to say, 'Here's all these events and clubs and things that you could join,' because we want them to interact with everyone else. So, although we're in the south end of the city, we don't want to be an island.

# Unbound 2022 celebrates oneness with the planet

**Aisha Javaid**  
INTERROBANG

On April 14, Fanshawe's fashion design program will present their annual year-end fashion show event which commemorates fashion design graduates and members within the different disciplines from Fanshawe's School of Design.

Unbound is a collaboration between multiple programs across the college. This year's event will be in-person and will include guest speakers, cultural collections, live portfolio and collection presentations and a meet-and-greet with the designers.

Fanshawe fashion design professor, Loren Carriere described the exclusivity of this year's Unbound event.

"Unbound is not a fashion show," she said. "So, back in the good old days before COVID, Unbound was very much focused as a runway fashion show event. And the world of fashion is changing, and fashion shows are no longer the thing. So, it is a now a multimedia event, because of COVID we now understand that we can't always be together in-person, so we had to really think of alternatives."

Carriere added how important it is to keep up with the trends of the industry.

"Our program is always very conscientiously trying to stay on top of what the actual fashion industry is doing, and designers are moving into multimedia events, where designers, the buyers, the media, their followers get together and present the collections and they do it in really creative and interesting ways," explained Carriere.

The 2022 Unbound event will have a strong focus on educating and raising awareness on environmental and social matters. The theme of the event is 'One = People + Planet.'

"The collections must be socially and environmentally responsible, that is the priority. We're taking inspiration from the Indigenous culture in the way in which they are respectfully in relationship with the land. The way in which we need to start to heal our land relationships," said Carriere.

The event will be filled with guest speakers and will allow audiences to interact with designers. Moreover, students have produced collections, a magazine, an event, a film, and a book.

"We are writing, illustrating, and publishing a book inside of a film. So, we're writing the book, which is the story 'One = People + Planet' side of the film. And then, we're going to read the book to a child, which then becomes the film, and that book is being published and illustrated by my fashion designer from last year."

Unbound 2022 will be selling tickets online soon for \$30 and information can be found on their social media pages.

For \$50, you can also purchase a ticket with a specially made Unbound bag. The Unbound bag will include a sustainable Fanshawe water bottle, sustainability fan shop bamboo utensil kit, Unbound magazine and the Unbound 'One = People + Planet' storybook from the film. Furthermore, the bags are recyclable and are hand-painted by designers. They will also be served on first come first serve basis as there are only 60 bags available for purchase.

"We here at Fanshawe and in fashion design are really leaders and visionaries," said Carriere. "We understand how fashion needs to change and we are at the forefront. We were the first fashion program to convert from our traditional runway style into a fashion film."



CREDIT: FANSHAWE COLLEGE FASHION DESIGN

Unbound 2022 event welcomes culture and sustainable fashion.

# Fanshawe wins annual TD Environmental Design Competition

**Jessica Gould**  
INTERROBANG

In a competition alongside their peers from Aeres University in the Netherlands, six groups of Fanshawe students competed in the annual TD Environmental Design Competition.

The online event, presented by TD Bank Group, took place on March 26 and challenged the teams to create urban designs that reflect “Growing Green Cities” with food production, healthiness and renewable energy production.

Fanshawe Professor William Pol of the GIS and Urban Planning program coordinated the competition and shared in the excitement with attendees of the event.

“The students are assigned the project in class and the professors work with them to respond to the problem. That’s on the landscape side, they work through it in the classroom. For the urban design side, we take the students out of the classroom for a week, and they do a charette. It’s a bit of a different process on the urban design versus the landscape side.”

Fanshawe’s entries are developed by students from the GIS and Urban Planning in addition to the Honours Bachelor of Environmental Design and Planning programs. With a focus on the theme of sustainable redevelopment, Reginald Cooper Square, located behind London’s City Hall, and the seven-hectare footprint of the former cereal factory at 100 Kellogg Lane were the student’s centres of attention.

In judging the competition, Pol noted what students need to emphasize to stand out with their completed entry.

“There’s three parts that the judges are asked to look at. One is the inspirational piece; does the design inspire you to build this project or create this project? Secondly, does it meet the Growing Green City’s objectives? Are there parts of the design that add greenery? Are there parts of the design that perhaps feed the community? And the third,

does the design fit into the context of the site? Does it make sense relative to surrounding land uses surrounding buildings? Does it connect to the surrounding area with sidewalks, bike paths, and public transit?”

Second-year Honours Bachelor of Environmental Design and Planning student Sarah Ashman, won first place in the Landscape Design category for her plan for Reginald Cooper Square.

“This was my first time presenting my work outside of the classroom and while it was certainly nerve-wracking, it was an amazing experience,” she said. “It’s important that we explore Growing Green Cities because our generation is at the forefront of the climate change crisis. As planners, designers and analysts, we will be responsible for how our cities grow and adapt to these changes.”

In response to Fanshawe’s winning entry, Pol congratulated the design Ashman created for the competition.

“She had a very good response to the contest,” said Pol. “This particular Reg Cooper Square is sort of a very unfriendly, uninviting space behind City Hall. With her design, she really transformed the space by adding more activities, making it pedestrian and more people friendly, and transforming it from a sort of dead, uninviting space to a vibrant people square. Opening up the buildings onto the square, creating seating areas, creating green space that invite people to stay for a much longer time as opposed to what the space looks like now.”

Winners of first place in the Urban Design category for Connect Green included Alex Robinson, Danieli Sikelero Elsenbruch, Duc Nguyen, Jeongsuk Jang and Patricia Dunajski from the GIS and Urban Planning program.

“Their emphasis is focused on renewable energy greening up Kellogg Lane because it was a former industrial site,” said Pol. “So they’re really emphasizing landscaping, adding trees, opening up the paved area to more grass. That was the one element, and the second element is

**MASTER PLAN**

**INSPIRATION**

- ArtLane Hong Kong
- Dublin University Glass Frontage
- Pittsburg Market Moveable Furniture
- Tanner Springs Grass Steps
- Lewis & Clark College Reflection Pool
- Toronto City Hall Light up sign
- Congress Square Food Trucks
- Life Size Chess

**NEW MATERIALS**

- Bioswales (Boulevards)
- Permeable Pavers (Entire Square)
- Glass (Centennial Hall)
- Blue Pavement (Bike Lanes)
- Drought Tolerant Grass (Elevated No-Mow Lawn)
- Green Roof & Solar Panels
- Local Art (Art Lane)

**PROGRAMMING**

- Spill-out space for Centennial Hall guests during intermission
- Lunch spot for City Hall workers
- Community space for Centennial Place residents
- Light up London City sign for pictures & lighting
- Place for people to connect
- Representation of local art & culture
- New coffee shop
- Flex space for events
- Daily food trucks
- Life size board games
- Space for relaxing & leisure
- New identifiable civic space for civic events

CREDIT: COURTESY OF WILLIAM POL  
Second-year Honours Bachelor of Environmental Design and Planning student Sarah Ashman, won first place in the Landscape Design category for her plan for Reginald Cooper Square.

with respect to connecting Kellogg Lane to the surrounding area. It’s not sort of accessible to the wider community. So, Connect Green was really trying to emphasize the bus transit that’s along Dundas Street. That was an opportunity they saw. It also added a lot more pedestrian

friendly and cycling friendly features to the site to connect it to the rest of London.”

Hinting at the excitement for future TD Environment Design competitions, Pol noted there is an excellent opportunity for students across the campus to complete their

SILEx (Signature Innovative Learning Experience). Students will then take their ideas and concepts learned in the classroom, and then apply them to real life situations.

“We look forward to students from across campus participating in next year’s project.”

# Council elects incoming USC vice-presidents university and external affairs

**Sheetal Vemannagari**  
GAZETTE

Lauren Jarman and Jessica Look will join the 2022/23 USC executive as the vice-presidents university and external affairs, after an internal council vote.

Sixty-two out of 93 USC councillors participated in the blind ballot election — only two thirds of the eligible student representatives.

Jarman was elected vice-president university affairs with 37 votes or 60 per cent of the ballots. Look, who ran unopposed for vice-president external affairs, passed a vote of confidence with 98 per cent of the vote, only one council member voted non-confidence.

“I am incredibly honoured and grateful to have been elected. I am excited to get to work on shared initiatives with councillors and

look forward to being to work with incoming executive to make change on campus,” said Jarman. “Working on mental health support for students and Anti-Sexual and Gender Based Violence policies are two priorities I am hoping to start working on as soon as possible.”

Jarman is the Music faculty president and worked with the current VP university Ziyana Kotadia and vice-president student support and programming Maddie Osborne to bring menstrual products to Music Faculty buildings through the Free the Dot. campaign.

The fourth-year music and French student ran on a platform focused on mental health accessibility, equity, diversity and inclusion and decolonization training, anti-sexual and gender-based violence and coronavirus safety advocacy.

Jarman ran against Rohan Singh, a three-time science councillor and current student appeals support coordinator working under the university affairs portfolio. Singh’s platform focused on sustainability, outreach, advocacy and recognition.

Look is a fourth-year political science and French student and currently serves as the associate vice-president of advocacy on the Social Science Students’ Council, programming assistant of the Social Science soph team.

“I’m incredibly grateful and excited to have been given this opportunity, and I look forward to working with students from all around campus next year,” said Look. “Thank you again to all the incoming and outgoing councillors for the consultations, to all student leaders for being such an inspiration, and to my support system for helping me get to this point.”



CREDIT: CASSANDRA KACZMARSKI (GAZETTE)  
Sixty-two out of 93 USC councillors participated in the blind ballot election — only two thirds of the eligible student representatives.

The newly elected VP external hopes to advocate for student affordability and students who are traditionally overlooked by the USC “bubble” by increasing their engagement in government advocacy affairs.

The two vice-presidents will be joining incoming USC president Ethan Gardner on the executive council for next year. The other three executive positions will be selected by hiring panels and announced later this semester.

# London-based initiative feeds veterans in need

**Kate Otterbein**  
INTERROBANG

A local retired veteran has started a community outreach program to help feed veterans. The goal of this outreach is to meet homeless veterans and help them transition back off the streets. Doug Hiscox, and his wife, Nancy, came up with the idea of meeting up with these individuals and feeding them. Not only does this help them survive, but it also gives them a way to stay connected and engaged within their community.

“If a person doesn’t feel like society cares, they will remain on the sidelines,” said Hiscox. “If they feel that they matter to society, there’s a potential for them to actually leave the street life. A cup of coffee and a treat doesn’t sound like much, but on a cold day, to someone who literally has no home, that’s powerful.”

That is exactly how this started for Hiscox. When he would travel around London in 2017-2018, he would see the people on the streets in need and it pulled at his heartstrings.

“I just couldn’t stand to see it. So I’d buy a bunch of them coffee. I got in the habit of carrying around a roll of toonies. I’d go in and stand there and click off the toonies as they ordered their coffee in a couple of different locations.”

After seeing this issue, he went out to Calgary and volunteered at a veterans’ food bank called The Veterans Association Food Bank of Calgary. He was inspired by this to create something for his own community, make a difference, and show his respect toward veterans as a former vet himself.

“Nancy and I bought a trailer and enclosed it and modified it. The back of the trailer has a generator and some small appliances to make coffee. We started doing that on Tuesdays and Thursdays during the cold months. We are now just down to Tuesday. The front half is racked out for canned goods.”

Hiscox knows of two locations where veterans have apartment buildings. The plan is to go to these buildings and distribute the canned goods with the help of local Victory Branch Legion member, John Sluggett.

Feeding the veterans is a key part of this outreach. But there are other ways they plan to help as well.

“They start to talk to us and explain why they’re homeless. At that point, we can get them help through the various outreaches and charities in London. But it takes that time on the ground.”

With Fanshawe being a military-connected college, Hiscox believes this is a way to get involved with the community and make a difference.

“There were always those days we looked forward to [as a veteran] because we were giving back to our local community. Take it upon yourselves to come out and volunteer with us. London has the estimated highest population of homeless veterans in Ontario. Come out and interact with these people that are on the street.”

For anyone who would like to donate, the Veterans’ Community Outreach accepts canned goods, non-perishables, clothing like mittens, hats, and socks, personal hygiene items, and hand sanitizers and masks. They do not accept cash donations.



CREDIT: VETERANS COMMUNITY OUTREACH ONTARIO CANADA VIA FACEBOOK.COM

The Veterans’ Community Outreach trailer serving coffee to those on the streets.

# Neighbourhood Decision Making: Bringing local ideas to life for London neighbourhoods

**Amy Simon**  
INTERROBANG

“It’s about engagement, pride in neighbourhoods, and building support.”

The City of London is looking for your bright ideas as they launch the fifth annual Neighbourhood Decision Making program. From now until April 29, Londoners are invited to share their thoughts for possible activities, events and improvements they would like to see in local neighbourhoods for “a chance to make those ideas a reality.”

“People of all ages know their neighbourhoods best,” said Karen Oldham, Manager of Neighbourhood Development and Supports. “We learn what people want [in terms of] change or enhancements in their neighbourhoods to increase livability.”

From outdoor bike racks to skating rink equipment, ideas can range from road and transportation to park and environmental to arts and culture.

“We ask residents across the city to

tell us how they want to spend money in their neighbourhoods,” said Ryan Craven, Neighbourhood Support and Development representative, in the Neighbourhood Decision Making video on the City of London website.

“It’s getting to know your neighbours and rallying together for something that you want to happen,” added Oldham.

In encouraging more resident decision making, London’s City Council approved the pilot of the current Neighbourhood Decision Making program in 2016 for \$15,000. After receiving successful results and feedback, council endorsed \$250,000 to widen the program’s availability to all of London.

“We collect the desires of people in neighbourhoods through this program and that information is shared with our City departments where possible,” said Oldham.

In 2021, the program received 230 ideas and more than 10,300 votes to decide which projects would share the total funding. This year, individual neighbourhood projects can reach up to \$30,000.

“Our staff will be out in the community over the next couple of months engaging with residents and promoting the program at community centres, London Public Library branches and local events taking place across London,” said Oldham.

After the submission deadline, City staff will determine which ideas are feasible for the program’s budget. If approved, staff will work with the submitter to develop their idea into a short, one-page proposal. Londoners from across the city will later have the opportunity to vote on which proposals they want implemented in their neighbourhoods. Submitters are encouraged to promote their idea to their neighbours and local community ahead of voting day on June 25.

Oldham explains how ideas generated through the program will benefit Londoners for years to come.

“Adding amenities in our public spaces will make our neighbourhoods vibrant and strong [as we provide] education on costs of items and ideas that taxpayer dollars are paying for. [All while] building lasting relationships with our neighbours.”

CREDIT: CITY OF LONDON  
The City of London is looking for your bright ideas as they launch the fifth annual Neighbourhood Decision Making program.

Oldham also highlighted the need for local youth participation.

“This program is for everyone,” says Oldham. “Ideas from youth are important as they are often choosing to settle in the neighbourhood they grew up in. Teaching our young people about the democratic process will hopefully increase the chance they will vote.”

Oldham added that the program’s goal “is to strengthen all

London neighbourhoods and make them desirable places to live, work and play. Our hope is that people will feel connected, will be proud of their neighbourhood and work with the City by participating in the opportunities that help shape their neighbourhoods.”

Submissions for the 2022 Neighbourhood Decision Making can be made via [getinvolved.london.ca/ndm](http://getinvolved.london.ca/ndm).

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

**Ian Indiano**  
INTERROBANG

Lately, my introductions for this column have gotten considerably more difficult to compose. This time, however, I know exactly what to say. As an immigrant myself, this column was conceived to honour and pay respect to the people and the events around the world that don't make it to mainstream media for not being from North America or Europe. The rest of the world also exists, and the struggle and achievements of the people from these places deserve your attention.

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

**After almost 20 years, Guantanamo inmate is sent to Algeria**

Captured in 2002 with a top Al-Qaeda member at a safe house in Pakistan, inmate Sufiyan Barhoumi has been repatriated to Algeria. US officials said his detention was no longer necessary and that he will be treated humanely in his native country. This is part of the ongoing US effort to reduce the detainee population and ultimately closing the Guantanamo Bay facility. After Barhoumi's release, 37 detainees remain, 18 of which are eligible for transfer. The detention facility, located in southeastern Cuba, has been used since 2002 to hold "unlawful combatants" captured as part of America's war on terror.

CREDIT: IAN INDIANO  
First giant Galápagos tortoises bred in British zoo.

**Hong Kong's leader announced she won't seek a second term**

Carrie Lam, Hong Kong's first female chief executive, made the decision after a controversial period in power. Lam, who was handpicked by Beijing for the position in 2017, said she is prioritizing her family. She faced massive civil protests in 2019 and leaves a legacy of great Chinese influence over Hong Kong. The favourite to replace Lam is Hong Kong's former Chief Secretary John Lee. The leader of the city is chosen by a small committee mostly composed by pro-Beijing loyalists, and the new leader should be selected next month.

**First giant Galápagos tortoises bred in British zoo**

The two babies were fathered by Dirk, a 70-year-old male who arrived in the UK in the 1960s, and Charlie, 21, at Crocodiles of the World in Brize Norton, Oxfordshire.

The two newborns will grow to weigh 30 stone (420lbs), but right now are about the size of tennis balls. These tortoises can live more than 100 years and are listed as endangered on the International Union for Conservation of Nature's Red List, with only 15,000 in the world.

**Nicaragua's opposition leader sentenced**

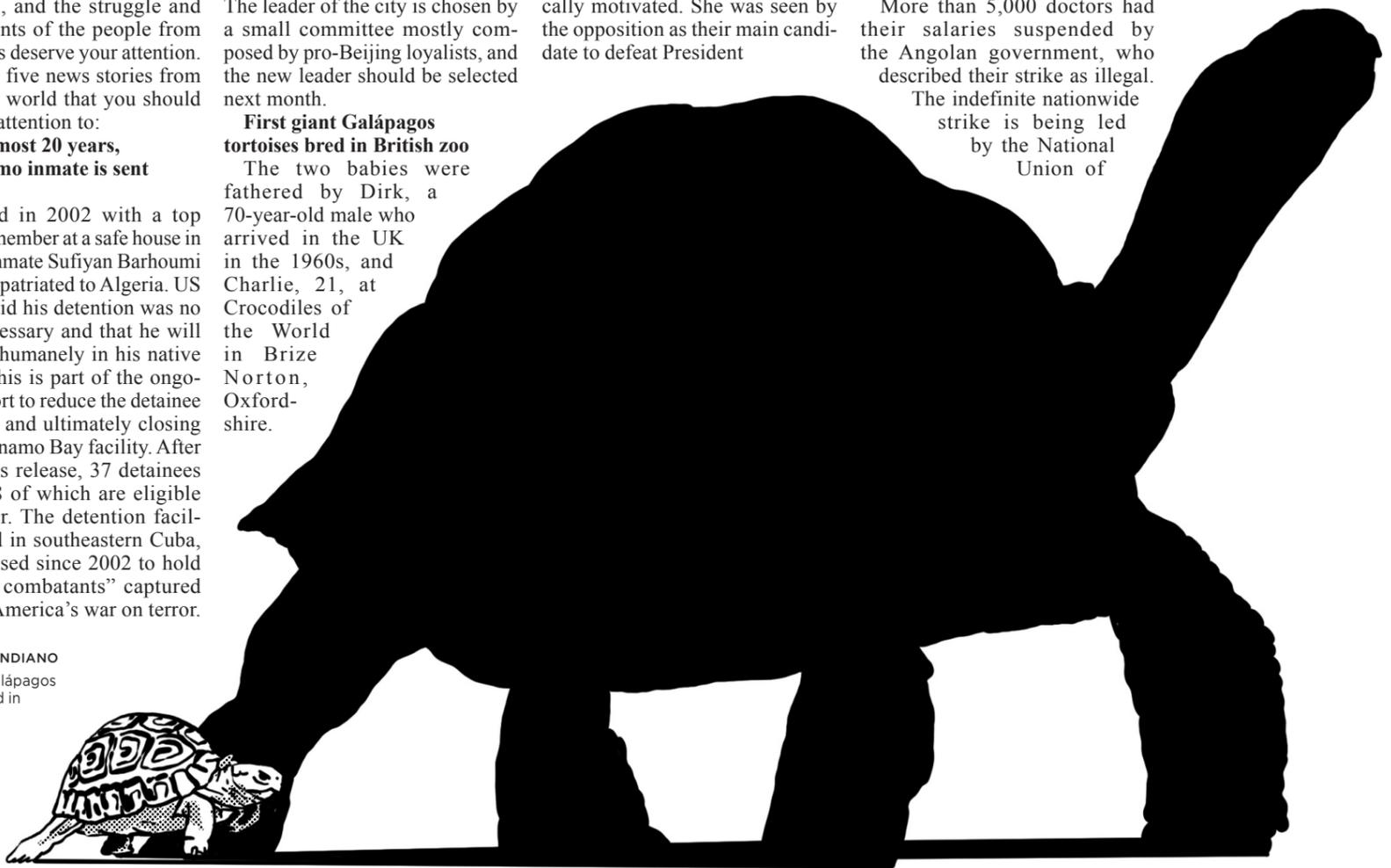
Cristina Chamorro was found guilty of money-laundering and was given an eight-year sentence. She said the charges are politically motivated. She was seen by the opposition as their main candidate to defeat President

Daniel Ortega in last November's election, but was detained ahead of the poll, along with other six presidential hopefuls. The election, which saw Ortega win a fifth term in office, was rejected by most of the international community. Ortega was Nicaragua's president from 1979 to 1990, when he was defeated by Cristina's mother, Violeta Chamorro, the first female president in Latin America, but came back to power in 2006.

**Angola's striking doctors have their salaries suspended**

More than 5,000 doctors had their salaries suspended by the Angolan government, who described their strike as illegal. The indefinite nationwide strike is being led by the National Union of

Angola Medical Doctors. They are pressing for better wages and working conditions. Although emergency services are still being provided, the stoppage has paralysed all the other public health services. This is the second strike in four months. The first one, in December, was motivated by the death of 20 children in a hospital in Luanda. The doctors allege their death of the result of a shortage of medicine and medical equipment, and poor health facilities.



ian.indiano

## USC addresses climate crisis, environment in new policy paper

**Nolan O'Kelly**  
GAZETTE

The USC recently approved its new Environmental Sustainability Policy Paper (ESPP), which seeks to make recommendations to Western administration and students to improve campus' environmental footprint.

The University Students' Council president Zamir Fakirani and vice-president external affairs Eunice Oladejo headed the paper, saying it provides guidance for the USC's long-term sustainability and advocacy goals.

"So far, the USC has not been able to synthesize these voices or produce recommendations on what Western, the city and government stakeholders can do," said the USC in a statement. The policy paper seeks to solve this with "tangible, evidence-based solutions to the ongoing climate crisis."

The sustainability paper has four main themes: increasing

transparency, improving accountability regarding Western University's environmental sustainability progress, developing an equitable and intersectional approach that involves Indigenous voices and providing students with opportunities to get involved.

The paper makes multiple recommendations to increase transparency in Western's approach to environmental sustainability, including advocating for university investment frameworks that "include meaningful targets for reductions in carbon intensity."

Fakirani believes Western's environmental efforts must be public and readily available for students since they are "either not aware" of the university's current actions or they "are not easily accessible."

The paper also recommends Western to "implement enforcement mechanisms that address reporting standards and adherence to the policy" so accountability can be maintained.

"This work cannot be done in silos, we must work together as this issue affects everyone," wrote the USC. "Relying solely on university-facing recommendations would leave gaps in our policy and shift accountability away from stakeholders such as the provincial and municipal governments who have equally important roles to play in addressing the ongoing climate crisis."

Western has adopted an approach to environmental sustainability that has allowed for greater involvement of the Indigenous community in London. The Indigenous Food and Medicine Garden is one such an example. The aim is to "foster a welcoming and inclusive community on-campus and promote Indigenous presence, Indigenous Knowledge exchange and community involvement." This inclusion is reflected in the USC policy paper's recommendations as well.

"Indigenous voices and youth voices have been at the forefront of the environmental movement for



CREDIT: YIFEI ZHANG (GAZETTE)  
The University Students' Council president Zamir Fakirani and vice-president external affairs Eunice Oladejo headed the paper.

generations," wrote Fakirani in a statement. The ESPP presents recommendations to help strengthen Indigenous and student voices on campus through student involvement in the maintenance of "campus ecosystems and green spaces" and

consultation "with Indigenous groups and communities to prioritize Indigenous stewardship of the land."

Fakirani hopes the policy paper will encourage administrative staff and students to take action and improve Western's environmental footprint.

# A note to my younger self

**Aisha Javaid**  
INTERROBANG

As I finalize all my assignments and tests and as I wrap up my final year at Fanshawe, I've realized that the road to success is always under construction.

If I could turn back the hands of time to my first year, there would be so many things that I would've changed.

**Your priority is not my emergency**

To begin with, during my studies I was working a part-time job. Often, I was undertaking full-time hours while being a part-time salesperson. I took on hours immediately after and before classes, leaving myself with very little room for studying. Why? I was incredibly intimidated by my manager and coworkers. During times when we were short-staffed, I felt pressured to step in and take on hours that I couldn't afford, especially during exams. I felt that I could take on as many responsibilities as possible. As a result, I was often burnt out, drained, dispassionate, and scattered.

If I could, I'd tell myself to take time, every day, to relax and accomplish things that wouldn't cause me any further stress. I would prioritize my responsibilities that had the greatest influence on my life first.

**Just do it!**

In no way am I being sponsored to say this, but one of the best moments of my time here at Fanshawe was being employed by Fanshawe Student Union (FSU) as a writer and reporter for Interrobang.

It was the summer of 2021, when I was searching for a co-op position both on and off campus (due to the initial lockdown, many program-related co-op employers were rejecting students, especially because they were unable to be in the office).

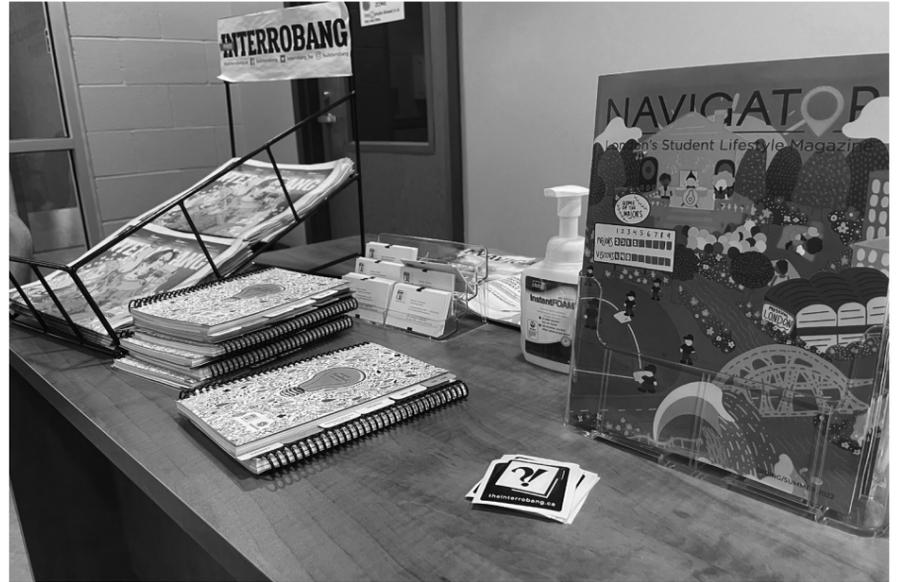
I viewed a post for a summer position as a writer and reporter for FSU. I was very anxious when I applied. I knew I required a co-op credit for that summer; however, I had no experience in journalism, interviewing, and writing articles.

At the end of my four-month contract, I was greatly informed about the multiple communities within my city and college. I had interviewed members from the Indigenous and LBGQT2S+ communities. As well, I recorded and documented stories on several scholars, artists, award-winning musicians, student talents, and more.

I appreciated every moment an individual allowed me to interview them. Through laughs and cries, I felt very privileged to have learned from their stories.

In the absence of a pandemic, I don't believe I would have ever applied for this position. I would have never learned and appreciated the work of members in the city and students and faculty of Fanshawe College, as well as learning and improving my skills in journalism from my editor and her guidance.

In the end, I believe that it is important to research for opportunities on-campus. Even if you feel unqualified, apply! Because there is a high chance that you will walk out with great knowledge and new skills at the end of your work term.



CREDIT: HANNAH THEODORE

A note to my younger self as I leave Fanshawe with great knowledge, new friends and skills.

**Happy mind, happy life**

Disclaimer: "Fake it till you make it" works for most things, but should not be applied for every situation in life.

If I designed the world, I would make it repetitive and predictable. As a Taurus, any type of change in our daily lives whether it is meeting different people or being situated in new environments intimidates us.

My secret to handling ongoing changes in life, has been to "fake it till I make it." Before

my first day at work, or before an exam, to ease my nerves, I practice being grateful and welcoming any changes.

At last, it took being employed with companies I admire and developing new friendships for me to realize how capable I truly am. I would advise anyone to genuinely believe in themselves and if things don't work out, there is always another route that unlocks many doors, even doors you never knew you needed opened.

# Ont. freezes tuition for another year, but I'm still feeling icy

**Dee-Dee Samuels**  
INTERROBANG

The tuition freeze in Ontario should, in theory, leave a lot of parents and students feeling a little warmer in the upcoming year as we get another break for the upcoming 2022/23 year, the first being the 10 per cent reduction in tuition fees in 2019 when Ontario had the highest tuition rates amongst the provinces. With this grand announcement it seems like all our Christmases have come at once. Forgive me when I feel a little sickened by Doug Ford and his band of merry men and women patting themselves on the back for making education (seem) affordable.

"Our government recognizes that students and their families make huge sacrifices to attend college and university, so our government will continue to look for ways to reduce financial barriers for learners," Colleges and University Minister Jill Dunlop said in a statement.

I researched how other countries remove barriers to education and found a recent announcement by the Scottish government stating that "EU students who study a Further or Higher education course in Scotland in the 2020/2021 academic year will be charged the same tuition fees and will get the same support as Scottish students for the entirety of their course. This means that the vast majority of EU students will be guaranteed free tuition." Free education seems so out of reach like something in a fairy-tale, yet it is happening and being provided to students in a country that isn't as financially well-equipped as Canada is. Canada, and in this respect, Ontario, does not lack resources but resourcefulness. Free education would remove barriers for students from lower income families and perhaps give them an opportunity to put back into the Canadian economy in other ways, perhaps with well-paid employment.



CREDIT: SNORKULENCIJA

Tuition fees are frozen but so are bursaries and grants. Are you picking up what I am putting down here?

According to a 2020 undergraduate student alliance, Ontario has had some of the highest tuition rates in the country and this sudden concern for affordable education is due to the result of some obvious worldwide unprecedented global events. This tuition freeze also does not apply to foreign and out-of-province students and the ethics surrounding this has not been properly addressed – especially considering the global situation we find ourselves currently living in.

Tuition fees are frozen but so are bursaries and grants. Are you picking up what I'm putting down here? If we look at the rate of inflation being the highest it's been in decades, this gesture by the Ford government seems to be like a smoke screen distracting us from the impact of the financial sucker-punch we are still going to face in the fall due to the rates of inflation. These barriers to education, especially for the working-class and lower income families, have not been frozen.

Let's do the math: if you freeze tuition fees, the cost of living and sky-high food prices and soaring fuel prices will still not go unnoticed by students. According to several news sources, as of April 1, Justin Trudeau's estimated salary will be well over \$350,000, an estimated \$21,600 pay increase from the year before, while senators and backbenchers will receive an estimated \$11,000 pay increase. For these folks, inflation and sky-rocketing prices will seem like a Netflix series that they can merely switch off if they feel uncomfortable.

Education services are not luxuries for students, but necessary to the quality of their education and experience during their formative years in higher education. Students who have learning disabilities or need mental health assistance need to be supported and this takes hard cash. There is no use in running mental health campaigns and awareness weeks when the school does not have the money to put the

supports in place. For someone like me, who depends on these already strained support systems, they are not services we could get through the college without funding. There are students with injuries, who are neurodivergent, students who come from war-torn countries, are abuse and sexual assault victims that need high quality support services at the school to function.

So, I ask, where is this money coming from? Tuition fees and grants are both frozen and the rates of inflation and wage increases continue to grow. I have never been good at math but perhaps someone should highlight this little glitch to Ford at the next meeting. We the people will still be paying for the tuition freeze and the bursary freeze and all the rest of the financial fallout from the pandemic and other global crises that has us all in a financial free fall. Are we supposed to feel grateful to this government? What for again?

# Blindsided by evil



**Michael Veenema**  
RELIGION

Many people in the West have been taken by surprise by the outbreak of war in Ukraine. Until about six weeks ago it seemed that the world was moving forward at a nice clip. Sure, there were some bumps and anomalies. The Saudi war against Yemen stood out as a sore point, for those who were aware of it. From time to time we had economic crises, but we seemed to manage them without everything falling apart. Globalization had created enormous new wealth and decimated poverty in vast regions of the planet. War, especially among the Western nations, but for many others too, seemed a thing of past, unthinkable to modern, affluent young people. Climate change remained a major challenge, but there was some hope that we would rise to meet it.

But suddenly things changed. It seems that Russia all this time had been engaging the Western world in bad faith. Its leaders had not in fact put war in the past. It was willing to jeopardize the economic progress the rest of us valued. While Western and Asian pop stars have been belting out songs about personal freedom, love, and good times, the Russian Federation has been planning all along to work through intimidation and distorted nationalism.

In retaliation, North Atlantic Treaty Organization (NATO) is stepping up its game. Scores of nations are hoping to destroy the Russian economy. And tens of thousands around the world are taking to the streets in support of Volodymyr Zelenskyy and his countrymen.

Instantly, evil has become visible again. On our smart TV sets we see corpses of civilians in

the streets, left behind by retreating Russians. War crimes and crimes against humanity now occupy our consciousness.

How could this happen? Were we too complacent, thinking that everything in the world would probably turn out cheerfully; that, in spite of our problems, the values of humanity, freedom, democracy, and mutually reinforcing prosperity would prevail?

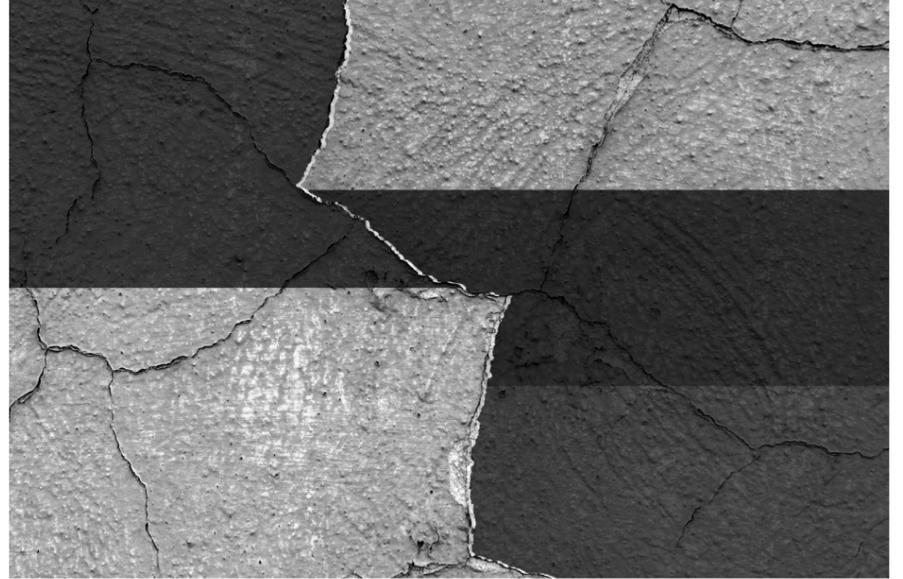
Yes, we were. What I mean is that if we think that a commitment to humanity, freedom, democracy and prosperity are more or less our ticket to a good future, we are mistaken. Here, the insights of the biblical writers can be a great help in understanding what has happened, and in preventing us from being blindsided by outbreaks of malignant evil.

For the purposes of this article, we need to consider only the opening chapters, the first three, of the Jewish Tanakh and the Christian Bible.

In those pages we discover the following (I'll try and summarize the pages in a way that non-Christian and non-Jewish readers can understand). The world has been created, and is sustained by, a vastly powerful and gracious God. He has gifted all sentient creatures on the Earth, especially humans, with a wondrous home, our planet, able to provide all we need for our day-to-day flourishing.

As it says, "God looked at everything he had made, and look, it was very good!" Very early in the text we discover that human beings are blessed with the opportunity and abilities to create civilizations and communities all over the earth. So far, all is well.

But near the beginning of human existence, a problem surfaced. Evil, emblematically pictured as a clever, talking serpent, distorted God's message and intent for us. It misrepresented God's words, subtly persuaded the first people to take its view, and so mangled the trust between Creator and created humanity.



CREDIT: PAOPANO

Instantly, evil has become visible again. On our smart TV sets we see corpses of civilians in the streets, left behind by retreating Russians.

Being persuaded by the "serpent" from the beginning, each of us has ratified a kind of collaborative relationship with evil. We make ourselves comfortable with one or more of its features; there are many to choose from. Even though there is a voice within that cautions us against being deceptive, self centred, greedy or angry for example, too often we cave.

Christians and Jews who take these writings seriously know this. And it is an insight that is available to all. We should not be taken by surprise when evil persists, in our own lives, in the lives of our family and friends – and in the realm of international politics. As theologians, priests, rabbis, novelists and philosophers have often said, the line between good and evil is not between us and someone

else who we can scapegoat and push to the margins or the execution block. It runs right through your and my being, through the heart. It divides Putin's heart. And it divides mine. And yours.

The point is this: Evil is not something that can be managed simply by the application of political strategies, economic policy, social engineering, and military alliances. That's naïve. It runs deeper than we can fathom and cannot be rooted out by counselling, or correctional services. It can be mitigated, which is to the good. But it is here to stay. Unless God, our creator does something about it. Which he has – and is celebrated each Good Friday and Easter.

Have a great summer.

## Are exams the best way to test knowledge?

**Holly Morrison**  
THE BROCK PRESS

With the end of the semester fast approaching, many students are turning their focus toward their final exams.

Structure differs depending on the program and subject, but generally speaking, the final exam is worth a pretty significant portion of a final grade and will test students on the majority of the material covered in a semester (or at least since the midterm).

Exam time can be pretty stressful and you'd be hard pressed to find someone who enjoys writing exams, but it's often viewed as just another part of the university experience.

The idea of cramming for finals is one that we're all just so used to that hardly anyone stops to seriously question whether or not final exams are truly the most effective way to assess someone's knowledge of a subject.

If we see taking classes as a way of learning, then final grades would represent how much of the material has been absorbed and can be applied. Of course, that's not always how it works. In many cases, assessments are sort of like a bar that has to be cleared, boxes that have to be checked in order to get course credit at the end of the semester.

No matter what the point of final grades is, there has to be a better way to end the semester than by shuffling into a gym with 300 other students at 9 a.m., mentally calculating how many questions you need to answer correctly to get a "B."

Especially as students enter upper years of study where learning becomes more about concepts and understanding their applications, closed-book final exams do less to prove how much a student understands something and how much they're capable of memorizing.

Of course, not all exams are created equal and some are designed more effectively than others. I've noticed two types of exam questions in my time as an undergrad, and both of them have their problems. The first kind are application questions that ask students to take what they've learned over a term and use it to solve a specific problem. The other kind of exam question is the kind that rewards memorization, often asking for specific facts, figures and definitions.

This latter feels particularly pointless to me. The kind of information memorized for an exam doesn't seem likely to be useful in the future, if it's remembered at all after the fact. Being able to answer that kind of question correctly really only proves that a student has a good memory, took detailed notes, or reviewed every single chapter of the textbook in preparation. That's not exactly an effective way to demonstrate real knowledge of a subject.

The other kind of exam question is definitely a better test of learning. Application questions require students to have an understanding of the material, not just to have memorized a bunch of facts. These are a more worthwhile use of time, both for students and instructors, but I can't help but think they might be better as essay questions, or part of an open book take home exam. That would give students



CREDIT: CHRIS RYAN

Exam time can be pretty stressful and you'd be hard pressed to find someone who enjoys writing exams, but it's often viewed as just another part of the university experience.

more time and flexibility to demonstrate their knowledge.

Students often prepare to write multiple finals at once, which can be a difficult and stressful time. It's not easy on instructors either, exams have to be prepared and good instructors carefully consider how they're

going to test their students. Then of course, they have to be marked.

All of this isn't to say that there's absolutely no place for closed book, written, final exams at the university level. They definitely have their place, it's just that maybe that place doesn't need to be at the end of every course.



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

# THE SIX BEST MUSEUMS IN THE FOREST CITY

IAN INDIANO | INTERROBANG

## 1. ELDON HOUSE

(481 Ridout Street N – eldonhouse.ca)

This is London's oldest residence, and it has remained virtually unchanged since the 19th century. This historical site in downtown London was donated to the City of London in 1960, and since then it has been immaculately preserved with its heirlooms, furnishings and priceless treasures of the Harris Family, the original owners of the house. Besides being an excellent example of Georgian and Regency architecture, its gardens are considered among the most beautiful in the city.

## 2. BANTING HOUSE NATIONAL HISTORIC SITE

(442 Adelaide Street N – bantinghousesnhs.ca)

Considered the birthplace of insulin, this house became home to Frederick Banting in 1920, when he decided to open a private practice in London. It was here where, at 2 a.m. on the morning of Oct. 31, 1920 that Banting wrote down the 25-word hypothesis that would later lead him to the discovery of insulin, for which he received the Nobel Prize in Medicine.

## 3. THE ROYAL CANADIAN REGIMENT MUSEUM

(701 Oxford Street E – thecrmmuseum.ca)

This 1886 building officially became a museum in 1983, when it was inaugurated by Prince Philip, Duke of Edinburgh. It is dedicated to the exploits of the Royal Canadian Regiment. The museum teaches regimental history through its collection of documents, pictures, military artifacts, books, and more. Here you will find an impressive collection of tanks, weapons, uniforms, medals, military equipment, and musical instruments dating from 1833 to today.

*This article appears in the latest Spring/Summer edition of the Navigator, London's only student lifestyle magazine. Pick up your copy on newsstands at Fanshawe and Western today.*

## 4. LONDON CHILDREN'S MUSEUM

(21 Wharncliffe Road S - londonchildrensmuseum.ca)

Focused on the educational and social development of children through interactive experiences, the London Children Museum was the first of its kind in Canada when it was inaugurated in 1973. Here you will find immersive environments and hands-on activities that will allow any kid (or kid at heart) to explore history and heritage, science, social relationships, art, and culture.

## 5. MUSEUM LONDON

(421 Ridout Street N – museumlondon.ca)

Museum London is an art and history museum located in the margins of the Thames River. Displaying paintings by The Group of Seven to conceptual pieces of contemporary art, Museum London has one of Canada's most important art collections, and one of the most significant historical artifact collections in Ontario. Museum London promotes art and history through public and educational programming, special events and exhibitions.

## 6. MUSEUM OF ONTARIO ARCHAEOLOGY

(1600 Attawandaron Road – archaeologymuseum.ca)

This museum will take you back in time to 12,000 years ago as you explore the history of First Nations peoples in Canada. Using archaeological artifacts, you will uncover the evolving technologies and culture of thousands of years ago. This museum also has an amazing outdoor space, where you will find the Lawson Site, a 500-year-old village where over 30,000 artifacts were discovered. There you will discover a reconstructed longhouse built alongside the Medicine Wheel Garden. Finish your day with a hike through the forest covering some un-excavated areas of the site.

# MASK ON, MASK OFF

**DEE-DEE SAMUELS** | INTERROBANG

THE ENTIRE PLANET IS ON ITS LAST RAW NERVE.

My nine-year-old niece summed it up nicely—muttering under her breath while playing on an iPad, she said, “Everything is breaking news.” Out of the mouth of babes, right?

I’m reminded of the Billy Joel hit song *We Didn’t Start the Fire*. Maybe he wrote the lyric, “It was always burning, since the world was turning,” because the last few years have seemed like a rapid fire of breaking news headlines surging through our veins, slowly altering our perception of reality (whatever that is).

We’ve seen it all: Omicron and Delta variants, BA.2, Trump and Biden, COVID mandates, fake elections, food shortages, trucker convoys, fuel prices, online businesses, Amazon, Zoom conferences, Betty White, frozen bank accounts, storming the White House.

If we took the nation’s collective temperature post-COVID, the thermometer would implode. Every time we’ve come up for air (what’s left of it) we are pushed back under the water, which happens to be rising at an alarming rate. If you can’t find me, I’ll be the one rocking in the corner trying to swallow her own tongue.

I’m tired. I hate, and I mean *hate*, that I feel weird without my mask. I don’t wear it, except on the bus, or a

hospital, at college, in very crowded environments. I look around to see if I am the only one brave enough to go face-naked in Starbucks.

“What’s your mask policy?” I inquire in every establishment I enter.

Honestly, I don’t think I’m satisfied with any response I get. Let’s just say I am a little cranky. I make light of it because it weighs heavy on me, but I feel fragile and exposed most of the time. My coping mechanism has always been to crack an ill-timed joke. If I took in all the “breaking news” it would actually break me. I would melt and fade away like dust in the wind. Did you read that last sentence? I’m screwed up. But I have a therapist and speak to her regularly or my light heart would be broken, and I would wobble. I seek help a lot so I can maintain my sassy, sarcastic but loveable self. Because at the end of the day we must keep going. Perhaps Billy was right? We didn’t start the fire! It was always burning. And the world will keep turning. So how do we all get through the ride on this swirling burning planet in one piece? My mental health is what I prioritize, and I seek it from a professional because that space is occupied by just me and my needs.

What I truly take solace in is that this mass trauma we are all affected with means we are all in it together. Sometimes, while all this chaos is

seeping through the cracks in our foundations, our day-to-day experience still looks vaguely the same, but somehow has been reframed to be a threatening physical space. So, we must find a safe space to unravel a bit, unpack some toxic, worst-case-scenario thoughts. We all carry them around with us.

Group gatherings have been demonized for so long that we now have to cautiously introduce this back into our culture. It’s scary, but there is light in us. I look on social media and see that people are still hitting that laugh button or the heart button and even my favourite, the hug button. Rarely do I see the angry face. Perhaps it’s just the way I see it, just my reality. Quentin Tarantino said that if a million people all watched the same one of his films, they would see a million different movies. It got me thinking. Are there a million different realities? Do we actually hold the key to our own private reality?

I guess what I am trying to say is, amidst the chaotic noisy world with bombs exploding all around the world, including inside of us, that there is still light. Even a forest fire can be started with the tiniest of sparks. It has power. So, spark up and spark off, get lit up. It’s your duty to shine. Take care of yourself and each other as someone once said. Mask on or mask off, we have to keep going.



# COLLEGE IN COVID

**KATE OTTERBEIN** | INTERROBANG

Coming to Fanshawe in Sept. 2020 was not at all what I expected. The college experience is something that everyone dreams of. All of the coming-of-age movies paint this amazing experience with parties, lots of friends, and going to class all day, every day. My college experience was nothing of the sort.

Coming into college was very isolating for me. I lived in residence, meaning I would be surrounded by a ton of students. That makes it super easy to make friends, right? Wrong. There were no in-person events, which I understand for everyone's safety. All "ice-breaker" events were completely virtual. While I appreciate the effort to help students make friends, they didn't work in my experience. I find with video calls of large amounts, everybody stays on mute and doesn't converse. I am guilty of this as well, so I'm sure others feel my pain.

Most of my first year was spent alone in my residence building, only getting acquainted with my roommate and a few people in my program. It was a tough year for my mental health. It's so hard to do everything remotely and have very little contact with others. Since residence reduced capacity to 50 per cent, I only had one roommate, so when she wasn't home, I had nobody. It was honestly very hard.

I don't mean to be a pessimist, but for those who haven't experienced the true COVID school year, that

picture needs to be painted for you. It is not how it's supposed to be, or what you see in movies.

I had the pleasure of working for Fanshawe's radio station, 106.9 The X at the school over the summer, so that's when things started to look up a bit more. I was able to get out of my room and go into the school, as long as public health guidelines were followed. I made some great friends over the summer and grew closer with those I had already been acquainted with. I started to enjoy my free time within London and the Fanshawe community because I had friends and connections to go and hang out with. The summer is also when my budding friendship with my roommate from first year started to grow. Towards the end of second semester, we signed a lease together and decided we were going to continue being roommates. We had two other girls placed with us. Now, as I write this article, I am surrounded by three lifelong friends, as we watch Netflix.

That sentence alone sums up how amazing my second (and graduating) year has been. Those budding friendships that grew, even in a time of fear and isolation are ones that I truly appreciate and love with all of my heart. Although it was hard, I wouldn't trade anything for where I am now, other than wishing I had one more year with my friends. The world is starting to look normal again, meaning I am finally getting that college experience I

dreamed of for a long time. I have made some amazing friends and my best friend I met on a first-year Facebook group after we found out we live close together and both are Fanshawe students. All of my friends are genuine and amazing people and that is definitely the biggest positive of my college experience.

For any students coming into college, or even those who have struggled in the past couple of years, just know things will be better and you will get that college experience you dreamed of. My second year has been full of running around reporting on different stories, early morning live newscasts for almost the first time since 2020, and meeting even more people and colleagues. Luckily for me, I have accepted an offer into Fanshawe's Television News program, so although a lot of my friends are moving onto careers, I still have some sticking back with me and we will make the 2022/23 school year one for the books.

Now that we've made progress in beating COVID, my advice for you is to make the most of your college experience and study hard. Don't miss out on those opportunities to spend time with your friends or meet new people, but don't let your grades slip. Find that balance and you will have the time of your life.





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CREDIT: KATE OTTERBEIN

Fanshawe Domestic Student Recruitment Manager, Devin Robinson, was not surprised by the high ranking.

# London places third in best university cities in Canada ranking

**Kate Otterbein**  
INTERROBANG

A new study by Preply on university cities ranks London as the third-best in Canada. A total of 94 cities were ranked, with London being beaten by Regina and Winnipeg.

“Western has existed as a university almost as long as London has existed as a city,” said Mayor of London, Ed Holder. “The two are synonymous with one another – and so it is my belief that our successes are shared, and this is certainly one of them. London has many strengths, not the least of which is our diversity and Western is a big contributor to that. Capitalizing on its reputation as one of the best university towns helps bring new people to our city from across Ontario, throughout Canada, and around the world.”

Each city was ranked on their social environment, wallet friendliness, and economic opportunity. Here are the top three rankings:

- 1. Regina, Sask.**
  - Total score: 72.9
  - Social environment: 68.7
  - Wallet friendliness: 66.8
  - Economic opportunity: 83.3
- 2. Winnipeg, Man.**
  - Total score: 68.9
  - Social environment: 83.2
  - Wallet friendliness: 54.2
  - Economic opportunity: 69.5

### 3. London, Ont.

- Total score: 67.2
- Social environment: 82.8
- Wallet friendliness: 56.0
- Economic opportunity: 62.8

“I think it speaks to something we kind of know, in that we get a lot of feedback from prospective students when they’re choosing a school like Fanshawe,” said Devin Robinson, Fanshawe’s Domestic Student Recruitment manager. “London’s not too big, not too small. We seem to be just right for a lot of students in that we offer a lot of opportunities. And with us and Western being two of the largest post-secondary institutions in Ontario, if not Canada, it really presents a neat environment for students to come to.”

The study noted London’s robust music scene, recently being named Canada’s first UNESCO City of Music, and being fairly budget-friendly.

“London is a great place to seek out post-secondary education,” said Holder. “Personally speaking, I think we’re the best city in all of Canada to do so. The institutions themselves, along with faculty and other staff are first class. But that only begins to scratch the surface.”

Also noted were the vast land and nature trails within the city.

“We’re known as the Forest City for a good reason with nearly 500 parks and open spaces, along with 330 kilometres of walking and

biking trails. The best thing about London, however, is the people.”

Holder said this ranking will allow London to grow culturally, socially, economically, and intellectually.

“I’ve always said, as much as students benefit from their experiences at our world-class institutions, Londoners benefit just as much by the steady influx of young people who choose to come to our city. Many who come to school here wind up staying after they graduate. But even those who don’t, we’re grateful for the time they spent in London and hope they return later in life.”

In terms of living, Robinson said London has set up a good system for students.

“It’s easy for students to live on campus at both institutions,” said Robinson. “I think both institutions offer a lot of recreational type activities and along with that, the city chips in as well. So students really have a choice to pursue a full set of activities on their campus and then get out to the city and explore London.”

As for keeping this ranking, Robinson said Fanshawe needs to continue to further expand its program offerings. Holder said London is continuing to make investments in transit infrastructure, creating affordable housing, and making sure everybody feels welcomed, valued, and respected.

## Dancing with the 'Stangs: Students embrace culture through dance



CREDIT: LIAO YANG (@IGVISUAL1208)

The Raiders and BRDRLESS Dance Studio encourage students to participate in learning more about different cultures and making connections by engaging with their dance groups.

**Madeleine McColl**  
GAZETTE

Cultural dance groups like the Tamil Students’ Association at Western Raiders and BRDRLESS Dance Studio are celebrating diversity one dance at a time.

The Raiders are Western University’s Tamil Student Association’s official dance team, practicing gaana, Bharatanatyam and hip-hop dance styles. On March 4, the Raiders took home the championship title at the Western’s Got Talent Competition.

Vaishaalie Nimalan, a choreographer for the team, thinks the Raiders’ sense of community is key to their success.

“We created a really safe environment for [the dancers] where we can see their confidence slowly increase through practices,” said Nimalan.

Aarani Kanakarajah, another choreographer for the Raiders, explains when students move to a new city like London, it can be “hard to find cultural places where you can gather or celebrate your culture.”

The Raiders aim to provide this cultural space for Tamil students through the art of dance. Their routines often draw inspiration from Tamil movies by incorporating songs and dances from these films.

“When I came to [university] ... I knew I had to be a part of some sort of dance team because it’s so embedded into our [Tamil] culture,” said Piranave Mohanakumar, a choreographer for the Raiders.

Sweta Pahirathan, head choreographer for the Raiders, emphasizes that they aim to educate the campus community about Tamil culture and empower Tamil students to embrace their own culture.

“It’s like a home away from home,” Pahirathan said.

BRDRLESS Dance Studio also celebrates community through dance. It is London’s first multicultural dance studio, offering a range of cultural dance styles including bhangra, salsa, Bollywood and more.

The group also aims to provide a community where dancers can celebrate their unique dance cultures. Anchal Dahiya, first-year Ivey Business student and founder of BRDRLESS, notes when growing up in London as a Bollywood dancer, there were no dance spaces she felt she could go to.

According to Dahiya, the BRDRLESS mission is to create a welcoming space that celebrates various communities by “using dance to show the power of diversity.”

The Raiders and BRDRLESS Dance Studio encourage students to participate in learning more about different cultures and making connections by engaging with their dance groups.

“Finding a group of people that not only share your culture but also are open to sharing these experiences is so important,” said Kanakarajah.

Dahiya invited everyone to try a new dance style, no matter your level of dance experience.

“I think [dance] is all about heart,” said Dahiya. “Give it a shot. Trust me. You won’t regret it.”



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

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**Tom Hutchison-Hounsell**

Student Representative to  
The Board of Governors

# Summer is for supporting local in London, Ont.

Ana Lustosa  
INTERROBANG

On social media profiles, it is easy to see colourful flyers announcing events across London for the summer months. The city will have its most “normal” spring/summer season in years, after the current dropping of COVID-19 restrictions and the arrival of warmer days, making the city a vibrant place to be again.

One of these upcoming events is Vintage on the Block, an outdoor market that happens every third Saturday of the month on Dundas Street. With more than 20 vendors from London and the surrounding area, the next Vintage on the Block is scheduled for April 30. Beyond vintage street sales, there will also be live music and food.

According to Vintage on the Block co-founder, Aaron Bakker, health measures will still be in place despite the event being held outdoors. “We are still taking precautions in terms of public safety,” said Bakker. “Vendors can choose to where a mask and hand sanitizer stations will still be available during the event. We often promote, ‘if you are sick, stay home,’ so we can avoid any and all spreading of illness.”

For vendors and local tourism, the event is an opportunity to recover at least a part of the financial impacts caused by the COVID-19 pandemic.

“Unfortunately, some people were not able to make it through or recover due to the pandemic,” said Bakker. “We have already seen in one week without masks a lot of individuals that haven’t been in store due to mandates. We hope 2022 will be the start of a great incline in sales and culture.” According to The Conference Board of Canada, “tourism activity in London was estimated to have generated \$477.6 million dollars of spending, a decrease of approximately \$345.4 million dollars from 2019, or 42.0 per cent.”



Patio season is coming and London is the place to be.

CREDIT: ANA LUSTOSA

For the Director of Culture & Entertainment Tourism of London, Natalie Wakabayashi, everyone plays a role in supporting local businesses.

“I think that there’s a huge opportunity here that when everyone feels comfortable enough to do so, that you can find ways to support local businesses, you can find ways to be a tourist and travel around, and that you can support and help drive the economic impact in our community, which ultimately then takes us on our steps towards recovery,” said Wakabayashi.

To encourage people to help local businesses and know the services, London Tourism, in collaboration with Argyle Business Improvement Association, Hamilton Road Business Improvement Association, and others, launched a website where you can look for services in different areas of the city only offered by a local market. For more information, access [finditinelondon.ca](http://finditinelondon.ca)

“Buying local offers communities within the city to grow and develop culture, something London lacks,” added Bakker. “Starting with buying local, it’s the easiest

way to be a part of what makes London great. We hope that these events promote these ideas and push people into shopping local as often as possible.”

Another strategy to boost the local economy across the Ontario province is the temporary Staycation Tax Credit for 2022.

According to the province website, one individual per family, living in Ontario, can request 20 per cent of their eligible 2022 accommodation expenses when they fill out personal Income Tax and Benefit Return for 2022.

Among these eligible expenses, there are hotels, motels, resorts, and campgrounds. Visit [ontario.ca](http://ontario.ca) for more information.

Locally, London Tourism promotes the campaign “Stay a Little Longer,” which offers a \$200 Visa Card to those who stay two consecutive nights in the city at a listed hotel.

“You can go out into the community, and you can eat or shop or drink or play and use your card to support a local business,” Wakabayashi encouraged.

## Will it be another summer of Styles?

Savannah Bisailon  
INTERROBANG

As we all know, Harry Styles dominated the top of the Billboard charts last summer with his song “Watermelon Sugar” (for which he won a Grammy), and a spectacular album, *Fine Line*. Earlier this year, Styles announced that he will be releasing a new album, *Harry’s House*, May 20. This new album shares its name with a song by Joni Mitchell.

On April 1, Styles released the first single off of *Harry’s House*, “As It Was.” Now the world is wondering, can Styles top his last success?

*Harry’s House* is Styles’ third solo album following 2019’s *Fine Line* and 2017’s *Harry Styles*. In 2021, Styles won the Grammy Award for best pop solo performance for his song “Watermelon Sugar.”

The latest single, “As It Was” is a pop synth song with a hook reminiscent of A-Ha’s “Take On Me.”

In an article for Pitchfork, Olivia Horn said, “Styles sings softly, his vocal delivery like a dusting of powdered sugar, about an apparent lost love, but the song’s brisk pace and ebullient bells keep the mood light. If Styles’ last record was about having sex and feeling sad, ‘As It Was’ seems to be about having sex, feeling sad, then getting over it.”

The song tackles subjects like isolation and loneliness with the lyrics, “Answer the phone/Harry, you’re no good alone/Why are you sitting at home on the floor?/What kind of pills are you on?”

“As It Was,” is very unlike anything Styles has ever written before and I think that is what will really help with making this song one of the top songs of the summer. The song has already broken two major streaming records since it dropped. According to an article by Entertainment Tonight journalist Miguel A. Melendez, “The 28-year-old Grammy winner’s new single off

his third album, *Harry’s House*, became the most-streamed song in the US in a single day in Spotify history with 8.3 million streams. That record previously belonged to Olivia Rodrigo’s ‘driver’s license,’ which had eight million streams back in January.”

The second record it broke was becoming Spotify’s most streamed song globally in a single day, reaching 21.6 million streams.

By looking at the success of his other albums and the recent success of “As It Was,” I think it is safe to say that Styles will be taking over the hot tracks of the summer. Although other artists like Shawn Mendes and Miley Cyrus also dropped new music recently,

“As It Was” is a catchy tune with an 80s feel and great vibes behind it. We will see and hear a lot more from Styles this summer, for sure. Not to mention that he has a tour coming up and is also starring in two movies, *My Policeman* and *Don’t Worry Darling*.



CREDIT: HANNA MOON

Styles announced that he will be releasing a new album, *Harry’s House*, May 20.

# Starting fresh this spring

**Svitlana Stryhun**  
INTERROBANG

The calendar pleases us with days that are harbingers of warmth. And even if it's still chilly outside, you can be sure that nature will wake up soon, which means strength and inspiration will increase.

There's no better time to make new promises than spring. The rebirth of nature makes us feel new powers to overcome difficulties, challenge ourselves with something new and fulfill old promises. It's the time when motivation is overwhelming.

Spring makes us remember the unrealistic vows we gave ourselves when popping champagne on New Year's Eve. Scientists proved that during winter time it's twice as difficult to concentrate on your ultimate goals. That's because our ancestors used to waste all their energy on essential needs such as finding food and protecting the place of living. That's why the outcome of most New Year's resolutions is disappointment.

But it doesn't mean that we should underestimate our inner forces and feelings that move us to fulfilling our dreams. Spring gives them a second breath. Eventually, it becomes a period of planning and action. And it also comes down to our past and nature. Historically, spring was a period of growing plants and starting work. It all can make you feel that it would be far more logical for the new year to turn over in March.

Here are five ideas to help you enjoy this inspiring time of the year and make it happy:

**1. Capture the sun**

During winter, the body lacks Vitamin D and misses sunrays. The spring sun is not yet as aggressive as the summer one, so you can spend more time outside. As soon as the weather is warm enough, go for a walk. This is good not only for health, but also for the mood and mind. It can help get rid of annoying thoughts, find solutions to ongoing problems or be a social time by sharing a stroll with friends.

**2. Go for a run**

In the process, you can also be nourished by sunlight. Many runners postpone training during winter, fearing low temperatures. Spring is a great time to get back into the



running ranks. The sun rises earlier if you like to run in the morning. Meanwhile, the air gets warmer, and the spring mood inspires for more activity.

A lot has been said about the benefits of running. When you start exercising regularly, you will notice how your mood and well-being improve and new ideas appear. During a run, many literally get the answers to all their questions!

The paradox of running is also that you spend energy on it, and as a result, you get even more power. Plus, running is a great and simple way to lose a couple of extra winter holiday pounds, and this is another reason for happiness!

**3. Plan your vacation and travel**

Did you know that our brain perceives exploring *any* new area as a journey? That means that it is not necessary to go to another country in order to gain new vivid impressions and change your location. Thus, you can travel almost every week to nearby places and get the same sensation as travelling abroad.

Now, remember how you felt during a good trip to a new place. Most likely, you experienced joy, interest, positive emotions; you were able to relax, switch, and escape from the hustle and bustle. Even the anticipation of an entertaining trip brings a good portion of pleasure.

So feel free to open your calendar, write down the nearest entertainment and travel to it. School is over soon, so you get additional motivation to finish the year and maybe spend more time with friends or family. Even travelling alone gives an understanding of self-worth. It is not difficult, but it will bring a huge boost of energy and positive emotions.

**4. Decide on doing something new**

You can turn yourself on after a long winter sleep with completely new actions that are not familiar to you. You can start learning a new foreign language, go to a dancing class, start your own project, write a book, draw a picture, or try some other new hobbies. The main thing is that it should be something new for *you*.

CREDIT: DYLAN CHARETTE

The rebirth of nature makes us feel new powers to overcome difficulties, challenge ourselves with something new and fulfill the old promises. It's the time when the motivation is overwhelming.

Yes, it might mean going out of your comfort zone, but that's where development and growth begins. There is much more drive, interest, inspiration, and after that, pride in yourself and faith in the limitlessness of possibilities. Only choose something new, something that will make you remember this spring.

**5. Take pictures**

It can seem trivial, but try every

day to notice something special from your life and the world around you. Catch the moment with the camera, without thinking about the right light, ideal poses and clarity. Do it for inspiration. Just collect these photos in a separate folder, and during next winter, review the pictures of your spring days and again be astonished by that beauty, thankful again for the wonderful moments of life.

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[theinterrobang.ca/podcast](http://theinterrobang.ca/podcast)

# Work opportunities for students in the summer



CREDIT: DYLAN CHARETTE

If you're a student looking for a summer job this year, Fanshawe has many opportunities posted on their Student Jobsite.

**Kate Otterbein**  
INTERROBANG

The semester is coming to an end, and that means many are looking to make summer plans. If you're returning to school in the fall, or even if you're not, summer jobs are everywhere. Getting a summer job is something Darlene O'Neill, Fanshawe's Director of Employment and Student Entrepreneurial Services strongly encouraged.

"There are tons of benefits from working a summer job, whether it's directly related to their program, or maybe getting a summer job through their co-op, but ultimately, summer jobs are an opportunity to gain some extra income," said O'Neill. "There's also that opportunity to practice and hone those future skills. Communication skills, workplace ethics and skills, critical thinking skills. We know our students are resilient, but there's that opportunity as well."

In the last month, Fanshawe has posted 161 summer jobs, and 133 part-time jobs.

"There are lots of places that are posting. Any of the summer camp programs, restaurants, landscaping type, labour type jobs, and lots of jobs that are short term. I did some research on the labour market and in May 2020, just after the pandemic struck, we were at 13.2 per cent unemployment. Then we went to 7.5 per cent in March 2021. In March 2022, we were at 6.4 per cent which is really, really exciting."

For those who

would prefer to work on campus, Fanshawe has some summer work study bursaries available, but O'Neill said they are not back to 100 per cent operation quite yet, as things are still ramping back up after the pandemic.

"The summer work studies are designed for students that meet the [Ontario Student Assistance Program] financial need requirements. If a student is living in residence, for example, and they're able to work on campus up to 10 hours a week, that work study gives them more familiarization with the college environment."

This is a great way for both domestic and international students to get to know the school. As a summer work study participant myself, I would encourage all students who are eligible to apply. I worked at Fanshawe's 106.9 The X over the summer of my first year, and it was a great way to keep my skills up over the summer, but also learn more about my community and make close bonds with my co-workers.

When choosing whether you want to do a work study or a summer job, there are some things to consider.

"Think about what you want to accomplish in the summer. Set short-term goals and if some of those goals have to do with gaining experience, building your resume, getting to know people, maybe even volunteering, see if employment can help you achieve those goals."

And when it comes time to actually applying, O'Neill recommends contacting your career consultants at Fanshawe. They are experts when it comes to resumes, cover letters, interviews, and anything else you may need when applying for a job.

"If you're nervous about interviewing, they can help you with mock interviews. They can also help you be wary and conscientious of fraudulent jobs because they're out there as well."

If you're considering a summer job and are not sure where to start, you can find more information on job opportunities here: [fanshawec.ca/careers](https://fanshawec.ca/careers). All of the jobs posted for Fanshawe are checked to ensure there are no fraudulent postings.

## Fanshawe's fine arts graduates present their final exhibition

**Ian Indiano**  
INTERROBANG

After three unprecedented years, filled with ups and downs, the graduating students from Fanshawe College's advanced fine arts program opened a new exhibition at TAP Centre for Creativity, in downtown London. The exhibition, called (un)Adjusted, is the culmination of the work developed by the students during their third year of school, and it can be viewed in-person until April 9. The program was introduced at Fanshawe in the early 1970s and this is their 50th graduating class.

The artist and program coordinator, Gary Spearin, said in a press release, "As you will note from this milestone exhibition, strength,

patience, and courage arise in the many individual approaches experienced. Students crave social interaction, investigating, and studying with peers. Cherishing, laughing, advancing, reflecting, smiling, and seriously making art. This Art confronts us now with joy."

The works featured in the exhibition are very diverse. It includes large-scale wood sculpture, paintings, drawings, photography and installations. "Wax-gendered superstars wonder who they really are," said Spearin, describing the exhibit. "Real piping paint lines loop into young and old-facing memories. Old friends' adventure stories now magically, vividly dream. Meanwhile, penciled waters dance quietly, drifting into smudged black nights.

Crystal-coloured papers generate protected reflected light. Wild plant photographs photographed mirroring in a puddle watery-scape. Feeling feelings through painted selves, double selves, and self-portraits peering to yourself. Measured marks, carved marks, bleed marks, count the marks. Calculated conversations count consumer(ism) while environmental(ism) cries. If mugshots could only close their eyes."

The participating students are Jaina Argueta, Victoria Campbell, Brittany Caron, Nicole Caron, Dylan Charette, Emilee DeGroot, Jessica Gervais, Drew Goodenough, Lindsey Greeno, Nathan Hoy, Ian Indiano, Elizabeth Merzib, Colleen Moffatt, Myia Pevec, Katy Penstone, Ashley Sandham and Evan Willemse.



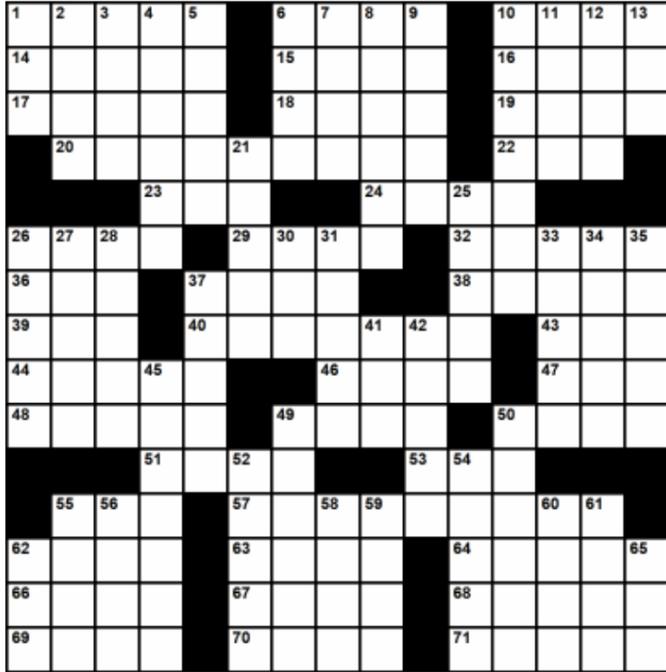
CREDIT: IAN INDIANO

The exhibition, called (un)Adjusted, is the culmination of the work developed by the students during their third year of school, and it can be viewed in-person until April 9. The program was introduced in Fanshawe in the early 1970s and this is their 50th graduating class.

**CROSSWORD**

**ACROSS**

- 1 Football Hall-of-Famer Merlin
- 6. "The Leaves of Life keep falling one by one" poet
- 10. Arabic for "commander"
- 14. Countries - African
- 15. Highway divider
- 16. Have merit
- 17. Astringent fruit
- 18. One no longer serving
- 19. Seine sights
- 20. A lot of thought goes into it
- 22. Bard's contraction
- 23. Lao-\_\_\_
- 24. "Laughable Lyrics" writer
- 26. Transcript stats
- 29. Greek promenade
- 32. Gambling game
- 36. Drill sergeant's call
- 37. Countries - African
- 38. Desert sight
- 39. Cleopatra biter
- 40. Countries - African
- 43. "Here \_\_\_ Again" (1987 #1 hit)
- 44. Words of denial
- 46. Religious splinter group
- 47. Keyboard key
- 48. Black ink item
- 49. Countries - African
- 50. "Internal Affairs" actor
- 51. National Drag Racing Association (Abbr.)
- 53. Bygone money
- 55. 50-50, e.g.
- 57. Suspected spy in a celebrated 1949 trial
- 62. Ping-\_\_\_
- 63. Better \_\_\_
- 64. "West Side Story" role
- 66. City on the Yamuna River
- 67. Mad as \_\_\_ hen: 2 wds.
- 68. Put on a new crew
- 69. Aggravate
- 70. "Hogwash!"
- 71. Make dirty



**DOWN**

- 1. Military training academy (Abbr.)
- 2. People of SW China
- 3. High-hatter
- 4. Gets rid of
- 5. Odor detectors
- 6. Arena shouts
- 7. Ankle-length skirt
- 8. Countries - African
- 9. Marie Antoinette, notably
- 10. Countries - African
- 11. Countries - African
- 12. Residents (Suffix)
- 13. Musical notes
- 21. Bar offering
- 25. "If I Had \_\_\_" (Lyle Lovett song)
- 26. Countries - African
- 27. Mexican coins
- 28. Rental units (Abbr.)
- 30. Computer key
- 31. Ukrainian port
- 33. "All kidding \_\_\_"
- 34. Countries - African
- 35. Neapolitan song starter"
- 37. Suit yourself?
- 41. Divinity school subject (Abbr.)
- 42. More hazardous, as winter driving conditions
- 45. Countries - African
- 49. Countries - African
- 50. Countries - African
- 52. Indy 500 winner Bobby
- 54. Mariner's aid
- 55. Countries - African
- 56. Letters on a crucifix
- 58. Delight
- 59. Newts
- 60. Valley north of Los Angeles
- 61. 1972 Wimbledon winner Smith
- 62. Course standard
- 65. Picnic pest

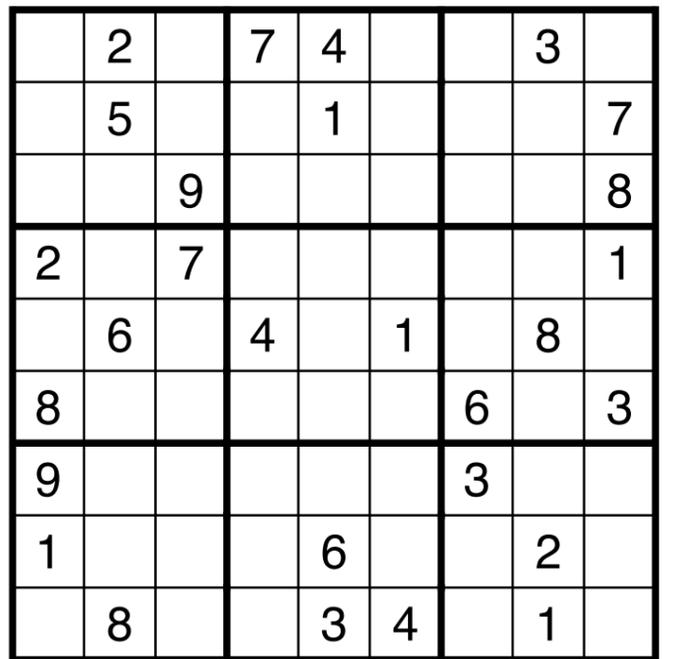
**WORD SEARCH**



**BASEBALL TEAMS**

Cardinals	Bluejays	Rangers	Orioles
Indians	Reds	Padres	Giants
Marlins	Pirates	Twins	Braves
Dodgers	Cubs	Mariners	Angels
White Sox	Nationals	Phillies	Athletics

**SUDOKU**



*Puzzle rating: Hard*

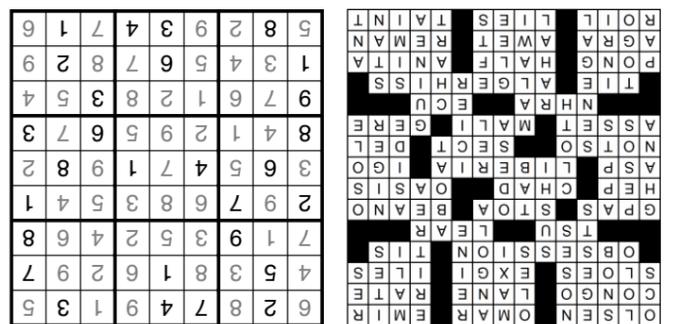
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**CRYPTOGRAM**

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**PUZZLE SOLUTIONS**



— George Bernard Shaw.

“Peace is not only better than war, but infinitely more arduous.”

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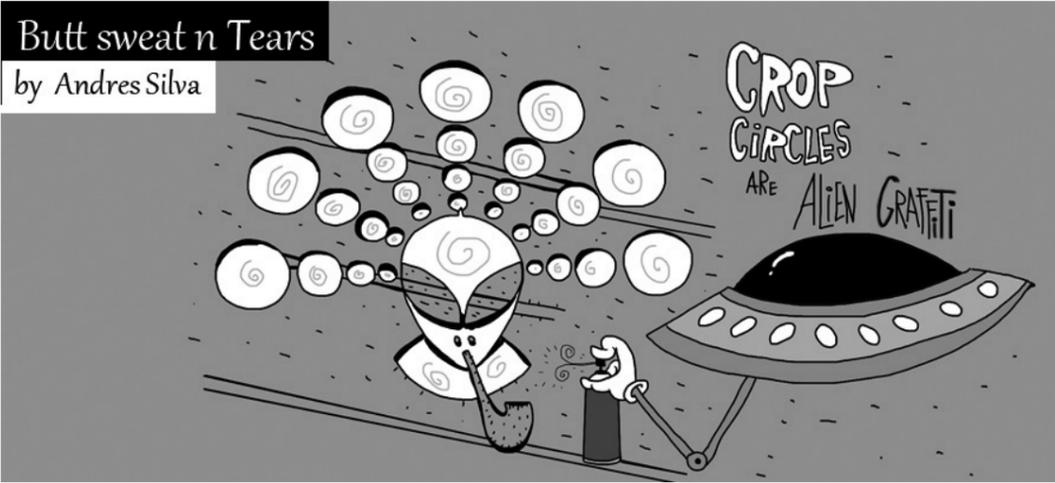
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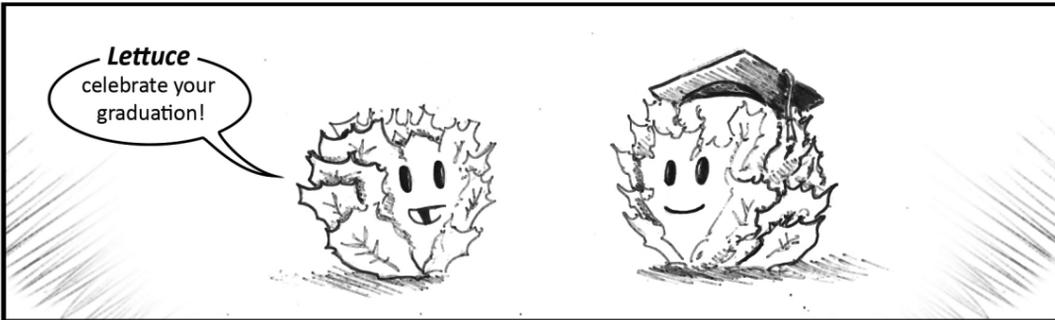
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**Butt sweat n Tears**

by Andres Silva



By Christopher Miszczak © 2022



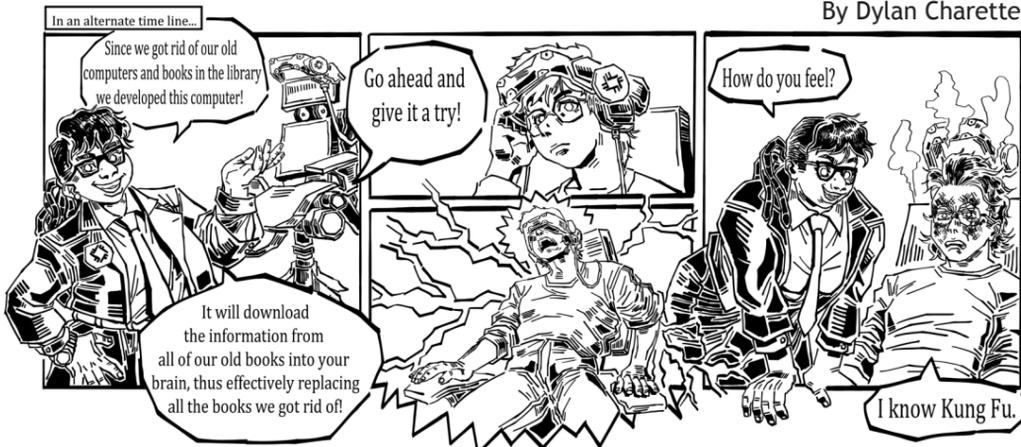
**Freshman Fifteen**



By Alan Dungo



By Dylan Charette



**Butt sweat n Tears**

by Andres Silva



**Aries**

Keep tabs on expenses, license renewals and hidden costs. Reach out to for help resolving a pending problem that can affect your health. An honest approach to pending problems will speed up the process. Share your thoughts with people who can help you pursue your goal. A short trip, conversation or move you make will reveal what others plan to do and how you can avoid getting trapped by those trying to meddle or interfere with your plans. Do what's best for you. Control your emotions. Complaining and criticizing won't help; channel your energy into getting things done on time.

**Taurus**

A reserved response will help curb an unpleasant encounter. Be a good listener, and brush up on facts, figures and regulations before you decide to get into a debate with someone well versed in the topic of concern. Dig in and do your part and you'll accomplish what you set out to do. Maintain balance, integrity and be wary of anyone who overreacts. Show discipline and do your best to make a difference. Explore your options and you'll come up with an innovative alternative that will help you win the support of someone who sees your vision.

**Gemini**

Show your strengths and hide your weaknesses from those who want you to adhere to unwanted changes. Focus on self-improvement and taking care of your responsibilities. Don't share your vision with someone who isn't trustworthy. Do the work yourself to avoid fretting over whether someone will live up to your expectations. Don't take a risk with your health or your emotional well-being. Stick to a routine, avoid over-the-top behaviour and don't get involved in other people's problems. Problems with authority figures will surface if you travel or deal with institutions or agencies.

**Cancer**

Initiate a change that makes your life easier. Take the plunge and do things your way instead of letting someone dictate how you handle your responsibilities. Go above and beyond the call of duty, and recognition and rewards will follow. Don't let anyone take advantage of you. Keep your life simple and your plans doable. Focus on health, fitness and feeling good about how you look and present yourself to the world. A compliment will boost your morale, but don't let it go to your head. An emotional situation will rear its ugly head. A creative outlet will keep you busy and out of trouble.

**Leo**

Adapt to whatever is going on around you, but don't go out of your way to appease someone leading you in a direction you don't care to go. Be smart and use facts and figures to make your point. You'll get the assistance you require to get things done correctly. Shine a light on those who offer a helping hand, and it will reinforce future support. Take care of issues concerning a partner or an older friend or relative, and something good will transpire. Be careful how you handle unstable situations and people. Protect yourself.

**Virgo**

Take on something or someone who appeals to you. How you interact with others will lead to an unusual encounter that can change your life for the better. Be receptive to doing things differently. A sensitive matter will arise if you take on too much or let your emotions interfere with common sense. Assess situations carefully before doing something that can cost you money or your reputation. Discipline, courage and strength will help you overcome any dilemma you face. Get involved in something you believe in and the contribution you make will be well-received by someone you want to impress. Love is on the rise.

**Libra**

Keep track of what things cost. Juggling your expenses will be difficult if you rationalize that you have enough disposable cash on hand to warrant signing up for a subscription. Read the fine print before you submit your first payment. Personal growth, fitness or learning something new and exciting will help you raise your profile and qualifications. Discuss your plans with someone in the know, and you'll gain insight into how best to use your skills to excel. Your ability to get things done will impress someone influential. Avoid conversations that address sensitive issues.

**Scorpio**

Distance yourself from chaos and discord and find your peaceful place. Evaluate what it is you want and how you see yourself moving forward. Choose peace, happiness and resolve pending problems once and for all. Make life decisions that combat frustration and stress. Put a budget in place that helps you reach your long-term goal. Having the funds to support your dreams is critical to your success. Be realistic, cut your overhead and focus on what's required to achieve the happiness you desire. Discipline and hard work will pay off. Express yourself. Make sure you let the people you love know how you feel.

**Sagittarius**

Be aware of what others do. A misleading gesture can upset what you are trying to achieve. Patience, honesty and a realistic approach to your dreams, hopes and wishes will lead to your success. Stick close to home and the people you know you can trust. Share your intentions to find out where you stand and what type of support you can expect to receive. Dedicate your time to fine-tune your plan and clear a workspace to ensure optimum success. Refuse to let an emotional incident interfere with your schedule. Choose an open forum to avoid a your-word-against-someone-else's situation.

**Capricorn**

Enough talk; it's time to act. Step up your game and make your move. A change at home directed toward easing stress will send a strong message to anyone causing you grief. Don't be afraid to take a different approach to resolve matters. Don't be fooled by someone's gesture. Assess whether the information you receive is accurate or meant to appease you. Waiting to see what transpires will help you decide what to do next. Recognize when someone is being emotionally manipulative. Distance yourself from people, places and pastimes that aren't good for you mentally, emotionally or physically.

**Aquarius**

Back away from people and situations you disagree with and avoid a frustrating outcome. You'll have better luck concentrating on learning and improving your skills to accommodate your goals. Take on a new project that will enhance your surroundings and encourage you to achieve your personal and professional ambitions. Do something that will build confidence and make you feel good about how you look and live and what you stand for. Don't give in to someone pressuring you to make changes or get involved in something that doesn't interest you.

**Pisces**

Look over your options and consider what's best for you. Changing how you use or offer your skills will impact your earning potential. Keep up with the times, and you'll find a stylish way to attract interest in something you want to pursue. You'll get an emotional wake-up call if you buy into what others do instead of following the path that is better suited to achieving your dreams. Refuse to let anyone play with your emotions or guilt you into something you'll regret. Relax and find a way to enjoy yourself. Socialize with people who make you laugh.

# Falcons' men's indoor soccer team make OCAA history

**Brad Kraemer**  
INTERROBANG

Fanshawe Athletics can add another OCAA title to the record book as the Falcon men won their first indoor soccer title in school history. Indoor soccer has been an official OCAA sport since 1986 and Fanshawe had only medaled thrice before with their best result being silver in 2019. Head coach Rob Pereira said his team was ecstatic to win gold and that it was a true team effort to pull it off.

"We are very happy to have won the first Men's Indoor Provincial Title in Fanshawe history. The players performed very well and we had many key contributions from several players," said Pereira.

Three players from Fanshawe's roster were recognized by the OCAA for their excellence. Ryan Baker was named Tournament MVP for his outstanding play throughout, while Jalen Loague and Justin Wood were named Tournament All-Stars. All three scored huge goals and came through in the clutch when the team needed it the most.

The odds were stacked against the Falcons from the very start when they were blown out 5-0 by the Humber Hawks in game one of the tournament. The team knew then that if they were going to win the gold, they needed to overcome Humber.

The men set out on their mission to do just that and it began with a match against St. Clair. The Falcons scored their first goal of the tournament and that ended up being all they needed, as they focused on defense after an inexcusable five goals against in the previous match. Fanshawe ended pool play by reconnecting with their scoring ability in a dominant 6-1 over St. Lawrence to go 2-1 on the day, punching their ticket to the semi-finals.



The Fanshawe Falcons men's indoor soccer team overcame the odds to win the school's first indoor soccer OCAA title.

CREDIT: FANSHAWE ATHLETICS

The Falcons would again find themselves on the back foot, down 2-0 to George Brown in the second half. These men might have been down, but they were not out. They battled back and tied the game 2-2 with a gorgeous goal from Loague that set up penalty kicks. Four Falcons scored on their attempts while

goalkeeper Luis Medici secured the win with monumental saves on George Brown's first and fourth attempts.

Now the only team that stood in front of Fanshawe's quest for gold, was of course, the undefeated Humber Hawks. However this time, the Falcons got off to a perfect

start, going up 2-0 on the tournament favourites from tallies by Mike Sneddon and Wood. Humber fought back to make it 2-1, but Fanshawe held on with incredible defense and goalkeeping to upset Humber and take the championship.

The 2022 Fanshawe men's indoor soccer team will forever hold the

title of first in school history to win the OCAA tournament. Unfortunately, there will be no CCAA opportunity for these men to prove themselves on a national level due to cancellation, but on the bright side, they achieved the maximum they could this season and can be proud of what they accomplished.

# London gets a new runner's group, just for women

**Ana Lustosa**  
INTERROBANG

A few unexpected snowfalls recently could not discourage a group of women to run at Springbank Park. Four Brazilians decided to give the first step. It was the beginning of a new runner's group.

Marcela Ramos is the founder. She is a former Brazilian national team athlete and has lived in London since Dec. 2021. According to her, one of the reasons she created this community was the difficulty for women to organize themselves to have a moment of leisure.

"Society suffocates this need for women, and they feel suffocated, they end up abandoning them," said Ramos. "She loses this identity and dedicates herself more and more to her family, her partner, or her work, and this worries me because we have no escape valve. Running doesn't need much, you just need your tennis shoes, your willpower, then just get up and run. But for that to happen you need organization and encouragement."

Through her professional Instagram profile, she invited everyone who lives in London to start running together as a group, even if the women have no running experience. Currently, there are a number of fellow Brazilians on the WhatsApp group who share tips about routine, training, and motivations. The meetings happen every Sunday morning.

"There is no contraindication, no profile, no biotype, no need to have the right weight, no discipline because we are gradually acquiring it, and the group is motivating. I think the most important thing is to take the first step," Ramos suggested.

With different stories and backgrounds, many have joined with the desire to have a moment for themselves to practice sport within the group.

Flavia Dalva has been running for 16 years, and has been living in London since 2019. The move affected her routine, the change of country, studies, pandemic, and the absence of her husband, who is still in Brazil.

"I hope the group grows, that more and more people come together and encourage each other so that we can create a cool training routine. My goal is to train, train and train and never stop. Participating in competitions for me is a good consequence," Dalva revealed.

Another member, Thais Moreira, ran a little at the gym. During the pandemic, she started to value these social gatherings more, especially those that involve the practice of sport.

"I expect to create a routine in which the activity carried out is always giving and receiving support from colleagues. I hope later this year to participate in the annual Terry Fox race," Moreira shared.

Michelle Horacio has another personal goal: to lower her run time and participate in races in the city.

"I had a baby recently, and I stopped during this period of pregnancy, but I'm back. I have always enjoyed running, gym and swimming. I used to do it in Brazil."

Even though the current group consists of mostly Brazilians, Ramos



Even though the current group consists of mostly Brazilians, Ramos clarified that every woman is welcome, regardless of nationality.

CREDIT: ANA LUSTOSA

clarified that every woman is welcome, regardless of nationality.

"I want to infect London, paint London pink, that we have a t-shirt, that we have a slogan, participate in races, that we can gain volume,

strength, that we are recognized as a body, as runners."

For more information about the group, reach out on Instagram @personalmarcelaramosnocaada.

# Interrobang's top winter season Falcons

**Brad Kraemer**  
INTERROBANG

Sports returned to Fanshawe this September after the cancellation of all sporting events in 2020 and we want to recognize some of our outstanding Falcon athletes. Only winter sports will be considered for these awards as fall sports awards have already been handed out. While not official "awards," these are our selections to recognize the efforts made by Fanshawe athletes this winter. Best Men's Athlete, Best Women's Athlete, Best Rookie, Best Coach, Best Team, and multiple All-Stars will be acknowledged.

**Co-Best Men's Athletes - San Dang and Arpitraj (Apri) Sinha (Badminton)**

We have gone with the only athletes to represent Fanshawe nationally this winter, San Dang and Arpitraj Sinha, the Falcons' men's doubles pairing. Fifth-year player Dang was just named athlete of the month by the Alumni Association and deservedly so, as the veteran leader of the pairing who brought home bronze from the CCAAs and silver at provincials. Sinha is a first-year student who head coach Steve Ruddach called "a singles player both at heart and on the court." Sinha worked hard to adapt his game and eventually, the pairing really started to gel. Neither had played on a national stage before, and it's safe to say they nailed it.

**Best Women's Athlete - Alison Cotton (Basketball)**

The women's basketball season didn't quite go as planned, only winning one game during the regular season. However they still got a crack at St. Clair, the ninth ranked team nationwide and took them to

the brink of elimination before ultimately losing by four points.

Third-year captain Alison Cotton was the heart and soul of the squad and was one of the best defenders in the province. She held St. Clair's top player to only six points. Over the course of the season, Cotton averaged 10.7 points per game and was third in the OCAA West Division in rebounds per game with 11.5. She also added 1.3 blocks and 2.0 steals per game. She was named to the OCAA West Division Second Team All-Star, which is an incredible feat, but she easily could've been a first team player. Defense always goes under the radar.

**Best Coach - Patrick Johnston (Volleyball)**

Patrick Johnston absolutely deserves some recognition for his devotion to Fanshawe athletics this season. Typically, the men's and women's teams have different coaches, but this year Johnston stepped up and coached both squads. Both teams unfortunately fell short of their goal to win the provincial tournament, but Johnston still coached the women's team to three sets against the sixth ranked team and went .500 with the men in a very tough division.

**Best Rookie - Tanner Paterson (Volleyball)**

Although there were many candidates for this award we decided to stick with the volleyball theme and give rookie of the year to Tanner Paterson. The first-year outside hitter was named the OCAA Men's Volleyball West Division Rookie of the Year, averaging 2.4 points per set with 80 total points on 71 kills, five service aces and four blocks. He also contributed 49 digs. Head coach Patrick Johnston praised Paterson for his play this year.



CREDIT: FANSHAWE ATHLETICS

First-year men's volleyball outside hitter, Tanner Paterson, is your Interrobang Rookie of the Year.

"Tanner had a massive rookie season for us. We knew he'd be an impact player right away and it's a shame that his rookie season got delayed a year. The second half of the season he was nearly untouchable, and we can't wait to see what he's capable of moving forward. Paterson joins a stellar group of athletes in our program who have been Rookie of the Year," said Johnston.

**Best Team - Men's Indoor Soccer**

Who else could it be? The Fanshawe men's indoor soccer team made history this season by winning the first ever indoor soccer OCAA title in school history. Led by head

coach Rob Pereira, this team not only won the OCAAs, but did it in the most dramatic fashion with a penalty kicks win in the semi-finals and overcoming their 5-0 loss to Humber in round robin play to beat them in the finals 2-1. Unfortunately, the team was not able to test their skills against the nation's best due to the cancellation of CCAAs.

**Falcons All-Stars**

Last but certainly not least, we have nine athletes who fell short of awards, but had amazing seasons and were very deserving. This list truly could have been much longer, but after heavy consideration, it was narrowed down to nine:

- Evan West (Volleyball) OCAA second-team
- Hannah Onyema (Volleyball) OCAA All-Rookie team
- Aidan Whalen (Basketball) OCAA All-Rookie team
- Dante Richards (Basketball) OCAA All-Rookie team
- Leah Hopkins (Curling) OCAA second-team
- Jalen Loague (Soccer) OCAA tournament All-Star
- Ryan Baker (Soccer) OCAA tournament MVP
- Justin Wood (Soccer) OCAA tournament All-Star
- Zoya Virk (Badminton) OCAA bronze medal

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