

NEWS PAGE 5

Campus security officers now wearing body cams

OPINION PAGE 9

Frustrations and confusion over on-campus parking

CULTURE PAGE 18

Healthy juices to try this fall

SPORTS PAGE 26

Fuel wins Esports Club of the Year

INTERROBANG

THE IMPACT OF AI ON TODAY'S ACADEMIC WORLD PAGE 11



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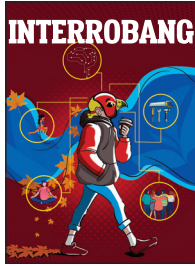
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Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding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

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

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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
Welcome to the first issue of Volume 56 of Interrobang! Another September is upon us, and with it comes the start of a new school year, the promise of new friends and new adventures, and most importantly, new stories.

Interrobang is your go-to news source for all things Fanshawe and student life. Our issues this year will cover everything from tech to music to finance; mental health to sustainability, to sex and more. We are here to tell the stories that matter most to you. We are your student voice.

Our Orientation Issue is packed with stories to help set you up for a solid start to the year. Reporter Mauricio Prado sheds light on how to prepare emotionally for college life, while reporter Alex Allan shares tools on how to be a successful student at Fanshawe College. Other featured content highlights how Artificial Intelligence (AI) is taking over the academic sphere, and how the college is spotlighting skilled trades through apprenticeship programs and the embracing of new technology.

Our cover, designed by the talented Mauricio Franco, depicts a student just like you, transitioning through the fall months and into college life, discovering all there is to gain from life at Fanshawe. This time of year can be daunting—scary even—but sooner or later, we all find our groove, settling into the next phase of our lives with confidence and experiences we didn't have before.

This is just the beginning.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca

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How the Meta news block is impacting Interrobang



Hannah Theodore (she/her)
INTERROBANG

In June of this year, the Canadian government passed Bill C-18, otherwise known as the Online News Act. The act requires digital companies pay news organizations when someone gets to a web story through a link on one of their websites. According to the government, this sort of revenue sharing is necessary to ensure the future of Canadian journalism, after most advertising moved to these online platforms and wiped out a major revenue stream for journalism. Tech giants Google and Meta, however, have been against the bill from the start, viewing the law as a tax on links.

That's why, in response to the passing of the Online News Act, Meta began blocking all news on its platforms as of August, meaning

Canadians are now unable to view news on websites like Facebook and Instagram. Under Meta's block, Canadians are also unable to view news content from international publishers like the BBC or the New York Times.

"We have been transparent and have made it clear to the Canadian government that the legislation misrepresents the value news outlets receive when choosing to use our platforms," Meta said in a statement. "The legislation is based on the incorrect premise that Meta benefits unfairly from news content shared on our platforms, when the reverse is true. News outlets voluntarily share content on Facebook and Instagram to expand their audiences and help their bottom line. In contrast, we know the people using our platforms don't come to us for news."

Unlike Meta, Google has had talks with the government in hopes of finding a solution. Barring a deal, however, when the law goes into effect at the end of the year, Google

said it will be removing links to Canadian news from search, news pages and its curated content feed.

According to Meta, the news published it is choosing to block are based on "legislative definitions and guidance from the Online News Act."

The act lists several possible criteria, including:

- Producing news content of "public interest."
- Regularly employing two or more journalists in Canada.
- Operating in Canada, including having content edited and designed in Canada.
- Belonging to a recognized journalistic association.

Under this definition, student newspapers like Interrobang, are also being affected by the news block. Canadians are not currently able to view Interrobang's content on Instagram, and Interrobang's page is not findable on Facebook.

So what does that mean for our audience?



People in Canada can't see this content

In response to Canadian government legislation, news content can't be viewed in Canada. [Learn more](#)

CREDIT: HANNAH THEODORE

Canadians are not currently able to view Interrobang's content on Instagram.

You can still access Interrobang's website (theinterrobang.ca), and view all the latest stories directly from our homepage. You can also still track our social media on X (formerly Twitter), and watch our video content on our YouTube channel. Our podcast, which updates weekly, can still be accessed on Spotify, Google Podcasts and Apple Podcasts, or through our website.

You can subscribe to our newsletter to get your Fanshawe news delivered right to your email on a weekly basis.

And lastly, you can pick up your physical copy of Interrobang on newsstands throughout the college every other week.

We will continue to follow this story as it develops and provide updates to students accordingly.

Province invests \$1.3 million in Fanshawe College's Corporate Training Solutions



Mauricio Prado (he/him)
INTERROBANG

The Ontario government is investing \$1.3 million in Fanshawe College's Corporate Training Solutions (CTS) to support free pre-apprenticeship programs in carpentry, welding, and automotive service technicians. According to Statistics Canada, 14,000 jobs are currently unfilled in London, which allows this investment to ease and fill some of those vacancies in the industry.

Heather Carey, manager of CTS, said that these are significant initiatives that can assist companies in enhancing their trades teams with talented new hires eager to put their skills, expertise, and passion to use in a fulfilling career in the trades.

"Pre-apprenticeship is the level one of the Skill Trades Apprenticeship program, so when people complete that, they will be officially on the apprenticeship journey that is highly in-demand and can offer the potential to earn six-figure salaries with pensions and benefits," Carey said.

Carey said that apprenticeships and funding from the Ministry of Labour provide extra wraparound support, which helps with academic upgrading, employment counselling, and personal protective equipment (PPE).

"This investment will help us to guide people on how to build their resumes, improve their interview skills and other things to support those who did not or have not finished high school," Carey said. "We would be able to provide an academic upgrading package to support those who did not finish high school."



CREDIT: MAURICIO PRADO

A \$1.3 million investment from the province will go towards building a 18-week hands-on training program including a work placement.

Carey said that to be an apprentice in Ontario, people need to complete high school. She added that this investment is good because it will provide fulfilling, well-paying occupations that allow people to purchase a home and raise a family.

"The pre-apprenticeship programs, supported by the Ontario Ministry of Labour, Immigration, Training and Skills Development, would be 18 weeks long and provide intensive hands-on instruction in the practical theory and skill

development needed to become a level one certified apprentice," Carey said.

She said the programs consist of a 12-week robust, hands-on training covering practical theory and skills development, and then they go to a work placement for the remaining six weeks.

Carey said there is a wage stipend of \$2,000 that they can pay the employer for a 12-week placement, which is about half of the level one apprentice's payroll. She added that

that represents a financial benefit to the employers.

"This also means that people can get early in their career and help train and mentor into the trades. They would also come with extra skills not usually asked at the beginning of their jobs," Carey said.

Carey stated that this program also aims to increase workforce equity and bring more underrepresented and vulnerable groups into the workforce. She said that students and employers are eager about his

initiative and that she has received good comments about it. Carey added that in-person classes and lab training would occur at Fanshawe's London Campus, supplemented by various online activities and artificial intelligence (AI) focused on enhancing employability skills.

"It would require a lot of time and effort from the people because it would be like studying and working simultaneously, but the outcome would help to fight the province's historic labour shortage," Carey said.

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Fanshawe faculty members hold carpentry workshop promoting female empowerment



Konstantinos Drossos (he/him)
INTERROBANG

Over the summer, faculty members from the School of Design at Fanshawe organized a carpentry workshop in a village in the Dominican Republic. In May, Jennifer Sanders, in collaboration with Niagara University, conducted a study on the village homes in Muñoz, Dominican Republic. Sanders, along with faculty members Julie McIntyre and Elayne Wood-Lauersen, assessed the housing conditions and then came together to gain ideas about how to improve the living conditions of the homes with the hope of also using the data from this study to expand teaching practices and incorporate findings into classroom assignments and Signature Innovative Learning Experience (SILEx) opportunities.

Following the assessment, faculty then provided a hands-on carpentry workshop aimed at the mothers and daughters in the village that focused on teaching them skills that may help the community in a time of need. Sanders helped organize the trip and build upon the existing program's focus, which is to promote female empowerment in trades.

"The project essentially started...as part of the completion of my Masters, and the inspiration for working with women...



CREDIT: JENNIFER SANDERS

A workshop organized by Fanshawe School of Design faculty members saw 24 women in the Dominican Republic build wagons to help serve members of the community in need.

on carpentry came from a desire to continue to promote women in the trades. The carpentry workshop itself was geared at mothers and daughters specifically for that reason," Sanders said.

During the workshop, 24 women came together to build five wagons to help serve members of the community in need, helping transport children to and from school or

helping to grow a small business by assisting in the transportation of goods to sell.

"The reason for wagons being selected as the carpentry project was because of the work that was done to investigate the living conditions within the village and that there are a lot of young mothers and a lot of women that are supporting their families in small

businesses and entrepreneurial efforts, like selling fruit," Sanders said. "When we looked at a lot of these businesses that the women were conducting out of their homes to support their families, this idea of having a wagon in the family, assisted them in all kinds of areas."

By the end of the trip, the overall enjoyment of the workshop

brought joy and a sense of pride to the community of Muñoz, which delighted Sanders and her team.

"There was an incredible sense of pride with what they had built themselves again, the fact that they felt it with their own two hands and then they owned it and were able to take it home and that was now something that belonged to their family," said Sanders.

Campus security now wearing body cams



Gracia Espinosa (she/her)
INTERROBANG

As part of a pilot program, security officers at Fanshawe College have been wearing body cameras over the summer. Following successful results over the past three months, officers will continue to wear the devices in the fall, coinciding with the school year.

Body cameras, or body cams, are small devices attached to the officers' uniforms. At the beginning of each shift, they will put the cameras into operation, and later the cameras will be returned and the recordings will be uploaded to a secure server. These images will only be used for security purposes. For example, the photos could be analyzed after an incident to cross-check officers' statements. They could also be used to teach personnel how to respond to situations they are likely to encounter.

But that's not the only benefit; according a media release by Campus Security Services at Fanshawe, the cameras "not only provide an additional layer of security but will also help to foster trust and accountability between our officers and the vibrant campus communities they serve."

Body-worn cameras can also make officers feel safer and more secure, as they will have more confidence because the device is recording.

"The information obtained from a video is worth 10 times that of a



CREDIT: FANSHAWE COLLEGE

Following a successful pilot project over the summer, campus security officers will continue to wear body cameras throughout the fall semester.

picture," Ed Pimentel, the Manager of Campus Security Services said.

"The primary use of a body-worn camera is to collect evidence by accurately recording audio and video of the interactions between Special Constables and the public," Jeff Cook, Acting Assistant Manager of Campus Security Services said in a statement.

However, while incorporating this new technology, Campus Security Services said it will remain dedicated to upholding privacy standards and maintaining compliance with applicable regulations.

"The decision to implement this technology is rooted in industry best practices and our unwavering commitment to the well-being of students, faculty and staff," Cook added. "We are excited to embark on this innovative effort to provide an even more secure and welcoming campus environment for all."

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Fanshawe receives \$5 million donation to revolutionize healthcare education



CREDIT: FANSHAWE COLLEGE

The Diane Blake (pictured) Centre of Excellence for Extended Reality (XR) in Health Care, set to open in 2024, will house a multidisciplinary team of experts who will collaborate on developing immersive and interactive XR training programs.



Alex Allan (he/him)
INTERROBANG

Toronto-based philanthropist Diane Blake has donated \$5 million to Fanshawe College to establish the Centre of Excellence for Extended Reality (XR) in Health Care. The centre will be part of Innovation Village at Fanshawe's London Campus. According to the college, this contribution will help enhance training and improve outcomes with XR technology. The Diane Blake Centre of Excellence for XR in Health Care is expected to open in early 2024.

"The integration of new technologies into traditional program modalities will give more students the opportunity to learn, practice their skills and enter the job market ready to excel. I am confident students at Fanshawe will benefit greatly from this initiative," Blake said.

XR technology is shorthand for "extended reality" and is an umbrella term that refers to augmented reality, virtual reality and mixed reality tech. The centre will house a multidisciplinary team of experts, including students from multiple programs such as engineering, computer science and gaming, who will collaborate on developing immersive and interactive XR training programs. These programs will simulate real-life medical scenarios, allowing students and professionals to gain practical experience and refine their skills in a risk-free environment.

The tech will help students practice complex procedures, conduct diagnoses and interact with virtual patients. Fanshawe's Dean of the Faculty of Health, Community Studies and Public Safety Tony Malette said that the project will be built in several phases over five years.

"The first phase is investing in people, and we're going to hire our team and get our expertise in place," Malette said.

They are looking to get the XR up and running as quickly as they can. Malette said that they understand some of the technology is not needed for their specific needs in healthcare. Some of the tech from

the UK or USA has different units of measurement and different protocols. He said that their healthcare systems are different and don't fully align with what is needed here for Canadian healthcare.

"Our goal over the five-year period is to start developing our own material and becoming a hub where we start to generate and build technologies that will better meet our needs," Malette said.

The plan is to help graduates hit the ground running and do great work in the healthcare industry. Malette said the idea is to put students in a safe environment where they can make mistakes. This is where they can help teach students to learn from their mistakes and how to improve on their skills. Malette said traditionally they couldn't do this since they would be making these mistakes in real hospitals. It would end up that the student would get bailed out by a doctor or nurse. The students would not get to work and learn through the problem anymore.

"Using this technology, we can put them through real life situations where they have to think their way from start to finish," Malette said. "Plus, you're not hurting anybody since it's virtual and if the student makes a mistake we will debrief where that was and give them a skill set to do the proper procedures in real life."

The timeframe for a healthcare student to get into the job field will not change. Malette said that there are mandated practices and procedures students go through to have access to writing the licensing exam. He said what this XR technology will do is to potentially help students to graduate on time.

Malette couldn't believe it when he first heard about the \$5 million donation.

"We're extremely grateful to Diane for her generosity, she is such a sweet lady," Malette said.

With all the new excitement of opportunities, Malette said that it's time for them to roll up their sleeves and get to work with all their new plans.

"We extend our deepest gratitude to Ms. Blake for her visionary philanthropy and commitment to revolutionizing health-care education," said President of Fanshawe College Peter Devlin in a statement.

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The Fanshawe Student Union (FSU) is an organization committed to excellence in service and student support within the diverse student community of Fanshawe College.

The FSU is a student body representative, designed to meet the various needs and expectations of students attending Fanshawe College.

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Grief & Eugenics: An Ableist Horror Story, Part One



Adam D. Kearney
(he/they)
CONTRIBUTION

This article is Part One in a series of excerpts from Fanshawe grad Adam D. Kearney's essay, *Grief & Eugenics: An Ableist Horror Story*.

Foreword

"It is impossible to see reality except by looking through the eyes of the Party. That is the fact that you have got to relearn, Winston. It needs an act of self-destruction, an effort of the will. You must humble yourself before you can become sane."

— George Orwell, 1984

Disability can be isolating, a reality so taken for granted it might not require exposition. We understand that disabled people are isolated physically by "normative" design standards that do not account for different bodies. We talk about how disabled people can be isolated economically by education and work systems designed for neuro-specific function. We explore how disabled people are isolated culturally with disabled characters often existing as plot devices, something to be solved or resolved by the nondisabled main character. Even our lived experiences are held at a distance, with disabled people thought to be "inevitably exposed to a discrimination that cannot be shared," in the words of psychoanalyst Julia Kristeva in *Hatred and Forgiveness* (2010). But there is another experience of isolation that is not as widely acknowledged: our isolation from each other and ourselves.

Many of us are born into nondisabled families, with parents or siblings who have no comparable experience. Many of us, especially those of us in rural regions, will grow up in classrooms dominated by nondisabled

students and teachers. After graduation, we will often be the only, possibly even the first, disabled person in our workplace. While we may be welcomed in these spaces, once proving an appropriate proximity to normalcy, this acceptance can also feel incredibly fragile. At times, it can feel like our acceptability must perpetually be proven or we risk (re)jection, back to the shadow realm of disability. The outcome is spending much of our lives relating and responding to the able-bodied world, seeking access to a community that hinges on our capacity to not be disabled. As Erving Goffman notes in *Stigma* (1963) this might be managed through things like self-deprecating humour or skill mastery but, for others, it can mean a complete rejection of the disabled community, driven by a belief that to be in community with other disabled people only confirms one's "spoiled" status.

All of this is to say that when one spends most of their life living under the watchful eye of the Normalcy Party, it is difficult not to internalize at least some of the doublespeak.

For academics like Fiona A. Kumari, this is the insidious nature of internalized ableism. If every person you encounter is convinced that disability is a tragedy, and offer praise when they "don't even see you as disabled," it should be no surprise when people begin to see disability as a negative asterisk affixed to an otherwise "normal" subject position. We are asked not just to reduce disablement from our subjectivity but to wholly erase it from our existence. One of the cruelest demands of internalized ableism is mandatory self-immolation: a perpetual need to burn off the contaminated bits of us to leave fertile ground for a "normal" self to emerge. More than just being compelled to able-bodiedness (see Robert McRuer), we are all indoctrinated to both desire and be willing to sacrifice everything, even our very identity, for a mere chance at grasp the gold ring of normalcy.

Or, put another way...

"Four wheels good, two legs better! All animals are equal. But some animals are more equal than others."

Dr. Jeff Preston, PhD
Associate Professor, Disability Studies

A brief history of disability & grief

In the beginning, there was disability. There just was. Both congenital (born with) and acquired disability happen naturally. You might be shocked to hear that they happen outside of the Human race as well. We have found some very unique ways of contextualizing it. However, we have a habit of fearing, vilifying and demonizing what we do not know or understand.

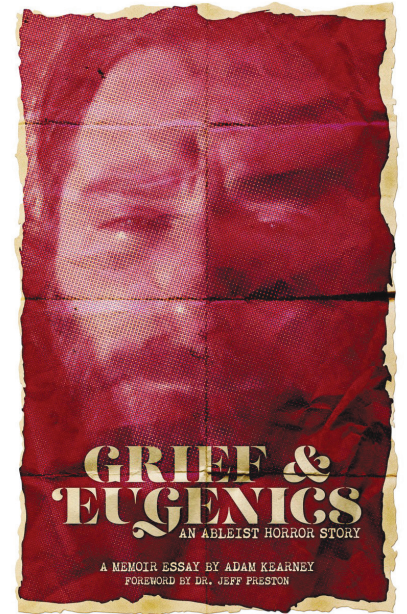
"People of Akwesasne explain, without apology, that it isn't disability which makes people different so much as it is the assumptions and misunderstandings that go along with it.

Despite the tireless efforts of family and volunteers, many Canadians with disabilities still face a life of isolation and dependence. Too often they feel shut out of even routine daily concerns, like shopping or visiting friends and neighbours. Attitudinal barriers, more than anything else, prevent persons with disabilities from contributing to and benefiting from the richness of community life. Simply put, there is a lack of awareness and understanding for the potential and the aspirations of persons with disabilities."

From the book *TE-WA-KWE-KON:*

Together As One.

I feel like I need to state that in no way am I a sociologist, historian, psychologist or in any way a certified anything (asshole maybe). What I do have is my life experience. I was diagnosed shortly after birth with a genetic disorder called Osteogenesis Imperfecta (OI), more commonly known as Brittle Bones disorder. I stopped counting fractures and surgeries when the numbers hit the high 80's before I became a teenager. I largely use a wheelchair to get around these



CREDIT: COURTESY OF ADAM D. KEARNEY

Living with disabilities can be an isolating experience, but people with disabilities have existed all throughout history.

days, though if I am fracture free I will also use a walker for those hard to reach spots (stairs, sand and grass oh my). My life has taken many unexpected twists and turns over the years, leaving a lot of wreckage, but mostly grief in its path. Since getting sober a couple of years ago I have been putting a lot of work into picking up the pieces of my life and trying to figure out just how I ended up in the situation I find myself in. It has not been easy work. I know that I have so much yet to sort out, build upon and learn.

To be continued...

This memoir essay was published as a zine in Jan. 2023. If you enjoy it and feel you would like to support the author, you can find a pay what you can PDF or purchase a physical copy at handcutcompany.com.

Frustrations and confusion with Fanshawe's parking system



Alex Allan
(he/him)
INTERROBANG

There is a lot I do not understand about Fanshawe's parking. The London Campus has different parking places located all around the school. There are general parking admissions for the day that cost \$5. Don't be fooled if you think this is a good deal, because if you add this up over eight months, you are looking at adding \$800 or more to your budget.

I was finally able to purchase parking in one of Fanshawe's reserved parking lots after waiting for a year. The reserved parking costs \$342 for two terms. I went through the most confusing process to get this parking as well. I got an email asking for information about which campus I will be attending. I gave the information, but they followed up stating that they only needed to know if I was going to be staying in residence.

The people in the parking office mentioned that they do this to separate you from the lottery parking you can get if you are in residence.

I'm not complaining about the reserved parking price, but I do feel for the people that will have to pay for general parking from Monday to Friday. I was one of those students that had to pay \$5/day for parking. Plus, if you leave the campus for lunch or for other circumstances you have to pay for general parking again that same day when coming back.

The general parking gets full fast at the start of the fall semester too. If you can't find a spot, you end up parking at spots on campus where you have to pay the toll. These parking spots cost \$6 for only two hours of parking. If you want to have a full-day parking spot, you will have to pay \$12 at these parking spots. In my opinion, this is way too much for a college student who's already living off a small income.

The parking security is always driving around campus as well. You have to be careful with them because they will give you a \$20 parking ticket if you fail to pay or if you parked your car overnight. What grinds my gears about all of this is, where are the improvements in parking?

I see cars every day in the lots getting tickets and also the majority of general parking is always full.



CREDIT: ALEX ALLAN

Parking on campus is expensive, and with little improvements being made to on-campus parking, where is all that money going?

Here is the example of why I don't understand that we see no improvements on parking. Let's say the London Campus has around 400 spots for general parking. If all of these students came Monday to Friday for the academic year, that would total \$800/student. So \$800 x 400 parking spots would equal roughly \$320,000/week.

This example is hypothetical, since the parking office did not provide me with any exact numbers when I contacted them. I'm giving context to how frustrating this is for students. Keep in mind that I am only giving an example for the general parking price. It's a rough idea of how much the school is making and we are yet to see any improvements to parking.

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THE IMPACT OF ARTIFICIAL INTELLIGENCE ON TODAY'S ACADEMIC WORLD

KONSTANTINOS DROSSOS (HE/HIM) | INTERROBANG

In the 21st century, technology has evolved to a complex level in regards to its relationship with humans. Computers for instance, help people complete various different tasks and assist with organizing their day to day life. In school, students have started to make use of artificial intelligence (AI) in various ways for academic purposes. The question that remains is, can AI enhance students academically?

According to a study published on Springer.com, researchers found that 83.3 per cent of students who used the Canadian-based AI intelligent tutoring system, Korbit AI gave a positive reaction to the quality of assistance the program gave them. Over 183 participants took a course in conjunction with Korbit and found that the program's "deep personalization" learning model offered an effective learning experience.

Students at Fanshawe use AI models, like ChatGPT, to help them take notes, brainstorm, and research information. Fanshawe student, Christian Armstrong used AI to help him write essay outlines and generate ideas when facing creative burnout.



"I use it for emails and for essays, I'd use it for an outline and to maybe get some ideas for it," Armstrong said. "I think it's pretty good, I mean it could be scary in terms of where it could go in the future, but it's a great tool."

Andrew Jason, a Fanshawe student, said he supports the use of AI assistance when students experience writer's block as it can help jump start the natural process in getting ideas flowing.

"Sometimes we get some mental block, so when you're doing essays and everything, at least when you're using AI, you're just getting a glimpse of some discussions and topics you could go with."

Jason also mentioned that with the power AI brings, there are some who overuse its

purposes. He suggested that limitations for its use should be introduced so that it's fair for both students and professors.

"AI is abused, Sometimes they're using it to do their homework and they're completing it with ease which makes it unfair for both students and teachers."

Armstrong agreed that having limitations in place will allow for those who find AI useful equal opportunity for its benefits in the classroom.

"Once there are certain limitations to maintain academic integrity, I think it can be useful."

Both Armstrong and Jason agree that AI is a helpful tool for students, as it can create a more personalized experience for learning, so long as students don't exploit it.

"It's great, it's innovative. When you type something into Google it just gives you links and everything where with AI it gives you a more personalized approach," Jason said.

The Dean of Information Technology at Fanshawe College, Mary Pierce, described how although there are still some concerns, there is still a positive impact AI can have when used accordingly and mentioned how Fanshawe is jumping on board with the use of this tech.

"There's a lot of really positive uses of AI for education purposes. There's also some concerns, but there are a lot of very positive uses and there's lots of very positive uses happening here at Fanshawe College," Pierce said.

The school has been cooperating with various programs to see how specific industries are utilizing AI so that it can equip professors with tools that will assist them in teaching or evolve upon the current existing programs.

"We have many faculty who use it and we've been discussing this with our program advisors quite extensively and trying to find out how they're using artificial intelligence in their industry. We're trying to make sure that students in various programs also learn those skills on how to use it appropriately for a variety of industries," Pierce said.

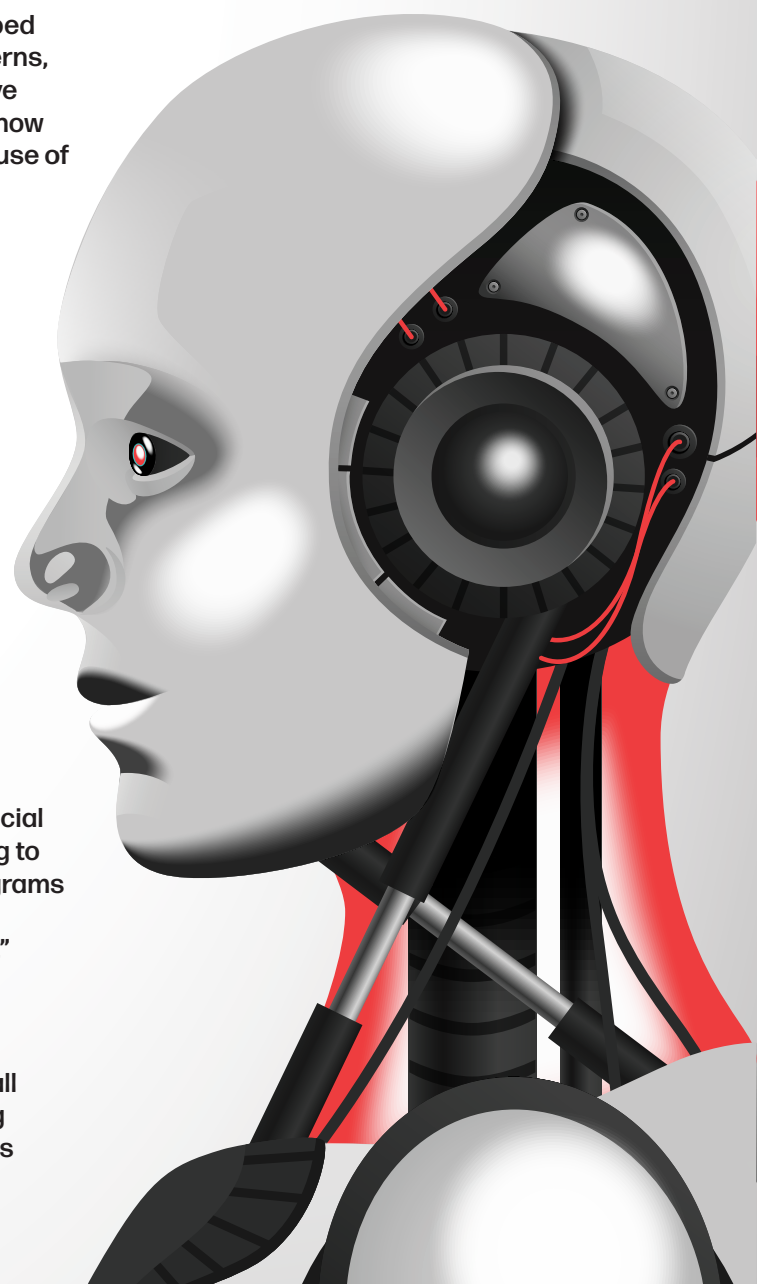
Pierce added that at the start of the fall semester, Fanshawe will be posting on all course outlines and guidelines directing students on how AI assistance in class is going to work in the classroom.

"It could possibly be used in [certain courses], but the students need to carefully and specifically verify with the professor what are the authorized and unauthorized use of AI in this course."

The college has held seminars informing both faculty and students about how to effectively use AI while also maintaining academic integrity.

"There's some great seminars being put on about how to effectively use AI in the classroom. There is a lot of work done on how we are managing this from an academic integrity perspective and how we decide when it is an academic offense and when it's not an academic offense," Pierce said.

Fanshawe also introduced AI on campus in other ways with the implementation of Oscar. Oscar is a robot that recognizes waste based on its materials that then shows students the proper waste bin to toss their garbage in. This is an effort from the college to assist in waste management and assure that materials are properly disposed of.





KEEP YOUR BODY HEALTHY THIS FALL

Zoë Alexandra King (she/her) | Interrobang

The hustle and bustle of returning to school after a four-month summer holiday can impact the way students choose to prioritize their health. Keeping the body healthy at any point of the year can be a challenge for students which is why it's important that they are reminded of how to achieve this. Former Fanshawe College culinary arts student, Beth Eames, gave her honest and professional opinion about how students can accomplish a "health-kick," this fall.

"I do think there are ways to eat healthy and not be overly expensive," Eames said.

For most people, the first thing that comes to mind when they think of eating healthy is the cost. As with many things in life, it's easy to look at the negatives before analyzing the positives. When it comes to your health, the positive aspects of being mindful of what you're putting into your body, tend to outweigh the negative aspects of expense. However, there are ways to have a healthy diet without breaking your bank account on high-cost brand name products.

One of the first suggestions that Eames gave was to conduct research online of nutritionally balanced meals. Every person is going to have different meal preferences that entice them, so finding out what you like is one of the first steps in creating a healthy meal plan.

Another common misconception about eating healthy is that fresh produce has to be used right away otherwise it goes bad. If fresh produce is stored correctly, you should be able to eat it in a timely manner.

"The vegetables that you buy aren't going to be for one meal, you can use them for multiple different meals," Eames said. "I also think storing your vegetables in the correct way, for example, in the fridge, or however it should be stored will increase the longevity of them."

As eating healthily usually involves a certain extent of cooking, students may shy away from this dietary option due to not enough time in-between studying and classes. Whilst meal prepping can be quite "daunting" to some people, according to Eames, this process can help with reducing cook time throughout the week.

"I think a certain level of meal prepping can be a bit easier for some people," Eames said. "For example, making a little bit of an excess of a meal, and storing it in the freezer."

Freezing leftovers can be a form of meal prepping that will allow you to eat healthy food that you prepared previously and not have to find the time to create an entirely new meal.

It's common to hear individuals say that they need to be healthier in their diet, but why is it especially important for students to prioritize? Eating food with high nutritional values will promote body health and mental health; eating the right food can impact how you stay focused on schoolwork.

"You feel better when you're eating healthy or when you're giving your body the nutrients that it needs," Eames said.

Aside from eating the right food, there are other important steps that students should take to promote their health. Taking daily vitamins can help to supplement your body with what it's lacking. Living in Canada means that during the winter months there is less vitamin-D in your system. This is important for students to remember during the fall as well when the days begin to get less sunshine. Speaking to a health-care provider about what vitamins you need to be taking is always a good idea, they will be able to steer you into the right direction.

Another factor that students should take into consideration this fall is to drink more water. According to the Mayo Clinic, "Water is your body's principal chemical component and makes up about 50 to 70 per cent of your body weight."

Increasing your water intake can assist with many organs in your body and allow its proper function to take place.

Additionally, keeping active throughout the fall is important for students to prioritize and may also increase water intake. Fanshawe allows students to maintain an active lifestyle with its student wellness centre that comprises three floors, inclusive of a fitness centre. Students have access to this to allow health and fitness to be an easy option for them.

Keeping your body healthy this fall should be one of your goals as a student and the tips from this article should help you achieve this. Think about all that your body does for you, don't you want to give back to it?



HOW FANSHAWE'S SKILLED TRADES AND APPRENTICESHIP PROGRAMS ARE PROGRESSING

Benjamin Crossett (he/him) | Interrobang

The labour market needs skilled tradespeople urgently, but the available workforce is decreasing. The number of people retiring from the skilled trades is outweighing the number of people applying. The government is well aware of this issue and has been putting millions of dollars into skilled trades programs in colleges and universities across Canada. Job opportunities in skilled trades are projected to rise by 10 to 20 per cent in the next eight years. At Fanshawe, over 40 programs and apprenticeships are dedicated to skilled trades, attracting more than 5,000 students annually.

Fanshawe has received money from the government and from donations for its skilled trades and apprenticeships programs.

Steve Crema, Chair of the School of Building Technology at Fanshawe said that the skilled trades and apprenticeship program is advancing here at Fanshawe College.

"It's something we spend a lot of time doing because we're trying to prepare students and apprentices for what's in the industry now, but also the skills for three, five, 10 years down the road."

In these programs they have started implementing things that are not specifically in the provincial curriculum, such as iPads, computer abilities, remote devices and drones.

Crema has been at Fanshawe College since 2009 and has been in his current position for six years. Since his appointment in 2017, the program has seen a lot of changes and has moved at rapid speeds.



"Honestly, it's hard to keep up with because every part, every trade has different parts and every part of every trade is changing in its own unique ways," he said. "So the old days of, you know, big rolls of blueprints that people walk around and they set them out on the table...That doesn't happen anymore."

In late January of this year, Fanshawe had a huge donation in the sum of \$2 million, donated by the Crich Family. These finances were then put into a program called the Don Crich Skill Trades Accelerator. This program is an entrance point for all members of the community to learn more about trades and share employment opportunities. The space is expected to greatly boost the number of students joining skilled trades education in the London area.

As Crema put it, the \$2 million donated by the Crich family was to "create something that was going to address that missing part of the ecosystem."

The main goal in the future is to help more apprentices in London and the surrounding area to find employers as well as employers being able to find highly qualified apprentices.

"The Crich Skilled Trades Accelerator officially opened here in the beginning part of May," Crema said. "But already there's a lot more word of mouth being discussed in London about trades and what's going to happen and how we can work together."

Crema's main priority seems to be helping the students at Fanshawe College succeed in the trades.

"We'll see more people successfully complete their trade, earn their license and be working in the field, and we hope that there's lots of interesting opportunities for everybody to help that system so the government can find ways to help employers, apprentices can find jobs, employers can find work, colleges can promote new developments in the trades and curriculum. We just hope that it improves the ecosystem."

Skilled trades programs at Fanshawe are experiencing encouraging progress and exciting developments that will benefit students in many ways. With these changes, students can look forward to a more interactive and comprehensive learning experience.



Emotionally preparing for college life

Mauricio Prado (he/him) | Interrobang

As the fall term begins, many students are eager to start college, but are they mentally prepared?

There is no denying that every new beginning is challenging, but with the right advice, college can be easy and fun.

Coming to college for the first time or returning to college can always be tricky because there are new schedules and routines students must adapt to, new faces and interactions every student has to manage, and new responsibilities students must adjust to.

This article will show tips every student can use to adapt to college life with mental peace and stability.

1. Take advantage of the college resources

Fanshawe has many resources for students. The best way to get the most out of those resources is to reach out and ask. Fanshawe International Education Advisor Nelson Melgar said that it can be a challenge sometimes to reach students with all the resources available to them, so if students seek out help, they will be pointed in the right direction.

"It is impossible to advertise everything available in college because we have so many resources for students that it is impossible to cover them all," said Melgar.

"If we are not the correct department for the student's request, we will guide and connect the student with the right people."

Fanshawe Code of Conduct Coordinator Ricardo de Souza added that many students struggle with their mental health during the start of term.

"When a new Canadian or international student first lands here, they can feel overwhelmed. New country, city, system, and a new routine can be mind-blowing simultaneously," said Souza.

Melgar said that for students having difficulties making friends, there are social programs and clubs that they can join to meet new people with common interests. Beyond that, the college also offers support for mental health.

"There are many...student counsellors available on campus. If they need more professional or intense treatment, we send them to the clinic," said Melgar. "We have doctors and a referral system, so come and ask whatever you want from us."

2. Be organized with your life

Being organized can be challenging for many students, especially if they are living independently for the first time.

Souza specified that keeping your finances in order is one area he knows students struggle with. He suggested making sacrifices and tracking your expenses to stay organized.

"There would be sacrifices because growing up means holding on to what you want to get what you need," said Souza. "Sometimes students want to go partying and drink, but they should remember, they are on their own now, and every decision will have its impact."

3. Relax and enjoy the ride

Anxiety is something most students face, but Melgar and Souza both stressed the importance of trying to enjoy as much of your college experience as possible.

"Relax; take one step at a time. Think rationally. You are safe and here for a reason. You are working towards your goals. Good things take time," said Melgar. "We have a lot of open spaces, games, clubs, parks and activities for students to distract and disconnect themselves a little from the chaos of the semester."

Souza said the activities at Fanshawe aim to keep students engaged to avoid isolation.

"When students feel under pressure or depressed, they isolate themselves, which can lead to depression. That is the purpose of our activities, services and tools to help students feel more relaxed and an important part of the community," said Souza. "There will always be problems and stressful situations in life, the difference is how we approach them."

Souza and Melgar noted that everything is part of the adaptation process. They said that for some students, it can be chaotic; for others, it can be simple. That is the beauty and what makes everybody different and diverse. In the end, students have to trust the journey.

"What comes easy won't last. What lasts won't come easy," said Melgar.



Useful tools to be a successful student at Fanshawe

Alex Allan (he/him) | Interrobang

Being a new student or even a mature student coming back to college might be stressful, trying to figure everything out at the start. If you are thinking Fanshawe Online Learning (FOL) looks like a maze or even if you feel lost about what to prepare for at the start of your program, then these online workshops might be helpful. The Fanshawe Library Learning Commons website offers a free summer workshop series that provides useful resources on multiple topics that can benefit your time throughout your studies. Although the workshops are hosted in the summer, they can be accessed online year-round and many more workshops are also hosted throughout the school year.

Let's dive into a few workshops that can help you be a successful student here at Fanshawe.

FOL Training

This one-hour session they will guide you on everything you need to know about FOL. FOL is used in almost every program at Fanshawe to submit assignments and other digital work. It is also used for professors to give out the lessons and provide information to the classroom that students will need to know. Professors will also use it as a way to communicate with students via email or give them comments about the work they have recently marked. The online learning workshop covers where to find all of this in FOL. They will also cover how you can add a tag at the end of the emails so you won't have to add the regards at the end all the time.

Getting to know the tools within FOL and some hidden uses can help put your mind at ease before starting your academic course.

Study and Testing Strategies

This workshop is a helpful workshop that teaches you about understanding daily study behaviours. It also provides useful techniques when taking multiple-choice exams. The study skills portion provides tips about reading textbooks and how to break it down into smaller portions that can help you understand lessons rather than trying to cram all of the reading in a night before the test day. It also shows note-taking and time management strategies and how to apply this into your daily routines while balancing student life. The multiple-choice section helps with knowing how to direct yourself throughout exams and tests. The workshop also helps with reading questions and how to point out the significant words that stick out to keep in mind when trying to choose or give the right answer.

Scholarly Standards and Research

In this session, they help you understand about academic integrity and the policies to follow. Understanding these tips will help avoid any penalties, offences or plagiarism in your program. They will also show you about Turnitin, a program that professors use on FOL. Turnitin is a software that checks your work to see if anything might be plagiarized and there is a place on FOL that you can check your work before submitting it to the professors. The research session dives into all of the resources that the Fanshawe Library Learning Commons has on their webpage. They teach you all about where you can find books that will help with your research for your courses. Another thing it shows is about e-books that your program might be offering instead of a hard copy of textbooks.

These are just a few workshops that can help you out throughout your studies. There are many more workshops to choose from. Math, academic writing, science, technology skills, Indigenous awareness, return to learning: for mature students, and an overview of the Library Learning Commons services. These workshops are offered virtually and in person here at Fanshawe.

A student-graduate here at Fanshawe, Kimberly Milhomens said that these workshops helped prepare her for her program "Getting to know my way around FOL really helped me out," Milhomens said. "Most of these workshops are offered throughout July and August but the workshops will be recorded and posted in the workshop section on Fanshawe's Library Learning Commons web page in case you missed it."

Hopefully these tools will help you out to become a successful student here at Fanshawe.

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Get to Stratford to see *The Wedding Band*



Zoë Alexandra King (she/her)
INTERROBANG

This summer, I had the pleasure of visiting Stratford, Ont. to see *The Wedding Band* as part of the annual Stratford Fest.

Antonette Rudder's (Julia Augustine) acting at Stratford's Tom Patterson Theatre captivated the audience's attention as she performed a compelling love story alongside Cyrus Lane (Herman). The play, written by Alice Childress, highlights a love between an interracial couple which was considered an illegal affair in South Carolina during the early 1900s.

“Aside from wanting more from the ending, the overall production was extremely well done.”

The stage at the theatre sat in the centre of a semi-circular seating area for patrons, which created a close look upon the actors. The set was built in such a way where Julia's bedroom was on an elevated platform, and just one step down was what I understood to be a backyard where her neighbours would gather.

In the play, Julia, a Black seamstress rents a house in a neighbourhood known to be an “out-of-the-way” area. What follows is a story about more than the love that Julia and Herman create, but also the love for Julia's neighbours, and the heartbreaking truth of a couple who feel the need to hide their love. In the beginning, Julia is even hesitant to tell her neighbours about her love affair with Herman, a secret she keeps for over 10 years. When she does tell her neighbours, their cold and uncomfortable reactions are truthful to the era the play takes place in. They quickly shut down Julia's conversation as they want nothing to do with something that, at the time, was considered a crime.

On the night of Julia and Herman's 10th anniversary, the couple decide to make their way to New York, where it was legal for them to marry and where they would no longer have to live a life where their love must be kept a secret. As

Herman only has enough money for a ticket for Julia at the time, Julia goes on without him to prepare their new home, while Herman stays behind to save money at their bakery in South Carolina. It begins to become clear that something is wrong with Herman. At the very end of Act One, Herman falls to the ground.

As Act Two begins, we learn that Herman has contracted influenza. Julia returns from New York and as the production comes to an end, Julia gives one of her neighbours two tickets to New York, which Herman has somehow found the money for and mustered up the energy to go and buy. Not only does Julia give her neighbour the tickets, but she also gives her neighbour the necklace that she wears around her neck, which has Herman's ring looped into the chain, symbolizing the union of Julia and Herman. The production ends with Julia painting a picture with her words to Herman (as he's quite literally on his deathbed) of what it would be like waving from a boat goodbye to their loved ones.

With such an amazing storyline, I wished there was a little more clarity on what happened next for Julia. Quite honestly, when I saw she gave her necklace and both tickets to her neighbour, I interpreted that she wanted to die at the same time as the love of her life. Whilst it could seem morbid, why else would she give the necklace away? If she wanted to stay alive, wouldn't she want to keep the necklace that symbolized their love, and also as a reminder of him? That said, my companions had a different interpretation of what came next for Julia.

Aside from wanting more from the ending, the overall production was extremely well done. The talented cast painted a picture with their performances, and I couldn't end this review without praising their outstanding voices that the audience heard when they sang. Additionally, every actor added to this story and created a relatable support system as to what Julia had. I would recommend this production to anyone who has the chance to go and watch, but to be aware of the slight cliffhanger that it ends with.

The Wedding Band is on stage between June 20 to October 1 and is just a one-hour train ride or 30-minute car ride away from London.



CREDIT: TED BELTON

Cyrus Lane (left) and Antonette Rudder perform in *The Wedding Band*, a play set in South Carolina in 1918 about an interracial love affair in a time of legal and cultural racism.

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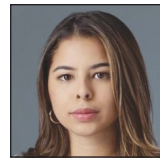
Located in the Student Wellness Centre

Five healthy juices to make this fall



CREDIT: LIVITY JUICE

Try these five healthy juice recipes to keep your health goals in sight all season long.



Zoë Alexandra King
(she/her)
INTERROBANG

For many, the summertime is much easier than fall for maintaining a health regimen because of the warm weather. The heat can be encouraging for people to drink and eat more fruits to cool down. As the weather changes and the temperature drops, students should be reminded to continue their health journey and incorporate a healthy diet, especially as they get back to school. Using produce that comes from the earth can be beneficial for overall body health, but most importantly plays a vital role with maintaining brain health.

Here are five of my favourite juices to make at home during the fall semester:

1. Green Juice

Many people have a love-hate relationship with a good green juice. Some love the fuel that comes from it as well as the taste, whereas some might not be as inclined to make this because its flavour isn't as sweet as more fruit-forward juices. The green juice that I like to make includes one green apple, a head of fresh ginger (peeled), ¼ cup of chopped and peeled cucumber, one lemon, one teaspoon of natural honey, ½ teaspoon of cayenne pepper and one cup of baby kale. Note: if you have a juice press this will be extremely easy to make, if not, you can use a regular blender you will just need to strain it after it's blended.

2. Berry Juice

There's nothing like a good mixed berry juice. This recipe can also be made as a smoothie if you're looking for something more filling. The berries that you choose are completely up to you. I personally prefer using strawberries, blueberries, and raspberries. Once those are in a mixing device, I add one teaspoon of manuka honey, ½ a teaspoon of freshly grated ginger, and one cup of water. When making this into a smoothie, I like to supplement the water for oat milk or yogurt. However, this step is completely preferential, and I'm sure that whatever juice or milk you choose will make your drink taste delicious! An additional step that you can include is using açai powder to help stimulate your immune system, but this is optional.

3. Tropical Juice

There are stages during the fall where I find myself a little homesick and want a taste of the tropics or a

reminder of the summertime. In this juice I like to use half a mango, half a pineapple, ½ cup of coconut water, one teaspoon of natural honey, and ½ teaspoon of freshly grated ginger. If you have spirulina powder at home, this is also a great addition to this drink. If not, you can leave it out. This is the perfect drink to transport you from cold weather to a tropical destination.

4. Carrot Juice

This is more seasonally appropriate for the fall semester. I like to use coconut water or coconut milk in this recipe, however, using water is also fine. The ingredients I use for my carrot juice include half to a whole carrot, one lemon, one teaspoon freshly grated ginger, ¼ cup of chopped and peeled cucumber, a dash of cayenne pepper, and one teaspoon of natural honey. Oranges also compliment this drink nicely. If you have an orange, try using half of it or a whole, in your juice mixture.

5. Beet Juice

It's extremely important to take note that beets do stain; be mindful of this when creating this drink. I like using half to a whole beet, half to a whole lemon, manuka honey, ½ teaspoon freshly grated ginger, one apple, and ½ cup of chopped and peeled carrots. In this recipe I like to use water as my liquid if I'm using a blender and not a juice press. However, I've heard great reviews on the use of blueberry juice in this recipe.

Tips on making these juices:

The quality of the produce you use plays a big part in the quality of your juice! I always notice that when I get fresh produce as opposed to frozen, my beverage is a lot more prominent in taste and more fueling.

Using honey that is locally and naturally made always makes me feel like I'm giving back to my body and the community. Manuka honey is also a great product to get your hands on as it has antibacterial properties that traditional honey doesn't contain.

Using a regular blender can still result in fresh juice. While a juice press is much more convenient, it isn't impossible to make fruit and vegetable juices in a regular blender. Just make sure you have a fine strainer on hand to strain out the pulp.

Lastly, be mindful of why you want to incorporate juicing into your diet. Is it for health benefits or is it to feel more connected with the Earth by using its resources? I always find that taking a moment to pause before making a juice always motivates me to make it and makes the beverage that much more enjoyable.

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Adapting across borders

Eseoghene Mary Akpojivi
INTERROBANG

Every year, the halls of Fanshawe College welcome a diverse cohort of international students, each of them bringing a unique tapestry of culture and experience. However, as these eager minds traverse continents to embark on their educational journeys, they are often met with the enigmatic embrace of culture shock, sparking emotions, challenges, and triumphs that define the culture shock experience for international students. Struggling to navigate the nuances of a different language, unfamiliar customs, and a distinct way of life, international students embark on an odyssey of adaptation that shapes their journey at college.

In the heart of this cultural crossroads lies the Fanshawe College International Office, a beacon of support for international students with an array of support resources, mentors and counsellors with whom students can engage to ease the cultural transition. These resources include peer mentorship programs, workshops on cross-cultural communication and the centre's offerings provide students with a roadmap to not only survive but thrive.

Culture shock shapes more than just experience, it shapes identities. The collision of cultures prompts students to redefine themselves, blending their origins with the allure of their newfound home. The student dormitories echo with a symphony of languages and the cafeteria offers an array of flavours which may seem unfamiliar to students at first. Students form connections that traverse borders, celebrating the beauty of diversity while finding unity in shared aspirations.

Bolu Osakinle, a second-year international student from Nigeria studying information system testing explained that the healthcare system was one facet of life in Canada that was difficult to adjust to.

“ Struggling to navigate the nuances of a different language, unfamiliar customs, and a distinct way of life, international students embark on an odyssey of adaptation that shapes their journey at college.”

“I expected the healthcare system to be easily accessible without any thoughts of booking first, finding a family doctor, waiting for so long before you could be attended to. I placed so much expectation in the healthcare sector. In my country, we have the freedom to walk into any hospital at any time and still be attended to,” Osakinle said.

As the dust of culture shock settles, what emerges is not just adaption but transformation. The journey from culture shock to cultural fluency becomes a rite of passage. Students evolve from newcomers wrestling with the unfamiliar like “cold climate” to empowered global citizens who embody the essence of cross-cultural understanding.



CREDIT: SDI PRODUCTIONS

Adjusting to life in a new country can be a challenge, but there are tools at your disposal to manage culture shock.

“I was thrown off by the weather condition, I am aware it’s going to be cold but not to what I later experienced,” Osakinle said. He added that he expected more from social gatherings where people are free to easily meet and interact but they’re too scared to communicate and connect with people. “In my country, it’s so easy to connect and make friends. Out of one to 10 international students here, I would say nine experience depression from this due to the feeling of being lonely, people keep to themselves a lot over here.”

Osakinle added that his only form of adaptation is creating a form of openness, flexibility and creating causal interactions with people by taking part in conversations and introducing himself to new people. He also said that his interactions with locals at his workplace and at home assisted him in educating each other on both cultures.

Osakinle’s advice to international students is to be open and ready to learn and unlearn, learn to be flexible in order not to lose your mental stability.

Deepak Ullas, an international student from India, taking his second program in business analysis at Fanshawe College said that some things that shocked him about Canada in comparison to his home country were events like the Pride Parade and access to free tampons and condoms on campus.

He added that to override the emotional impact of feeling lonely, he engages himself more in sport related activities, playing lots of badminton. Ullas further stated that his interactions with locals assisted him in understanding the London community.

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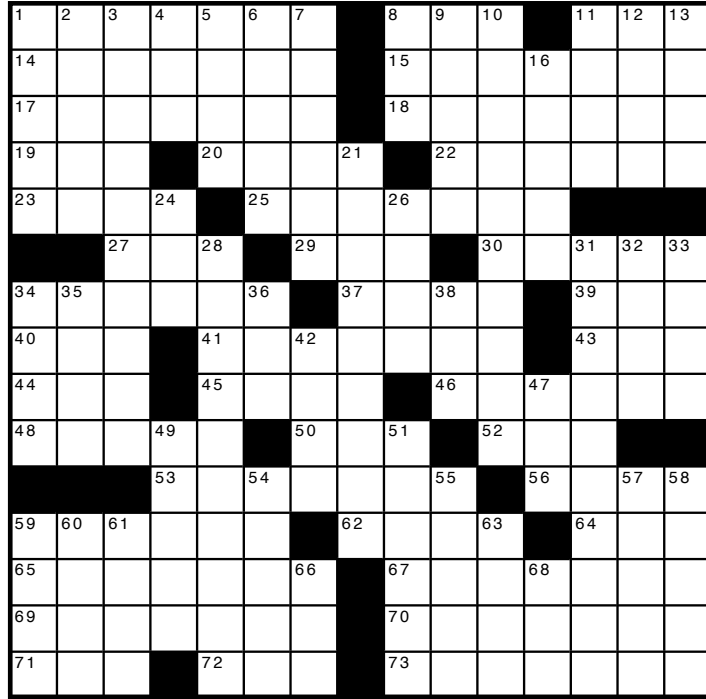
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CROSSWORD

"A Defining Moment" by Barb Olson

ACROSS

- 1. Words after "If you could be granted"
- 8. For-instances: Abbr.
- 11. Amin of Uganda
- 14. "Not a sound!"
- 15. Carlton of "Rhoda," notably
- 17. One whose job is up in the air?
- 18. Transfers to the web
- 19. Card carrying person: Abbr.
- 20. Timber wolf
- 22. Cooling system lid, for short
- 23. Feel ___ in the air
- 25. Algonquin baby on a back
- 27. It's short for Edward
- 29. Beirut's ctry.
- 30. Big deals
- 34. Mariner's inhalation
- 37. Overly interested
- 39. Gretel's grandpa
- 40. Spacebar neighbour
- 41. Not isosceles or equilateral
- 43. Horror director Craven
- 44. Ship's pronoun
- 45. Full of frills
- 46. Book introduction
- 48. Little buddy
- 50. ___ Khan (Trudeau's Christmas host)
- 52. Nutritional amt.
- 53. Something to stand up for
- 56. Clued in about
- 59. Dressed like a lady for a change?
- 62. Bill and Hillary's university
- 64. Morning moisture
- 65. Short shirt
- 67. Moviegoer's tubful
- 69. Bitch doctors, at times
- 70. Sheer agony
- 71. Agreeable word
- 72. Doris or Stockwell
- 73. Was wearing



DOWN

- 1. First name of Al-Qaeda
- 2. '50s actor David with a pencil mustache
- 3. * Beaten in the semi-finals, say
- 4. "Are ___ pair?" ("Send in the Clowns" lyric)
- 5. Worldwide: Abbr.
- 6. "Inside" story
- 7. Like natural remedies
- 8. Campus URL ending
- 9. Quit being an amateur
- 10. * Passé, "like, totally"
- 11. Computer that comes in "flavours"
- 12. Baby's man
- 13. Title on "Murdoch Mysteries": Abbr.
- 16. Calgary Stampede event
- 21. * Not in the closet
- 24. Ammo found in a garden
- 26. Orchestra's tuning instrument
- 28. * Separated, as a shoulder or vertebra
- 31. Destitute ... or a description of the answers to the starred clues
- 32. Fuel price setter, for short
- 33. Miss Universe accessory
- 34. Brad Wall's prov.
- 35. From K to 12, for short
- 36. Big name in TVs
- 38. NBC show where Baldwin does Trump
- 42. Open up ___ of worms
- 47. Ginseng-like plant
- 49. Dweebish
- 51. Follows the "when in Rome" motto
- 54. Phobia starter meaning "crowd"
- 55. Throw for ___ (astound)
- 57. Québécois land?

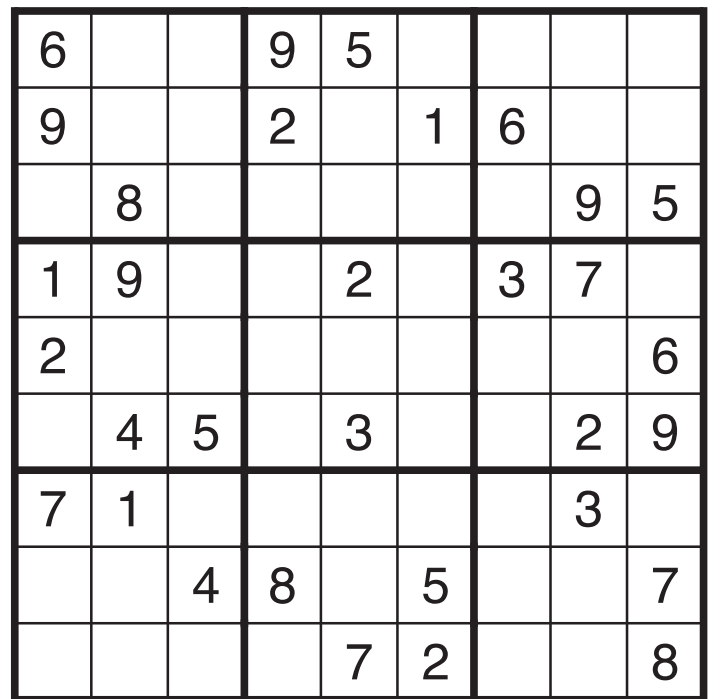
WORD SEARCH



COLLEGE LIFE

- | | | | | |
|-----------|---------|------------|------------|--------------|
| Graduate | Finals | Study | Work | Holiday |
| Volunteer | Culture | Events | Fraternity | Professor |
| Explore | Dorm | Internship | Friend | Roommate |
| Party | Mentor | Cooking | Classes | Scholarships |
| Sorority | | | | |

SUDOKU



Puzzle rating: Easy

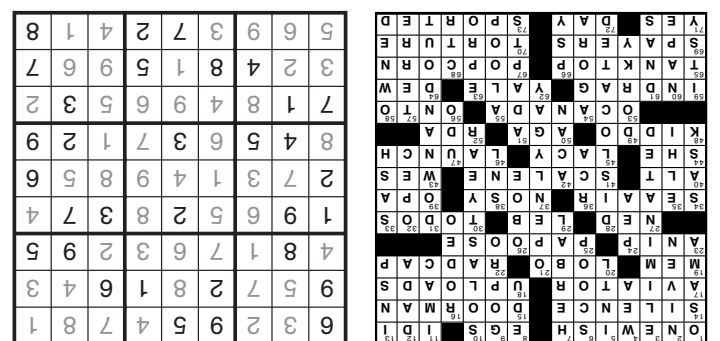
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				19									6					26					25		

“
 21 22 12 12 2 6 19 25 26 11 21 11 19 17
 20 26 21 6 21 14 20 12 6 14 21 18 3 20 6 22
 14 12 20 14 26 19 18 10
 21 17 14 9 24 17 15 20 18 18 19 17
 ”

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Subway at the College

Created by Briana Brissett



By Christopher Miszczak © 2023



Freshman Fifteen



By Alan Dungo



Aries

Pay attention to what's going on in the background and you'll gain insight into someone or something that may enrich your life. Romance is on the rise. Target what you want to achieve but don't overspend or act hastily so soon. Choose to use your charm mixed with empathy and love to win favours and connect with people. Preparation and last-minute adjustments will make a difference. Plan something special for someone you love and it will bring you closer together. Love is in the air, and prospects are in sight.

Taurus

Spend quality time at home when you can. Relax, enjoy and pamper yourself for a change. The adjustments you make to your surroundings will impact your life. Be careful what you wish for. The temptation will lead to indulgence and social events that can lead to sensitive issues with someone. Something you agree to will cost more than anticipated. Proceed with caution. It's time to steer things in a direction that puts you in the spotlight. Focus on what makes you happy and enjoy the moments.

Gemini

Look for something that motivates you and discover how to incorporate it into your daily routine. Expect to face interference if you don't show confidence in yourself and what you have to offer. Explore new possibilities for effectively using your skills. Put a cap on your spending, and it will positively impact your lifestyle. Refuse to let anyone rope you into something you don't want to do. Verify the information you receive before passing it along. A little pampering will go a long way.

Cancer

Listen to your heart and make your dreams come true. Use your imagination and develop an idea that helps you be efficient and influential. Someone will be eager to use you for your skills. Be willing to listen, but when you decide to do something, take care of yourself first. Make your hard work count; the experience will give you an edge. Protect your reputation by keeping personal matters to yourself. A meticulous approach to managing your home and social life will help you maintain balance and achieve success.

Leo

Consistency will play a role in your success. Don't send mixed messages if you want answers. Be direct and avoid complications. You'll have mixed emotions regarding what to do next. Do your research. Put together a professional look and presentation, and you'll appeal to someone you want to impress. You'll get the attention you want if you boldly articulate what you want. An opening will tempt you to take a leap of faith. Make plans with someone fun to be with, but don't let temptation lead to excessive behaviour.

Virgo

Focus on what you want to achieve, and you'll make a difference. The time and knowledge you offer will attract attention and exciting prospect. Uncertainty will occur if you send or receive mixed messages. Cut to the chases, say what's on your mind. Take control, and you will own the floor: integrity matters. Time is on your side. Set the stage for success and launch your ideas. A change of pace will lead to exciting proposals. Manage your money carefully and free your mind of stress.

Libra

Control your emotions to avoid an uncomfortable situation. Problems at home will require immediate attention if you don't want matters to spin out of control. Don't make promises you can't deliver. Your peaceful nature, eloquence, and the way you present yourself will be enough to capture interest. Work diligently to ensure you deliver what you promise. Use your imagination and do something creative or special to stimulate your intellect and give insight into future trends. Romance will tempt you and enhance your life.

Scorpio

Reach out and touch someone with kindness; you will benefit from helping others. Your input and unique solutions will give others hope for a better future. Beware of jealous peers who try to downplay what you have to offer. Your keen perception will provide insight into how to make your next move. The emphasis is on change and the ability to take advantage of new beginnings. Step outside your comfort zone and into the spotlight. Look for alternative ways to help. Fine-tune your skills to fill a void. Make your voice heard.

Sagittarius

Tidy up loose ends and get your financial affairs in order. Reduce your overhead and ease stress. Make self-improvement and peace of mind a priority. Live, learn, and be happy. Set an example for those who have lost their way or are struggling. Romance is in the stars. Be cautious of those asking too many questions. Only offer what's necessary and factual. Protect your reputation and have a backup plan ready to launch. Observe what's going on around you before agreeing to participate.

Capricorn

Push for what you want and the rewards won't disappoint you. Look over agreements and you'll find something that will save you money and bring about positive change. An unexpected development will need attention. Don't wait to see what unfolds. Pick up the pace and make your move before it's too late. The early bird catches the worm. You're ready to rock and roll. Keeping things up-to-date and tidy. Emotions will surface if someone uses false information against you. Be prepared to correct anyone trying to put one over on you.

Aquarius

Secrets will be necessary to surprise someone you love. Leave nothing to chance; choose your words wisely, and everything will go according to plan. People, places, and pastimes that move you will draw your attention. Embrace what makes you happy and walk away from those trying to push you in a direction you don't want to go. Be true to yourself and pursue your passion. A change of scenery will give you a new perspective on life, love, and what makes you happy. Embrace change and new beginnings.

Pisces

Get out and socialize and you'll meet someone who will change your life for the better. Slow down regarding spending and dealing with peers. Have everything in place to avoid being put in a vulnerable position requiring snap decisions. Temptation is the enemy that can stand between you and the success, happiness, and peace of mind you desire. A positive lifestyle change is apparent. An emotional incident will surface. Verify information before you act.



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Upcoming fall semester try-outs for Fuel gamers



**Alex Allan
(he/him)**
INTERROBANG

Fanshawe Fuel Esports is already holding try-outs to join a Esports team for the fall semester. Make sure to join the Fuel Discord server to keep up to date with the latest announcements if you are looking to try and join a team for the 2023/24 academic year. Here are the latest updates with all Fuel teams and players that are coming back to try out for this season.

“Try-outs have started for **Rainbow Six Siege (R6), Call of Duty (CoD) and Counter Strike: Global Offensive (CS:GO)...**”

Rocket League

Try-outs will be held on Sept. 5, Sept. 7, Sept. 11, and Sept. 13 and all of them will be running from 7 to 9 p.m. *Rocket League* Captain Ralph “Leopard” Constantin who’s in his third year of computer programming and analysis at Fanshawe said that he is optimistic for the upcoming year for Fuel *Rocket League*. He said that many players from last year have been training during the off-season to keep improving on their skills.

“We’re aiming for better teamwork in *Rocket League*. We’ll mix our new players with our experienced ones to make the team stronger,” Constantin said.

Many of the players from last year will be coming back to play for Fuel. Constantin mentioned Wiseyslides, OfficialPaper1, Nxzy, Mai and Wagon will be returning. Since try-outs haven’t started yet, Constantin is still unsure of the exact team compositions. They will have three teams for this fall semester and he believes that the Academy and Rising teams will be as strong as their Varsity team.

Constantin said the team will also be joined by two high-ranked and exceptionally talented players this year.

“They’ll make a significant impact to our teams and definitely ones to watch during the matches,” he said.

Valorant

Fuel Manager Adam “Boyc3” Boyce, a second-year student in business marketing is hopeful to see three strong teams this year. Try-outs have already started for a few specific students, but Boyce said try-outs will continue until the second week of September. He said that the biggest improvement he wants to see is players willing to put time into practice. Last academic year, none of the three Fuel *Valorant* teams held any practices before league matches.



CREDIT: ALEX ALLAN

FUEL try-outs for the 2023/24 academic year are kicking off all throughout September.

Boyce said that the Academy team is looking to be strong for the fall semester. He’s unsure how the Rising team will turn out and said it will depend on incoming students this year.

“I think both teams will be able to keep up with our Varsity team,” Boyce said.

There will be three teams for the fall semester. Boyce said that there have been a lot of newcomers to try-outs but he hasn’t been able to see all of them yet. For the Varsity team, the whole roster will see a reset around Akimbo who played on the team last year.

League of Legends

Overwatch Captain Albert “LightNReset” Butros will be helping manage try-outs for *League of Legends*. Butros, who’s in his second year of medical office administration said that try-outs should be starting around the first few weeks of September.

Butros said that the League team is looking decent so far but is hoping they will get a few more students signing up to try out. The Varsity team unfortunately dissolved in the winter semester, but they are hoping to bounce back from that. Their Academy team had a few games together moving forward in the winter semester but came up short. Butros and Conrad are putting the Fuel team together for this fall semester.

“I’m unsure if I am going to stay as the *Overwatch* Captain or become the *League of Legends* Captain but I hope for another great team that is able to have fun but learn along the way like last time,” Butros said.

They are looking to have a Varsity and Academy team for this fall semester, but they are hoping for more sign-ups to come when try-outs start.

Conrad will be coming back this year as head coach. As far as this year goes, Butros is unsure if any players from last academic year will be coming back to play.

Overwatch

One try-out date for *Overwatch* will be held on Sept. 2. Butros said that they might have more try-outs in the first few weeks of September if they’re needed. The Varsity team chemistry started to come together later in their season last year. Butros is hoping to see more sign-ups for *Overwatch*.

Player “Cashews” from the 2022/23 academic season will be a coach for the team this academic year.

“Cashews has enough knowledge about *Overwatch* and skill to take the coach position, but he also wanted to be a part of the team again in some way,” Butros said.

Other players we will see coming back this year will be Sorked, Jessica and Cheapus trying out.

Butros is looking for the team to play competitive games when he’s not playing with them. He also hopes to see players to reach out to him if they are looking for practice for this year.

Apex

Fuel Coordinator Assistant Rachael “angelgrime” Billion from the video game design program is excited to see the *Apex* teams this fall semester. Try-outs will be held in early September and Billion said to keep an eye on the Fuel Discord server for when the try-out forms will be posted. No teams or final decisions have been made for the *Apex* rosters since they want to wait and see all the talent Fanshawe students have to offer.

“We are looking forward to more organization this coming fall term with the help of last year’s *Apex* Fuel Captain RustyG regarding try-outs and decisions on teams,” Billion said.

Since private servers have had public access now from *Apex*, Billion can’t wait to see the teams they can put together for Fuel and the Collegiate Leagues they can join.

“There are a few returning players, but RustyG and I will be running fresh try-outs to give every player a fair chance,” she said.

Try-outs have started for *Rainbow Six Siege (R6)*, *Call of Duty (CoD)* and *Counter Strike: Global Offensive (CS:GO)* as well. No information has been released yet for what the roster will look like for all three of these teams. CoD Captain Jake “Bonk” Denau has been working with Mattaos “Bostfrost” Bos for the first CoD try-out. There has been talk around a few students who are highly ranked might make an appearance for the Fuel CoD team this academic year. More updates are soon to come after try-outs get underway for Fuel.

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CREDIT: WALIK

Now is the time to start thinking about your fantasy hockey team with helpful tips from fantasy fanatic Yannis Economopoulos.

Tips for a strong fantasy hockey season



Konstantinos Drossos (he/him)
INTERROBANG

Fantasy hockey season is just around the corner and the time to prepare and plan for your team is now. It's great to do mock drafts to see who you can pick up wherever you fall in the draft lineup.

Creating a drawing board to mock up player chemistry is a great way to create an overall image of how you want your team to look in the end, like matching duos who will accumulate the most points for your team. It's also important to pick goalies with high save percentages, as the points they contribute are key to a successful week.

“If you end up not having a top pick in the draft, there's no reason to fret. There are countless free agents to choose from that are from weaker teams but are considered hidden gems by many.”

As sporadic as it may sound, it's not actually all that bad at first glance to strategize a game plan to help your team out, regardless of your spot in the draft.

Yannis Economopoulos, a fantasy hockey fanatic, has been partaking in fantasy hockey for as long as he can remember. His experience and expertise have gotten him in the top five spots the last two leagues he's played in, and he offered some of his advice as to what helped him succeed.

When it comes to building his team at the start, Economopoulos suggested you keep an eye on what point categories players excel in.

“I usually play in the category league, so typically what I do is I'll draft two or three players specifically for one category. So, if I want to do very well in goals and guaranteed wins weekly, I'll draft a guy

like Auston Matthews who puts up 45 goals a year, so it's just knowing the players and knowing how they play and who will put me in the best position to win the week,” said Economopoulos.

If you end up not having a top pick in the draft, there's no reason to fret. There are countless free agents to choose from that are from weaker teams but are considered hidden gems by many.

It's very similar to how real sports should be, and that is to draft the best player on the floor. Let's say you draft sixth overall; every team has their core three or four players and those core players are always going to be on the first power play unit.

“So, what you need to do is find that extra one or two players who fill out the power play and then they will just capitalize on the opportunities from the core players that are on that unit,” said Economopoulos.

Many players will filter out from teams every week as the managers will be dropping them consistently to find players who perform better, leaving them to the open market. Those players the next week can suddenly wake up and start performing better and getting points which essentially is like leaving a pot of gold in the open.

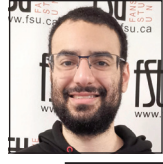
“Those guys are free agent pickups, which makes it even better because you're a finding a gem that's just sitting there on the open market,” said Economopoulos.

Another integral thing to prepare for during the season is negotiating trades. Learning how to properly barter for players is a skill of its own, as you need to give others the reason to give up a player who may have a vital role on their team.

“Let's say I'm trading Matthews, if you want to trade for him, you're going to have to give up quite a hefty package, as he does it all. So, for a guy like him, I'm asking for at least three of your best players, so essentially you're going to have to overpay,” said Economopoulos.

It's also wise to use online tools, like credible fantasy websites, that have in depth leaderboards with all points that players accumulate and their projected performance.

Fanshawe Falcons men's baseball team prepare for upcoming season



Mauricio Prado (he/him)
INTERROBANG

The Fanshawe Falcons are preparing for the varsity baseball season starting Sept. 9. Try-outs began on Aug. 16, and the team has high expectations, according to Fanshawe Falcons men's baseball head coach Brian Harvey.

“Opening day is always an exciting time to host our first doubleheader because it is the first game to get a good feel as to what type of team we are, what we are capable of, and where we compete against other teams,” Harvey said.

Fanshawe Falcons pitcher Dusan Karich said the team has some improvements to showcase this season compared to the last.

“We fell short going into the finals last season, which was a big deal for us,” Karich said. “But that only gave us fuel and motivation to keep going and improve for this season.”

The men won bronze in the Ontario Colleges Athletic Association (OCAA) provincial championships last season, but this year, Karich said they are aiming higher than that.

“We had powerful offense last season, but pitching was a little bit lacklustre because some players were trying to cover a lot more

innings than they could handle,” Karich said. “We also had some injuries on the team. That is why we have been constantly training in our individual techniques.”

Harvey stated that all coaches want the team to be organized and responsible with their training times because they also want them to succeed academically.

“It just means that our team is successful in every way because we are going into our 10th year of winning something and keeping the program going,” Harvey said. “Keeping things going with dedicated students for that long means we are doing the right things.”

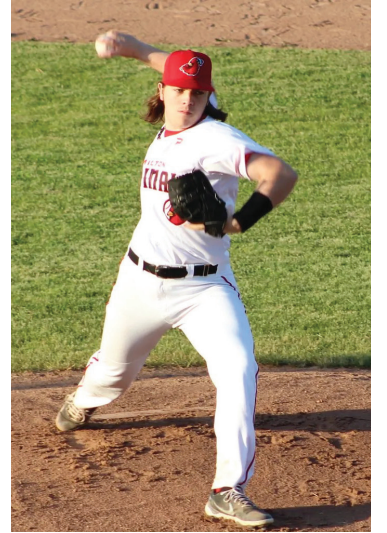
Try-outs will be held for two and a half weeks which Harvey said will give newcomers a chance to get a good feel of the game and what is expected.

“We have gotten eight OCAA medals in nine years,” Harvey said. “Being competitive and ensuring we are all on the same page as a coaching staff and team will take us further this year.”

Karich said that the team is most looking forward to going up against St. Clair College, who knocked them out of the finals last season.

“The match against St. Clair stopped us from getting into the finals last time,” Karich said. “That is why we got third place, but this season will be different.”

Karich said that during last year's winter practices, they introduced the team's work ethic to the newcomers.



CREDIT: COURTESY OF DUSAN KARICH

Dusan Karich (pictured), pitcher for the Fanshawe Falcons men's baseball team, is preparing with his teammates for the upcoming season starting Sept. 9.

He added that some newcomers were a little overwhelmed with the work ethic and the heavy workload of playing college baseball.

“You are significantly more busy when you are part of a college team, but if you are willing to make it, the outcome, satisfaction and recognition would be worth it,” Karich said. “There is a lot of work to be done to maintain or even upgrade your playing level as a newcomer to compete on the level of an OCAA Championship.”

Karich said the Falcons will prove they are a dangerous team thirsty for a championship victory this season.

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J2018 - ESPORTS ARENA

WHAT IS THE FUEL STATION?

The Fuel Station (located at J2018) is our campus esports arena, open for all to use! High-powered gaming PCs and console gaming are available for free. To check room availability, game list and open hours, visit us at the station or on our discord.

fsu.ca/discord

Fuel wins Esports Club of the Year award



Alex Allan
(he/him)
INTERROBANG

Fanshawe Fuel Esports has won Esports Club of the Year from Monster and Playfly Esports. Fuel was recognized for their accomplishments competitively and their strong community base. The prizes include six gaming chairs and a Monster Energy prize pack, totalling approximately \$4,500. Fanshawe Esports Coordinator Tyler Hetherington said that all Canadian post-secondary schools were considered for the prize, so to win was a huge honour.

“Monster has done a couple activations with us and within Fuel and they also recognized everything that we were doing with Esports on campus to name us Club of the Year,” Hetherington said.

Partner Activation Manager Francisco “Kuya Kix” Tejada said that Monster Energy wanted to celebrate and give back to students and Esports clubs in a unique way. They first started with the Esports Club of the Week prize and kept growing it from there. Tejada specifically acknowledged Hetherington and his team for all the work they’ve put into expanding Esports at Fanshawe.

“Both Monster Energy and Playfly Esports proudly recognize Fanshawe College as our first-ever

Esports Club of the Year,” Tejada said. “The prizes will help the on-campus optics and credibility of the great work that Tyler and his team are doing.”

Fuel Coordinator Assistant Rachael Billion couldn’t believe the news and said it was amazing to hear.

“I think that everyone at Fuel including staff, players and community members have all worked very hard to create a great community here at Fanshawe,” said Billion.

Hetherington added that building Fuel from the ground up has been well worth it. He said it’s incredible to get recognized by a big brand like Monster. Hetherington puts the Fuel community first and likes for the players and staff to be recognized rather than himself. He’s made sure that the Monster gaming chairs and prize packs are used in the Fuel Station, for all the community to use.

“It’s exciting to win this award and it’s exciting to build the program and make it better every day,” Hetherington said.

Valorant manager and content creator for Fuel Adam Boyce was surprised to hear about Fuel winning Esports Club of the Year.

“This is awesome, I love Monster Energy drinks but it’s cool that we won this award,” Boyce said.

According to Hetherington, Fuel started as a small concept back in 2018. He said that it’s rewarding to watch students come out of their shells and find a place they belong on the campus.



Adam Boyce (left), Tyler Hetherington (middle) and Veronica Visla (right) stand with the new prizes and gaming chairs from Monster.

CREDIT: ALEX ALLAN

“We’ve had some students show up on the very first day at Fuel and didn’t talk but ended up becoming Esports team captains and in charge of practices or even in-game leaders,” Hetherington said. “To see students grow like that is amazing and to follow-up with them after they graduate and see where they are in their career is awesome.”

Fuel previously won Esports Club of the Month in March 2023 from Monster and Playfly Esports. Hetherington is hoping that winning Esports Club of the Year will help shine a new light on Esports here at Fanshawe.

“Hopefully this opens up some eyes for some people who were blind towards what we were doing with Esports and Fuel all together,” Hetherington said.

Hetherington believes that Fuel has achieved some great pillars but there’s still a lot of growing to do. Fuel had around 24 competitive teams in the 2022/23 academic year and Hetherington is hoping to hit around 30 teams for the 2023/24 academic year.

“I’d like to have our marginalized gender teams put together for this upcoming season,” Hetherington said. He mentioned that a

couple of Esports leagues might be putting together marginalized gender specific leagues in *Valorant* along with a few other games. Hetherington also has plans to keep improving the Fuel Station as much as possible.

Fuel try-outs will be starting around the first week of September. Join the Fuel Discord to keep up with the latest try-out dates and other announcements. Starting September, Fuel will hold community gaming events too, which will rotate every Monday from EA FC 2023, *Chess* and *Super Smash Bros.* at the Alumni lounge.



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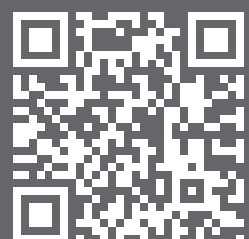
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