

# INTERROBANG



**HOW TO GET THE MOST OUT  
OF REMOTE SCHOOL** PAGE 18



**PUBLICATIONS  
MANAGER**

**John Said**  
jsaid@fanshawec.ca  
519.452.4109 x. 6320

**EDITOR**

**Hannah Theodore**  
h\_theodore@fanshawec.ca  
519.452.4109 x. 6323

**ADVERTISING**

**Deena Griffin**  
d\_griffin5@fanshawec.ca  
519.452.4109 x. 6325

**CREATIVE DIRECTOR**

**Darby Deline**  
ddeline@fanshawec.ca  
519.452.4109 x. 6321

**GRAPHIC DESIGNER**

**Megan Easveld**  
m\_easveld47176@fanshawec.ca  
519.452.4109 x. 6322

**VIDEOGRAPHER**

**Brendan Beamish**  
b\_beamish5@Fanshawec.ca  
519.452.4109 x. 6326

**WEBSITE & SOCIAL  
MEDIA COORDINATOR**

**Allen Gaynor**  
agaynor@fanshawec.ca  
519.452.4109 x. 6324

**CONTRIBUTORS**

Savannah Bisailon, Aisha Javaid

**COMICS**

Laura Billson, Alan Dungo,  
Anthony Labonte, Andres Silva

**COLUMNISTS**

Michael Veenema

**GRAPHIC DESIGNERS**

Gary Hopkins, Jessica Wilson



**COVER:**  
Jessica Wilson



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**FROM THE  
EDITOR** Hannah Theodore

Welcome to the first print edition of Interrobang for the 2021-22 school year!

Our Orientation issue is all about getting you reacquainted with Fanshawe College, Western University, and the London community overall.

Roughly 18 months ago, many returning students will remember the email that stopped college activities in their tracks. We packed up our books and equipment and retreated to our homes to wait out the COVID-19 pandemic. For some, the socially distanced, remote learning format of the 2020-21 school year was their first introduction to post-secondary education. For others, it was an unexpected end to their studies.

To those who *are* returning to school this year, welcome back! Both Fanshawe and Western are working harder than ever to give you all the experiences you missed last year. And, for those of you just beginning your post-secondary journey, may this newspaper be your guide to all you need to know about student life.

In times of uncertainty that feel never-ending, words can be our most powerful tool. For remembrance of all we could and could not do, for opening our minds to the experiences of others, and for finding hope when hope feels hard to find; our stories connect us, inspire us, and prepare us. That is our goal with this issue, and for every issue of Interrobang you see this year.

No matter how you're beginning this journey, our Orientation issue provides every detail you need to start calling campus home. From dorm packing tips to mental health resources, we've got you covered. We can't wait to see you.

Enjoy!

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

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# Justin Trudeau calls snap election: What to know

**Aisha Javaid**  
INTERROBANG

On Sept. 20, all Canadian citizens of at least 18 years of age are eligible to vote in the 2021 federal election. With the election being called two years early, and during a global pandemic, many Canadians are questioning the reason for the snap election.

“Typically, when you have an election, there’s some kind of issue or a wedge that is worth seeking public approval for,” said Matt Farrell, political analyst and professor of interdisciplinary studies at Fanshawe College. “Right now, there isn’t really anything like that. Everybody just wants to go back to normal, so we need to think in a more political context.”

Currently, members of the Liberal government are outnumbered in Parliament by the opposing parties. If Justin Trudeau can attain a majority government, the Liberal party is able to dictate their agenda and readily pass legislation.

“The Prime Minister and his Liberal government were in a minority government situation, and they’re looking to get a majority, that’s what they want,” said Farrell. “They want to be able to implement some of their COVID response measures and some of the post-COVID rebuilding plans, they want to be able to do that in a majority situation. Which also means they would not need any approval from the other parties.”

“Another factor is that there are a lot of Parliamentary investigations into the Liberal government,” added Farrell. “There’s conflict with their own speakers of parliament, and they’ve been accused of contempt of Parliament and withholding documents that have been taken to court by the opposition.”



CREDIT: FSU PUBLICATIONS DEPARTMENT

The federal election sees the Liberals fighting for a majority government amid the COVID-19 pandemic.

Furthermore, Farrell felt that the Trudeau administration set this election so that they can structure the voting around vaccinations.

“He’s [Justin Trudeau] recognized a couple things, one that Erin O’Toole [Leader for the Conservative Party] is not popular with voters,” said Farrell. “He’s also recognized what appears to be a wedge issue is vaccinations. They’re here [vaccines] and there’s discussions of needing them to do things and having them required for certain types of employment. The Prime Minister is trying to frame the election that way. ‘If they look at my party, we’re doing all these great

things for public health, we’re giving everybody free vaccines.’”

In addition to the election being set to favour the Liberals, Farrell also noted other campaigns are being forced to run despite not being fully prepared and with such short notice.

“The one thing you’ll hear a lot is that the other parties don’t want this [election],” he said. “That’s the kind of Conservative framing that nobody wants, and they’ll think, ‘why are we having this?’ But, if you look back over the past few months, each party has alternately wanted and not wanted the election. Obviously anytime that a party takes that position, you can presume that they’re doing

it for political means, there’s going to be an electoral advantage.

“That’s why we’re having this election, it’s an opportunistic move by the Liberals, who are trying to take advantage of this funding of the current climate and turn it into a majority government.”

The other parties and leaders include Yves-Francois Blanchet (Bloc Québécois Party), Maxime Bernier (People’s Party), Jagmeet Singh (New Democratic Party), and Annamie Paul (Green Party).

**Voting**

Polling stations will be available throughout the London community, however, Elections Canada has

announced that it will not offer special polling stations on campus. Elections Canada previously offered polling stations on 39 campuses in 2015 and 109 campuses in 2019 through the Vote on Campus program. However, due to the pandemic, the organization has decided not to continue the program this year, causing some concern about young voter turnout. The organization has said that it is working with student organizations to help re-implement the program for future elections.

For information on voting visit [elections.ca](https://elections.ca) and to learn more about what each party is representing visit [votecompass.cbc.ca/canada](https://votecompass.cbc.ca/canada).

## Western mandates proof of vaccination on campus

**Rebekah Rodrigues**  
GAZETTE

Western will require all students, staff, and faculty to provide proof of vaccination before returning to campus this fall.

The university announced in a statement Aug. 11 that this policy will be in effect at Brescia, Huron, Kings and main campus. How the university and its affiliates will receive proof has not yet been confirmed.

“The health and safety of our community is our top priority — and it’s a shared effort,” said Sarah Prichard, acting provost and vice president (academic), in the statement. “Vaccination is our clearest path to a safe campus.”

Exceptions to the mandate will be provided on grounds protected by the Ontario Human Rights Code. Western announced in early August that unvaccinated students may return if they underwent COVID-19 PCR testing twice a week. They have since strengthened their policy to state that only those with approved exemption status, who are unable to receive the vaccine, will be allowed to be tested twice a week in order to access campus.

This move comes weeks after the University of Western Ontario Faculty

Association, King’s University College Faculty Association and the Teaching Assistants and Postdoctoral Researchers Union, PSAC 610, called on the school to mandate vaccination on campus. A petition to implement the policy launched by Western University biochemistry professor Greg Gloor has also reached over 2,300 signatures.

“UWOFA is gratified that @WesternU has finally done the right thing,” the association said in a tweet posted shortly after Western’s announcement.

The announcement came a few hours after the school announced mandatory vaccination for all student-athletes.

Western joined the University of Ottawa and the University of Waterloo as the third university in Ontario to mandate vaccination, however, it was the first to require proof.

“Substantial COVID-19 transmission has been seen amongst the post-secondary community, greatly affecting student and campus life,” said Dr. Chris Mackie, London’s medical officer of health, in a letter to president Alan Shepard.

“The Middlesex-London Health Unit (MLHU) strongly supports all efforts to increase the uptake of COVID-19 vaccination.”



The North London Vaccination Centre, March 17, 2021.

CREDIT: YIFEI ZHANG (GAZETTE)



# Fanshawe student goes for the Miss World Canada crown

**Aisha Javaid**  
INTERROBANG

Second-year Fanshawe College nursing student Maria Matheus is officially a national finalist for Miss World Canada 2021.

The provincial round for contestants was set to occur in April but was moved to July. To Matheus' luck, she finished her summer academic term a week prior to the competition, allowing her to participate.

"I was actually lucky because the pageant was going to be in April, but they moved it to July," she said. "I had already finished my summer semester, at the end of June. So, one week before the pageant I had to practice stuff like balancing, my walking and all."

Moreover, Miss World Canada is dedicated to being a charitable association, which helps support charities across Canada. Their 'Beauty with A Purpose' belief is valued and incorporated into the pageant. Matheus is extremely grateful for winning the provincial series for the competition as she had no experience in or anything related to modelling.

"I have always wanted to be a part of the beauty pageant industry or modelling," said Matheus. "But, because of my height and my body type, modelling wasn't an option. I even looked into modelling agencies here in London, but I wasn't really successful with them. Then,



CREDIT: MARIA MATHEUS

After just making it through the provincial round, Maria Matheus is preparing to take the crown in Miss World Canada 2021.

I found this Miss World Canada competition. I applied for the provincial qualifiers, I had an interview and I got it!"

Matheus also noted that she is very proud of herself for participating in a public activity, as someone who regards herself as incredibly timid in social settings.

"It [the provincial competition] helped me a lot," she said. "First of all, I wanted to loosen up a bit, because I am very shy. Speaking in public, it's not my thing. So it has helped me a lot with that. Like, we meet new people, talk to judges, and speak to the public."

"It has helped me in that way and with helping me to get to know myself a little bit more so that I'm able to answer some of the questions. In the provincial rounds, you really need to know yourself to answer those questions correctly, like why do you want to be in the pageant or how do you see yourself in the future?" she added.

Matheus said the most challenging part for her is preparing for the final project of the competition.

"It's a community project, where we must partner with a non-profit organization to help for a cause," she explained. "There were many that were of interest. But I've always really wanted to focus on child abuse and bringing awareness and educating the public on this matter. So, I partnered with an organization here in Ontario, called Abuse Hurts."

Matheus was born in Venezuela and immigrated to Canada as a refugee four years ago. She noted the seven Miss Universe winners of Venezuelan descent being her greatest inspirations.

"Mostly because of what has been going on in my country for the past years, and these women are fighting and doing community projects to help their country. Like, these women are fighting for their dreams, aside from everything that's going on around them too, so I think that's great and very inspirational."

The competition for Miss World Canada 2021 runs until Oct. 2.

# "It's a small sacrifice:" Western nursing student responds to vaccine mandate



CREDIT: JHVEPHOTO

Students, staff and faculty at Western University will need to show proof of a COVID-19 vaccine to attend campus in the fall.

**Hannah Theodore**  
INTERROBANG

Reaction has been pouring in on social media from students following Western University's announcement to mandate COVID-19 vaccines for all staff, students and faculty.

While a survey conducted by the university found that more than 90 percent of respondents said they were already fully vaccinated against the virus, some have raised concerns regarding freedom and personal rights. Western has stated that only those with approved exemption status will be allowed to opt out of receiving the vaccine, and can instead get tested for COVID-19 twice a week.

Nursing student at Western University, and former Fanshawe College student, Salma Hussein said she recognized that the decision was likely a tough call, but one that needed to be made.

"I know it can seem unfair to some people because it puts them in a tough position to express their freedoms, however, my peers and I have seen firsthand what this virus has done to so many people," said Hussein. "I have lost family this summer to the virus, I have lost patients, and I don't want to see any more loved ones, colleagues, or classmates be subject to COVID-19. The vaccine doesn't guarantee immunity but it reduces the risk of infection and hospitalization, a step that I believe will bring us closer to whatever normalcy we had before the pandemic."

In a statement, Western said they carefully consulted with public health officials as well as faculty in the medical science department to determine whether the decision was the right move. The university had previously stated it would only mandate vaccines for students living in residence and students competing in varsity athletics, with Western president Alan

Shepard claiming the school had, "gone as far as it could go legally."

According to Hussein, though, students were hoping the mandate would change.

"I think many of us were hoping for it," she said. "We want to feel safe at school and experience university life to the fullest. I think it's a small sacrifice (especially if you are healthy enough) to take the vaccine in order to regain some normalcy."

Western was also notably the first post-secondary institution to require proof of a vaccination, something Hussein said could be problematic for students and staff that are unable, not unwilling, to get the jab.

"My first reaction was a concern for peers who could possibly react badly to the vaccine," said Hussein. "When I saw the email, I didn't react much at first because I had already submitted proof of vaccination but then I thought about my colleagues and patients at work who were immunocompromised and weren't cleared to take the vaccine yet. I assumed that some of my peers may also have this problem."

Overall, Hussein believes the decision is a step in the right direction.

"If we want to regain our Western student experience and put the pandemic behind us, we have to work towards this goal as a unified community," she said.

At this time, Fanshawe College has said it will not mandate vaccinations for all, but will require proof of a vaccine for varsity athletes and students living in residence.

"The college's top priority remains the health and safety of students, faculty, staff and the communities it serves. Fanshawe will continue to follow public health guidelines on how to safely deliver exceptional learning experiences for its students," the college wrote in a recent media release.



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# Get vaccinated for COVID-19 on campus

Hannah Theodore  
INTERROBANG

Fanshawe College will be hosting the Middlesex-London Health Unit (MLHU) for eight immunization clinics this fall. The clinics will run from Aug. 30-Sept. 24. All Fanshawe students, staff, contractors or volunteers who have not received a first or second dose are encouraged to attend.

Information for vaccination clinics at Fanshawe London campus (1001 Fanshawe College Blvd.) are as follows:

- **Wednesday, Sept. 1**  
from 10 a.m. to 5 p.m.
- **Saturday, Sept. 4**  
from 10 a.m. to 5 p.m.
- **Tuesday, Sept. 7**  
from 2 p.m. to 7 p.m.
- **Monday, Sept. 13**  
from 10 a.m. to 5 p.m.
- **Friday, Sept. 17**  
from 10 a.m. to 5 p.m.

All the clinics on Fanshawe London campus will be held in Room G104, except for on Orientation Day (Sept. 7) when the clinic will be located outdoors in a tent at the Orientation BBQ. The Orientation BBQ will be held in Merlin Field from 2 p.m. to 6 p.m. Fanshawe Student Union (FSU) President Ricardo Souza and Fanshawe College President Peter Devlin will be doing a live welcome at 3 p.m. and all current Fanshawe students are welcome to attend.

Meanwhile, information for vaccination clinics at Fanshawe south campus (1060 Wellington Road) are as follows:

- **Monday, Aug. 30**  
from 10 a.m. to 5 p.m.
- **Wednesday, Sept. 15**  
from 10 a.m. to 5 p.m.
- **Thursday, Sept. 24**  
from 10 a.m. to 5 p.m.



CREDIT: FANSHAWE COLLEGE

Vaccination clinics are now available at both Western University and Fanshawe College.

A special clinic will also be held on Monday, Aug. 30 specifically for apprentice students, though a time and location have not yet been confirmed. Apprentices can expect more information in an email soon.

The news of the on-campus vaccination clinics comes after Fanshawe

previously mandated vaccines for students living in residence and varsity athletes. Fanshawe has not implemented mandatory vaccines for all, however they are encouraging everyone who can to get vaccinated if they plan to be on campus.

At Western University, where

vaccines have been mandated for all, a clinic is available at the Graphic Services Building behind Saugeen-Maitland Hall. All students living in residence at Western are now required to have received their first dose of an approved COVID-19 vaccine within one week following

their move-in date, or no later than Monday, Sept. 13. Second doses for students living in residence at Western are to be received by Tuesday, Oct. 12.

For more information, please contact [health@mlhu.on.ca](mailto:health@mlhu.on.ca) or visit the MLHU vaccination clinics website at [healthunit.com/covid-19-vaccine](http://healthunit.com/covid-19-vaccine).

## Western mourns passing of second-year student

Gazette Staff  
GAZETTE

Josue Silva, a second-year student at Western University, passed away July 30. He is remembered as “a loving, caring son, brother, friend” by friends and family.

Silva, an 18-year-old BMOS student at Western, was killed July 30 at a gathering in London near Pack Rd. and Grand Oak Cross. He suffered a gunshot wound and succumbed to his injuries early the next day.

Emily Altmann, a 19-year-old woman, was later arrested in relation to Silva’s death. Altmann has two charges laid against her: one for second degree murder and another for assault with a weapon for allegedly attacking another man the same night. Later, police also arrested and charged 19-year-old Dylan Schapp with second degree murder and assault with a weapon, and 20-year-old Carlos Guerra Guerra with second degree murder and assault with a weapon.

London Police did not confirm whether any of the accused were students.

“He had so many dreams; he had so many plans and he worked so hard every day to get there,” Ricardo Silva, the victim’s father, told the London Free Press. Silva had just completed his first year at Western.

An online fundraiser was set up by friends of Silva to cover his funeral costs.



CREDIT: GOFUNDME

Josue Silva pictured in an updated photo.

The fundraiser passed its \$20,000 goal in 12 hours and has currently raised over \$43,000. Those interested in donating to the family can continue to do so.

“Our collective effort can help Josue’s family in this difficult time,” the online fundraiser reads. “Relying upon all kind-hearted people, we are submitting this appeal for help.”

A visitation was held for registered attendees at Westview Funeral Chapel in London on Aug. 9. The chapel also held a Book of Condolences for those who wished to share their memories of Silva or send their condolences to his family.

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# Travel safe: New campaign tackles sexual violence on city buses

**Hannah Theodore**  
INTERROBANG

A new campaign coordinated by Fanshawe’s Sexual Violence Prevention Advisor, Leah Marshall, is helping to inform students on bus riding safety.

As part of the UN Safe Cities Initiative, students on Fanshawe’s campus will notice new signage posted inside bus shelters informing them of what to do if they experience or witness instances of sexual violence on London buses. Information is also listed on student bus passes. Students can find information on what to do if they witness or experience gender-based and sexual violence on the bus, from how to respond as a bystander in the moment to where to seek support

after an incident has occurred.

“Part of this campaign...is to help educate not only our students, but the community about what are their options if they’ve experienced gender-based violence on the bus themselves, or if they witnessed it happening to someone else,” said Marshall. “And if they’re able to intervene as a bystander and how they may be able to do that.”

Students will find information about asking bus operators for assistance, digital recording devices on buses, and most notably, how to ask for courtesy stops.

“If someone is following you, or it’s not feeling that you necessarily want to involve police, but you’re just ready to get off the bus at a point that isn’t your stop, then you’re able to request that from the driver,” explained Marshall.

Marshall added that the campaign is an important way for students to stay informed about sexual violence not only on campus, but within the greater London community.

“Coming together as a community to talk about safety in the community, not just on campus, is important because our students don’t just experience gender-based violence on campus,” she said. “And we support students, no matter where that violence has occurred.”

That’s also why Marshall’s contact information will be listed in student bus passes. Marshall works with students who have experienced sexual violence, offering guidance on everything from legal advice to mental health.

Marshall’s interest in tackling sexual violence on the bus was in part due to the fact that some information regarding bus safety is not necessarily common knowledge. Moreover, she noted that the definition of sexual and gender-based violence encompasses many things, which some students also might not be aware of.

“It could be someone catcalling, or leering, or obviously, physical acts of violence as well, such as touching you without your consent,” she said. “And we know that this type of violence happens on the buses. And it’s something that was brought forward by students and community members to say, ‘it’s actually something that is a frequent occurrence.’ And so how do we respond as a community?”

A city-wide social media campaign will accompany the

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What do I need to know if I am subjected to, or witness Sexual Harassment on the Bus?

CREDIT: FSU PUBLICATIONS DEPARTMENT

Information on how to respond to gender-based violence on the bus will be available across campus bus shelters and in student bus passes.

information found in student bus passes and in bus shelter posters. Marshall also noted that she welcomes student feedback on the campaign, as well as any feedback regarding future campaigns to tackle sexual and gender-based violence.

For more information on Fanshawe’s Sexual Violence Prevention Advisor, email [lkmarshall@fanshawe.ca](mailto:lkmarshall@fanshawe.ca).

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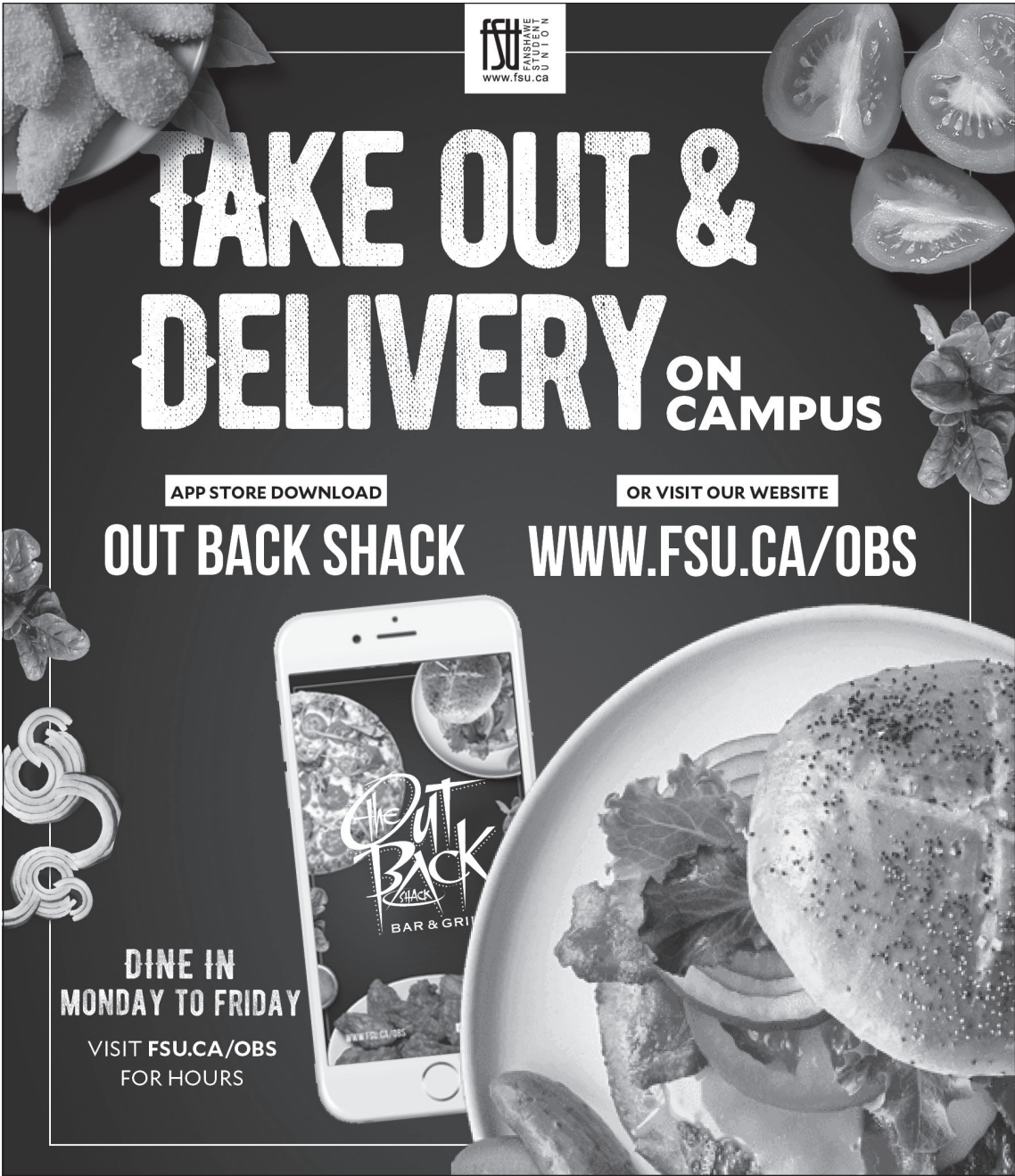
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# Appeals court dismisses Ford government’s appeal over Student Choice Initiative

**Hannah Theodore**  
INTERROBANG

Earlier this month, Ontario’s court of appeals dismissed the Ford government’s attempts to overturn an earlier decision that quashed the Student Choice Initiative.

The so-called Student Choice Initiative was first introduced in Jan. of 2019. The initiative would have allowed post-secondary students to opt out of paying for services deemed “non-essential.” Some of those services would have included things like student-led services like clubs, campus newspapers, and more.

Under the Student Choice Initiative, mandatory services would have included services like walk-safe programs, health and counselling, recreational services and academic support.

But for Fanshawe Student Union (FSU) president, Ricardo Souza, student-led programs are just as essential as the aforementioned mandatory services.

“These tools are important to help students and to enable a unique and complete experience during their academic journey, from the development of critical thinking to social interaction with other students,” said Souza. “By removing the financial support from students, unions can be jeopardized and the effect of a project like this would be quite harmful to student governance and to students themselves.

“If unions start losing their relevance, they could reach a certain



CREDIT: HANNAH THEODORE

The so-called Student Choice Initiative would have given students the choice to opt out of services deemed “non-essential” like student-led clubs and campus newspapers.

point that students would not have an institution to advocate on their behalf and to represent them in an organized manner before the college, government, and community representatives,” he added. “Spread and dispersed, students have their voices weakened and less power to fight for their rights.”

The court’s decision marks the second time the initiative has been stopped in its tracks. But why is Ford pushing so hard to overturn the decision? For Souza, the benefits of the Student Choice Initiative

wouldn’t be all that beneficial for actual students.

“Government projects are always labelled as a benefit for people, the question we have to ask ourselves is: what people will be benefited from it?” he said. “In this case, students sure will not. Unions exist for a purpose, which is to advocate on behalf of students and fight in an organized way for better conditions and more support from the college, government, and community to students.

“There is a portion of students

who don’t know that several benefits, policies, services, and events they have access to are the result of unions’ work by dealing with the government, requesting funding, making negotiations, and even pressuring the college itself to provide more support to students.”

In addition, the Ford government was made to pay \$20,000 to the Canadian Student Federation after they along with the York Federation of Students launched a court challenge against the move, arguing that the Student Choice

Initiative was a politically targeted attack on student unions.

Souza said the choice not to overturn the decision on the initiative came as a relief.

“The fact the court quashed again the initiative only shows that there are more aspects to be considered when it comes to the Student Choice Initiative, which is a project that may sound good to students’ ears but can bring numerous losses and harm to unions, students, and colleges in the mid- and long-term by its undercover intentions.”

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# Show me your friends



**Michael Veenema**  
RELIGION

*Show me your friends and I'll show you your future.*

So goes a saying you might come across from time to time.

The saying contains a message: Choose your friends carefully. They will strongly impact who you become and your future circumstances. Hang out with industrious, caring and trustworthy people, and your own future will likely include prosperity, love and the trust of others. On the other hand, if you surround yourself with people whose main goal is to have access to a steady supply of recreational weed, or who like to trash family and friends, or who easily tell lies and create drama, your future is likely to include many traumas, disappointments and financial hardships.

This summer I reconnected with family and friends in a way that reminded me of the importance of choosing carefully who I connect with. An uncle died and so did a close friend. So, I attended two funerals. At these events I experienced the family and friends I have been connected with, some for a long time. Many of them are members of churches.

Having chosen friends who are involved in their churches has meant for me a number of things. First, it has meant a habitual faith in the life, death and return from death of Jesus Christ. At Christian funerals, Christ's defeat of death figures large, as a bright shining light.

I cannot think of a more hopeful accounting of what is essential and important than these things. If they are true, then the world is the proper home of courage, love, justice, truth and glory. If they are not, then what is left are alternate views, many of which amount to counsels of despair.

Second, having family and friends who are members of churches has meant that I am part of a community of grace. At both funerals, family ties were strengthened. For me, a few old disagreements were laid to rest. Even though the loss of loved ones was mourned, there was a strong awareness that God had been a gracious friend to those who died, and that he remains a friend to all those who



CREDIT: HANNAH THEODORE

Being part of a church community means an open door to a way of life characterized by love, care for others, and good cheer.

continue in life and look to him for strength and wisdom in today's world.

Finally, I would say that being part of a church community means an open door to a way of life characterized by love, care for others, and good cheer. I don't want to give the impression that members of churches are perfect or that the church as an organized entity is without its faults, some of them glaring. However, we should not give up on the church.

You may come from a Catholic, Anglican, United, Reformed, Orthodox, Pentecostal,

Baptist, Presbyterian, Mennonite, or other church. It can be tempting in the excitement - or challenge - of our student years to pull away from them. However, if you do that, consider the kinds of people you will be removing from your circle of influences.

Or consider the kinds of people you are staying away from if you have never been involved in a church and don't ever explore one of the many churches within walking distance of where you live. The people of our churches may be exactly the kind of people

who can inspire us to be patient, to hard work, and to care for others - things which we cannot do without during the college experience, and beyond.

*Michael Veenema is a chaplain and church starter of the Presbyterian Church in Canada. In the past he has served on site at Fanshawe. He continues to write and create video from his current home in Nova Scotia. One of his YouTube channels is Sixteen Minute Church.*



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# Hit me with your best shot

**Aisha Javaid**  
INTERROBANG

On June 3, Fanshawe College announced that all students living in residence must provide verification of being partially or completely vaccinated against COVID-19. Then, on Aug. 6, Fanshawe Athletics announced that varsity athletes will also be required to show proof of a COVID-19 vaccine if they wish to participate in inter-collegiate sports in the fall. While no mandate has been set for other students attending campus, the college's decisions align with other post-secondary institutions across Ontario like the University of Toronto and Western University.

As a Fanshawe student, I firmly approve of the college's decision. I believe that all individuals deserve the right to a formal education, but the safety and wellbeing of everybody is crucial. In addition, dwelling on campus is common amongst individuals who apply for an education from an institution outside of London, Ont. As many programs and scholarships are specific to Fanshawe, the college takes great pride in welcoming and instructing scholars from around the globe. The college is also willing to assist students unable to obtain the vaccine in their home district.

Like everyone nationwide, I also witnessed the rise of COVID-19 cases and the tragedies they caused. The media's endless reporting of death tolls and locations with outbreaks are a few examples of the many things that kept us on the edge. I also miss my pre-COVID lifestyle and am overtaken at the slightest steps forward as society attempts to return to 'normal.'

I understand the numerous questions surrounding vaccines from their efficacy to their side-effects. Multiple resources on the safety and data of vaccines are provided by sources such as the Government of Canada and the World Health Organization. Being cautious is important, but doing research will help settle



CREDIT: HANNAH THEODORE

The LHSC vaccination centre at the Western Fair Agriplex.

anxious feelings towards the vaccine. It also helped me to know the history of vaccines throughout time.

Vaccines were responsible for eradicating illnesses like polio, smallpox, rinderpest, and others. Since the early instances of the coronavirus, healthcare professionals have been rigorously working to cease cases prior to the development of vaccines. Now, much to their delight, with countries like Canada having delivered over 50 million doses to its citizens (as of Aug. 11), the disappearance of the virus is achievable.

Being an off-campus student, I acknowledge

that I will not be able to relate to the struggles of moving into a college dorm, especially now with the nuisance of an added requirement of a vaccine. But I am also a student and someone who loves shopping, travelling, and dining out. I know that to protect myself, my family, and others, I may also be required to be vaccinated.

As time continues and many of us return to our regular lives, the wellbeing and protection of others should be our leading priority. The government has mandated masks as a means of guarding us in locations with limited people, and started to mandate vaccinations for travelers, public service workers, and more. As we

begin to shift in more populated crowds for events, schools, parties, and other gatherings, vaccines promise a better defense mechanism against the virus.

Since 1982, Ontario has mandated that all children attending schools be vaccinated against diseases like diphtheria, tetanus, polio, measles, rubella, mumps, varicella, and more. Moreover, the province has also exempted those with medical, ideological, and religious concerns. As someone who was raised entirely in Ont., I, like many others, am incredibly thankful that I was protected from many diseases due to this obligation.

## Young renters should not be taken advantage of

**Savannah Bisailon**  
INTERROBANG

Moving out on your own can be stressful and sometimes young renters' landlords and apartment management will not take their voices seriously. But what you should know is that you do have rights as a tenant and there are some things that you as a renter should be aware of.

First things first is that you should know your rights and understand your rights as a tenant. You can search up Ontario's Landlord Tenant Board and can check out the full list of laws and rules as a tenant. But if you ever feel like your voice as a tenant is being ignored, the Landlord Tenant Board has everything listed that could help you.

As someone who has gone through my fair share of moves in the past four years, I have had moments where we had to contact the tenant board. Before moving in, it is important to do a sweep through of the place you are moving into to make sure that everything is up to standard and how you and the landlord agreed it would be.

When it comes to move-in day, if things in your apartment are not 100 per cent ready for you, I suggest taking pictures and dating them as proof of what the place looked like when you moved in. Another thing I think that young renters should know is that you should not be afraid to speak to management and that if they ignore you, you can call the

head office and address your concerns and your voice will be heard.

When my roommate and I moved into our current place three years ago, none of our outlets worked in the living room or in the kitchen. We instantly went in and explained the situation, but nothing was done until my dad called the office for us. Sometimes it felt as if our voices were not being heard.

Renters' insurance isn't necessary, but it is recommended. There are no laws that require renters to have renter's insurance, but it doesn't hurt to look into. Renters' insurance protects your home in an emergency like a flood or a fire. Renter's insurance will cover the cost of your belongings. Although it is not required, it can be worth it as most only cost about \$15 a month. Having a little protection, just in case something happens, could make the situation less stressful if it were to happen.

Another thing I think is important for young renters to know is to read over the lease thoroughly before moving in, and do not be afraid to ask questions. Usually you are asked for a deposit that will work as either your first or last month's rent, but besides that, look at the smaller details in your lease and learn more about them.

Do not be afraid to ask questions. Chances are that someone has also asked the same thing before and it just wasn't made clear in the lease agreement. Also, know that legally no one can enter your apartment unless they have given you at least 24-hour's notice.



CREDIT: SAMIT KHALSA (GAZETTE)

Knowing your rights as a young renter is the best way to make sure you're not being taken advantage of.

Once, my landlord decided he was having a viewing of our place at 10 p.m. at night, and neither I nor my roommates at the time were aware. So we simply told him we did not receive notice and were not allowing anyone to enter, especially that late on a school night.

As young renters, we have rights and we should be taken as seriously as any other renter. Just because we are young, does not mean that we should have to put up with disrespect or be ignored. When it comes to renting as a student, look into your rights and get to know your resources.



**HAVE AN OPINION? SUBMIT YOUR STORY!**  
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# WHAT TO PACK WHEN MOVING INTO RESIDENCE

Savannah Bisailon | INTERROBANG

Moving away to college for the first time can be a nerve-racking experience. I wish I'd known what to pack when moving into residence for the first time. I found I packed too much. Part of me wished I had a list like the ones summer camps used to give out telling us what to pack.

It's important to pack things that will make your space feel like your own. You want to feel as comfortable as possible. For your bedroom, I suggest packing some of your favourite books, as well as DVDs of your favourite TV series and movies. There were days where I felt so homesick that I just needed comfort and having some of my favourite books and movies with me made me feel closer to home. I know there are rules when it comes to what you can put on your walls, but I recommend bringing some of your own décor as this is your living space. Putting up some posters and string lights made my place seem more like my room to me than just a dorm I'd be living in for the year.

Now when it comes to organization, I recommend bringing some storage cubes or tier drawer organizers as you do not get much in the way of shelving options. I found having storage bins or organizers made it easier for me to know where everything was, and they left me feeling a little more organized.

I know the transition from somewhere familiar to somewhere new can be tough, and what helped me ease into being on my own was bringing a stuffed animal for comfort. I know it sounds a little cheesy, but just having something that smelt like home made me feel more comfortable in my new place.

For the kitchen and common areas, I would suggest packing what you think is enough. My dorm had an ensuite kitchen, but some residences have shared kitchens on certain floors. I suggest bringing a few pots and pans that you can have handy for the nights that you want to cook.

When it came to cupboard space, my roommate and I assigned each other certain cupboards, and had a common cupboard where we could store the things we were willing to share. I know when I packed, I brought a waffle maker, a coffee maker and some wine glasses as my own personal kitchen items.

Since the common area is usually a shared space, my roommate and I discussed ahead of time what we would each bring to make the move-in less hectic, making it so we both had a say in the common areas. This made it a whole lot easier, knowing that we wouldn't be bringing doubles of everything.

When it comes to what to pack for the washroom, I recommend a shower shelf that is easy to install, as there is not enough shelving in the shower and if you are sharing a bathroom with others it can get a little cluttered. If you do not have a bathroom ensuite, then I would recommend bringing a waterproof bag that you can easily transfer your shower essentials to and from the washroom with.

For clothing and shoes, pack what you think is best for you, thinking of being prepared for anything.

Moving away from your hometown for the first time or even just moving out on your own can be stressful, but just knowing what to pack can make the transition a lot smoother. These are just some of the things that I wish I knew before moving into college for the first time.





# A FOODIE TOUR

## of Fanshawe's London Campus & beyond

Aisha Javaid | Interrobang

**L**ettuce celebrate the end of a class by filling up our bellies! Together, we'll explore all the available eateries on and surrounding Fanshawe College's London campus. We'll also look into some notable eateries this city has to offer that you wouldn't want to miss!

First, let's look at everyone's favourite campus food hot spot, Oasis. A fireplace, a big screen TV wall, and 'Marché' style dining with glass walls overseeing Fanshawe's playing fields; need I say more? Oasis is the ultimate location for student dining and lounging on-campus. This place has Grinders, Seven Seas International Fare, Poblanos, Stone Pizza Parlour, Sunny's and a Grab & Go option. From famous giant burritos to building your own pizzas to all day breakfast options, you can't go wrong here!

Calling all sushi-lovers because rice guys never finish last! Aside from their scrumptious sushi, Ah-So Sushi also offers Asian bowls and sashimi. Ah-So Sushi will be available right inside Oasis this fall.

Keeping near the Student Centre building, Topped Dogz is located outside the West entrance of the Student Centre. Try out Nathan's Chicago Style hot dog, Italian Cart Sausage, and Vegetarian Jumbo Dog. Hot diggity dog, you won't regret it!

Just a short walk from the Student Centre, you'll find the Out Back Shack. A spacious tavern with live musical performances. Out Back Shack serves scrumptious fish tacos, tex-mex nachos, and apple crumble a la mode. And don't forget to top it all off with a glass of wine or a beer. Mark your calendars and be sure to attend an event, like trivia or theme nights at the Out Back Shack!

Hungry for some classic Italian specialities? Look no further than Tuscanos Pizzeria & Bistro. This traditional Italian bistro is perfect for those days when you're feeling extra saucy. By creating every dish from scratch, they aspire to deliver top quality homemade pastas, breads, and desserts. Here, you'll find everything from gnocchi to wild mushroom chicken marsala to Tuscano chicken sandwiches.

Just outside of campus, near Fanshawe's Foundry First residence, you'll find student favourite, Carey's Bar & Grill. Carey's is a family-owned bar that strives to provide their customers with exceptional quality service and promises you'll have a fantastic time out! Check out their amazing daily specials, from half-priced wings and fries on Mondays to steak and fries on Fridays!

For more off-campus food finds, check out the city's many Italian eateries such as Abruzzi, Pasto's Grill, Dolcetto, La Casa Ristoranti, Fellini Koolini's Italian Cusini, Renato's Restaurant, Spageddy Eddy's of London, Veloce Italian Kitchen, and many others.

But pho real, it'd be a shame if your food never came with fortune cookies. In which case, explore some of the city's amazing Asian restaurants like Congee Chan, Mandarin, Mai's Café & Bistro, Vietnam Restaurant, Zen Gardens, Asian Wok, Thai Cuisine, 168 Sushi Asian Buffet, Meesai's Thai Kitchen, and many more.

Personally, I wouldn't sacri-fries my meal for anything but burgers! If this sounds like you too, then you must visit local burger joints like The WORKS, Prince Albert's Diner, Moxie's Grill & Bar, The Church Key Bistro-Pub, Burger Factory, Burger Burger, Winks Eatery, and Fitzray's Restaurant.





# Getting involved at Fanshawe

Aisha Javaid | INTERROBANG

Listen, your college experience isn't just about repeatedly hitting the books. It's about discovering yourself, building meaningful relationships, maintaining a healthy lifestyle, and a lot more. Fanshawe offers resources and implements services to suit every student's individual needs. Let's explore some fun ways for you to be active and have a fantastic time on-campus.

## Fanshawe Student Union (FSU)

This student-led organization is dedicated to operating events and arranging services that support the student body. They are stationed in two separate buildings at London's Fanshawe Campus, the Student Union Building and the FSU Student Centre.

Within the Fanshawe Student Union Building, you will find the Biz Booth, the Out Back Shack, and the Gamesroom. On the other hand, surrounding the Fanshawe Student Centre, you will encounter Oasis, the Interrobang/FSU publications office, numerous student lounge spaces, a temporary Used Book Store and bookable club room space for students and study groups.

Aside from these amenities, the FSU also facilitates clubs, on-campus employment, and volunteering opportunities. Here, you can establish or partake in clubs which are academically, leisurely, or culturally focused.

Lastly, the FSU significantly encourages student feedback and participation.

"Personally, my goal is to bring more exciting, engaging, and fun events," said FSU Student Life Coordinator, Ismail Aravai. "Some of [the] FSU's goals are mental health, diversity, and student leadership."

"There are always some events going on in FSU, and I encourage more students to participate. Stay connected with us on all our social media, we are here to help and are students serving students," he added.

## Student Wellness Centre and Fanshawe Athletics

The COVID-19 pandemic has unfortunately decreased the number of options on campus for sports and recreational activities. However, there are many things to look forward to as public health guidelines loosen in the coming months.

Fanshawe Athletics supervises both men's and women's varsity teams. Some of these varsity teams include badminton, baseball, basketball, cross country, curling, golf, soccer, and volleyball. Fanshawe Athletics also offers academic, counselling, financial and employment assistance.

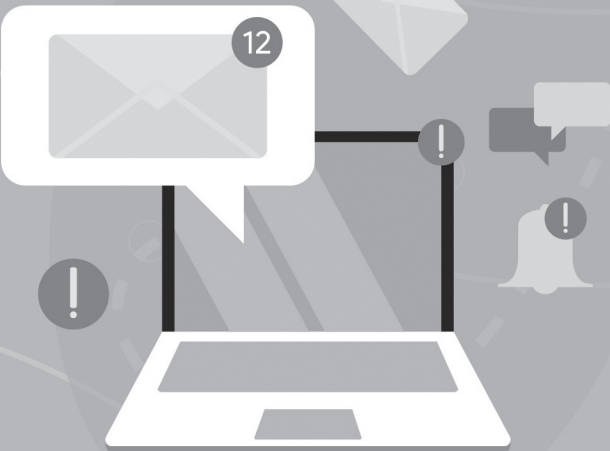
Campus fitness and recreational programs occur in the Student Wellness Centre. In this on-campus fitness centre, a few services include fitness classes, squash, workshops, personal training, and nutrition coaching consultations.

## Faith and Spirituality Centre

The Faith and Spirituality Centre is committed to enriching the spiritual well-being of Fanshawe students. The objective of this centre is to offer an open space to any individual or groups for their spiritual and religious practice. This facility also hosts events and engages with members within London and its surrounding areas.

## Peer-to-peer services

Fanshawe's peer-to-peer program (P2P) is a program which unites new international students with one another. Through P2P, students develop new friendships, enhance their communication skills, and learn from others about cultures and religions.



Peer Tutoring, meanwhile, is a one-on-one academic support source for students undergoing challenges within courses. Tutors address troubles and provide guidance.

Peer Mentorship Connect partners upper-year students in career-focused mentoring relationships, facilitating discussions centred on personal career development goals.

Some peer support services include accessibility peer social group, autism spectrum social group, and peer-to-peer support. These peer-to-peer oriented services enable encouragement, guidance, and assistance amongst struggling students.

At last, being involved within the Fanshawe community is enormously rewarding. Connecting and employing some of your skills to enrich your participation on-campus will promote your college experience. Learn where you want to devote some of your skills towards and get started!

# Class Representatives: There for you

Hannah Theodore | INTERROBANG

There are several ways to get involved around the Fanshawe campus, but being a Class Representative might just be the best way to connect with students and the Fanshawe Student Union (FSU), while also acquiring valuable volunteer experience.

Class Reps are volunteer students who voice their concerns and the concerns of students in all areas of the FSU and college affairs. Essentially, they act as liaisons for the student body, creating a direct line between students and FSU executives.

FSU Communications Coordinator, Tanushree Prasad, who acted as a Class Rep during the 2020-21 school year, said the role of a Class Rep is challenging, but also fun in its own way.

"As a Class Rep, your main responsibility is acting as a middleperson....between the college authorities and students," Prasad explained. "[and] we get a chance to meet with authorities and come up with a solution."

For Prasad, the chance to get involved with the campus community was what initially drew her to the role of Class Rep.

"I think when I was a Class Rep, one of the reasons that motivated me to register is that it's a really easy way to get involved with the FSU and the Fanshawe College community in general," she said. "You get in touch with so many different people....that it helps you in understanding more about how things work."

For Prasad, the role also helped improve her confidence, by giving her the chance to communicate with students and speak up on their behalf.

"You're dealing with so many different people, so you need to ensure that you're communicating and providing the right and accurate information to everybody."

Class Reps are responsible for collecting opinions and concerns from students while in

turn, relaying program information to students. Class Reps gain skills in communication, advocacy, presentation skills and problem solving, just to name a few. There is no limit to how many students can act as Class Rep in each program, and any full-time student who is interested in registering is welcome to. The minimum time commitment is one to two hours per month, in order to attend meetings with the FSU, plus additional time to communicate and meet with students. As a Class Representative, volunteering for 10 approved hours will grant eligibility for Fanshawe's volunteer transcript - the Co-Curricular Record.

"If you, by chance, complete your 10 hours, you get a record saying that you were a Class Rep and you made a significant contribution to Fanshawe College, apart from your academics," said Prasad.

Being a Class Rep is more than just a great volunteering opportunity though. For students, having a Class Rep on the ground to report to can be a bit less intimidating than reaching out to the FSU directly.

"I think it's easier for students to interact with someone who is relatable to them," said Prasad. "You form that rapport and you have that liberty of sharing exactly what you're seeing or exactly what concern or problem you have."

Prasad added that the additional difficulty of forming relationships amid COVID-19 makes having a Class Rep to communicate with feel a little less daunting.

If you're interested in becoming a Class Representative, visit the FSU website and sign up today.





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# HOW TO EASE YOUR NERVES & FIND FRIENDS

**Savannah Bisailon**  
INTERROBANG

I remember moving away from my family and friends for the first time in Sept. of 2016 and feeling so lost. For 14 years of my life, I had been surrounded by familiar faces and would see my friends every day at school. That was part of the usual routine. I moved away to North Bay, which was four hours away from my hometown, while most of my friends moved to either Ottawa or Kingston, which was an hour away from my hometown.

My first night in North Bay, I remember my family dropped me off after dinner before heading back home. I remember feeling so lost being in a new place and only knowing my roommate for a brief amount of time. I remember seeing a post in a residence group on Facebook from a girl named Toria (who later turned out to be one of my best friends), saying something along the lines of, "Hi, I'm bored and would like to meet some friends."

Anyone who knows me, knows I am a very anxious person and would never have the guts to post in a residence Facebook group that I was bored and looking for friends. But I admired her courage and responded, which resulted in Toria inviting me down to her room where we just sat there for hours getting to know each other.

As humans, we build up these ideas that people will judge us, so we get nervous when it comes to meeting new people. But when going into our first year of a program or post-secondary school in general, we tend to forget that those around us are nervous too.

Going into my first day of classes was honestly the scariest thing for me because the idea of knowing no one in my class was frightening. For the first 17 or 18 years of our lives, many of us are all so structured and surrounded by people we know it just becomes the norm. Coming from a small town, I knew everyone in my graduating year because I either went to elementary school with them or played a sport with them at some point in my life.

I remember getting on the bus for the first time and heading to campus. A few people were on the bus with me who I didn't know were my classmates until we rolled into the same room. Once we realized that we were in the same program, we were able to connect and have conversations.

My biggest suggestion for easing your nerves and finding friends is to lower the expectations you place on yourself, because chances are, everyone else is just

as nervous as you are. Once you lower those expectations you have on yourself, you can be more open. Once you drop your guard, you can approach people and start conversations.

Those first few days where I left my guard up were the worst for me, because I felt as if that wasn't where I wanted to be. But I was used to being around people I knew, and once I came to the realization that my friends from my hometown will always be my friends, it made it easier to make new friends in college.

Dropping your expectations and stepping out of your comfort zone when it comes to starting conversations could easily open up a world of connections.

If it wasn't for that one post in a residence group, I would have kept to myself and been afraid for most of my first year. But dropping the little expectations I didn't even know I had made it so much easier for me to get comfortable with my environment and start new connections with people. We are all nervous so why not be nervous together?







# DISCOVER MORE AT FANSHAWE'S MAIN CAMPUS



**Savannah Bisailon** | Interrobang

From secret study spots to popular activity zones, Fanshawe's main campus is so big that not many people think to explore it fully. I remember in 2018 when I first enrolled in the fashion design program, I only focused on learning the building where my classes were located. So when I switched to general arts and science, the campus became a whole new world for me.

## **STUDY SPOTS**

When it came time for me to study for tests and exams, I would go to this seating area on the second floor of B Building that not many people knew existed, so it was always a peaceful place to study. Another nice area to study is on the second floor of D building, in an area that is by the nursing rooms. Here, there are even places to charge your computer.

## **INDIGENOUS LEARNING**

Now there are a few places around campus that I personally think need a little more attention than they receive. For Indigenous students, there is the Institute of Indigenous Learning, which provides academic support as well as social, cultural and recreational activities for First Nations students. The space is a great place to meet new people and also just the perfect, quiet spot to work. The Institute for Indigenous Learning is located in A Building, in room 1046.

## **THE BIZ BOOTH & THE GAMESROOM**

Another place to check out on campus is The Biz Booth and The Gamesroom. The Biz Booth is a place where students can go and get tickets for Fanshawe Student Union (FSU) events and trips, as well as cheap movie tickets and more. Right next to the Biz Booth is The Gamesroom, which has seven pool tables, all available to play for a relatively cheap rate; just \$2.50 for half an hour and \$4 for an hour.

## **ROCK WALL**

There is also a climbing wall at Fanshawe which has not been operating during the pandemic but is worth checking out once it opens again. The rock wall provides an opportunity for you to get active and to unwind from all your studying.

## **STUDY ROOMS**

I know when I first came to Fanshawe, I was completely unaware that there were study lounges I could book out. Due to COVID-19, booking group study rooms is currently unavailable, however, individual study rooms are open for booking through the library now. When group booking returns, the rooms can be booked for two or more students in the Library Commons. I think these are honestly such a fun space for you and your friends to study without distractions, although you can only book them out for two hours a day. However, they are still a great place to go where you're less likely to get distracted by things that might distract you in your dorm or bedroom.

For me, I found Fanshawe to be a much larger campus than my last school, with way more places to see. I know the transition to college can be a nerve-wracking time, but honestly, I just wish I knew more about the campus then. Now, going into my final year here, I am grateful to have learned more about the resources and places to check out around campus.

Being able to have these places makes the transition to college feel a lot smoother, knowing that there are places and resources available for everyone no matter what their needs are. Having these places and resources available can also help you build connections and friendships.

With a big campus like Fanshawe, I recommend getting to know the space and exploring some of the places and resources Fanshawe has to offer.



# RESOURCES AVAILABLE AT FANSHAWE +

**Aisha Javaid** | Interrobang

Whether you're a student or a faculty member at Fanshawe, it's extremely important for you to familiarize yourself with some of the services the college has to offer. Let's briefly look at some essential services available on campus.

## **ACCESSIBILITY SERVICES**

Accessibility services help connect students with potential funding opportunities, accommodations, and other resources applicable for students living with any type of disability. This also includes students with learning disabilities, medical conditions, and mental illnesses.

## **RETAIL SERVICES**

Find gifts, Fanshawe gear, course materials, mugs, bus tickets, and more! Be sure to visit any of Fanshawe's several variety stores along with Fanshawe College's Tech Zone, Red Zone, and campus store.

## **CAREER SERVICES**

Speak with a career services consultant or partake in a mentoring program through this resource.

## **THE SHARING SHOP**

The Sharing Shop is a donation-based service organized by student volunteers, who help provide necessities to students struggling with financial need.

## **FANSHAWE STUDENT UNION**

The Fanshawe Student Union (FSU) is a student-led organization whose mission is to support students. They specialize in implementing activities, opportunities, and events to enrich everyone's college experience.

## **LIBRARY LEARNING COMMONS**

Aside from the variety of study spaces and books, this library also offers 3D-printing, events, ESL support, and much more.

## **HEALTH SERVICES**

There are many resources available on campus for taking care of your health and wellness. Fowler Kennedy Sports Medicine Clinic, Fanshawe Student Centre Pharmacy, Student Wellness Centre, and the Oral Health Clinic are fully equipped and operating to help students with any health-related concerns.

## **INSTITUTE OF INDIGENOUS LEARNING**

Academic, social, recreational and many other services are available for Fanshawe's First Nations, Inuit and Métis students. This institution also offers connections within the community regarding matters in social services, housing, and political involvement.

## **MEDIA SERVICES**

Video editing consultation and loans on media equipment services are available here.

## **OFFICE OF THE OMBUDS**

While obeying the values of confidentiality and fairness, this office collaborates with students to resolve disputes which interferes with the learning success of students. They assist with everything from making referrals to help writing appeals to connecting with student service departments.

## **SEXUAL VIOLENCE SUPPORT & EDUCATION**

Students seeking confidential support for sexual violence or sexual health-related concerns can refer to Fanshawe's Sexual Violence Prevention Advisor, Leah Marshall. "Sex is really stigmatized in our society," said Marshall. "We do educational campaigns on campus as well as different activities that run throughout the year to help break down myths and stereotypes. It's all about creating a safer, healthier community." Marshall's support services strictly follow the principles of confidentiality.

## **TEST CENTRE**

Whether you've missed a test or are registered with accessibility services, the test centre operates to accommodate you. Be sure to book an appointment to secure your space.

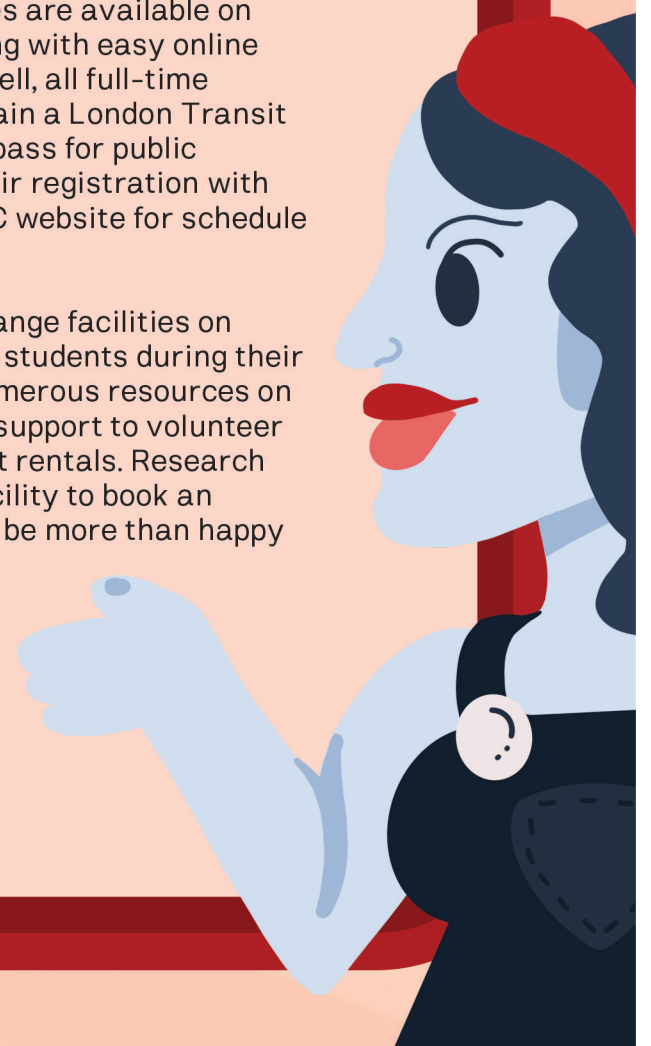
## **COUNSELLING SERVICES**

Crisis support, workshops, and peer support services are some of the amenities implemented by counselling services.

## **TRANSIT SERVICES**

Locker and parking rates are available on a single term basis, along with easy online payment methods. As well, all full-time Fanshawe students obtain a London Transit Commission (LTC) bus pass for public transportation upon their registration with Fanshawe. Visit the LTC website for schedule and route information.

Fanshawe works to arrange facilities on campus to better assist students during their time here. There are numerous resources on campus, from financial support to volunteer opportunities to headset rentals. Research and reach out to any facility to book an appointment and they'll be more than happy to assist you.





# GETTING THE MOST OUT OF REMOTE LEARNING

Hannah Theodore | Interrobang

**D**ue to the COVID-19 pandemic, several programs at Fanshawe College and Western University have had no choice but to convert to either hybrid models, or fully online formats. However, students have been benefiting from the ease of online school long before COVID-19. Regardless of the reason why, thousands of students will endeavour into remote learning this fall, and figuring out how to get the most out of your education is key when diving into an online program.

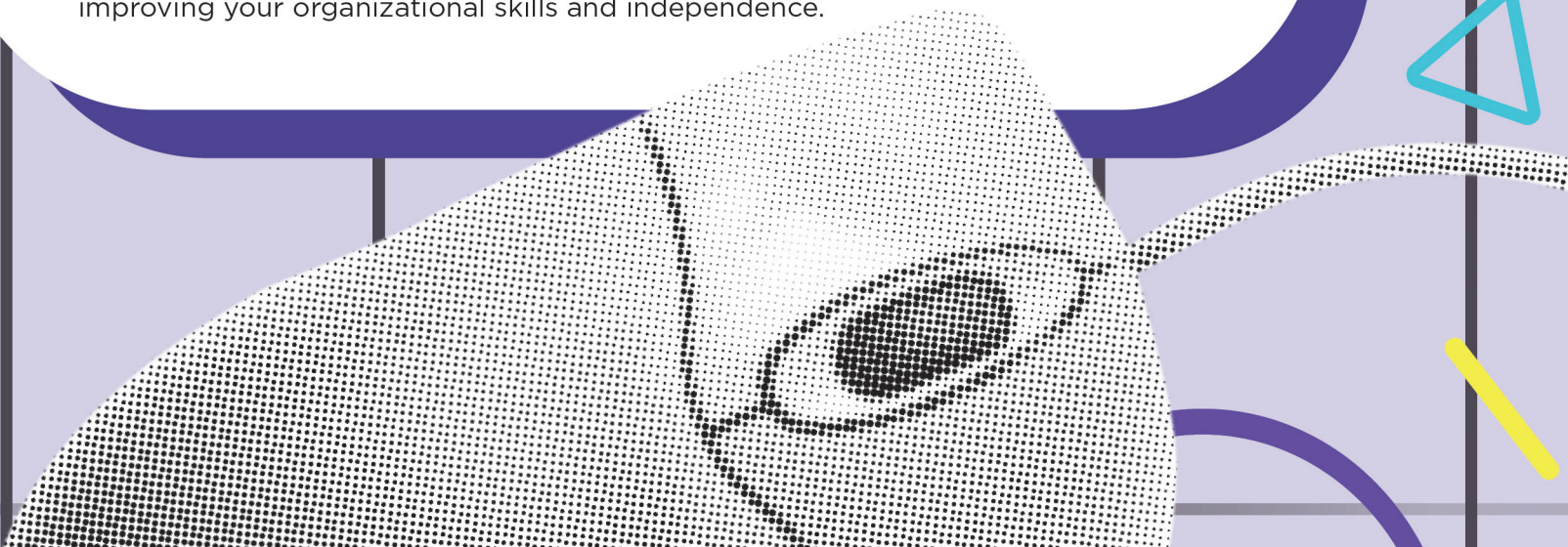
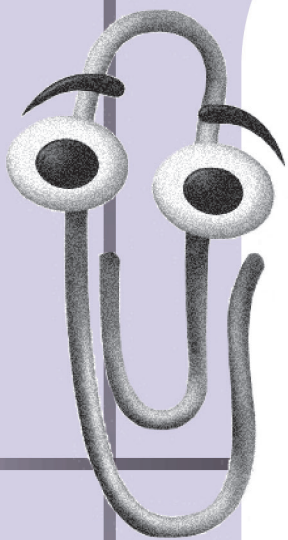
The biggest challenge when it comes to online learning is communication. In-person classrooms make it easy to turn to a classmate or a teacher for guidance, whereas working from home often means working in more isolated circumstances. The best way to handle this hurdle is to establish easy modes of communication between your classmates and your educators so you don't fall behind. Many teachers are open to using online communication channels like Slack, Discord and Microsoft Teams. Meanwhile, keeping an eye on your Fanshawe Online (FOL) or OWL workspace is the fastest way to stay up to date with assignments and marks. It's generally a good idea to always keep your FOL/OWL open so you never miss an announcement.

For staying in touch with your classmates, it doesn't hurt to set up a groupchat where you can discuss upcoming tests and assignments. A groupchat is also a safe space among you and your classmates to discuss any difficulties you might be facing with your schooling. It's also just a nice way to maintain friendships with your classmates, as developing strong relationships through online school can sometimes be a struggle.

Another helpful tip for managing online school is to give yourself a designated work space in your home. If you have the space, it might be a good idea to facilitate a home office. If you're living in a dorm or residence, setting up a desk and chair in your room with all your necessary school supplies will help you stay organized and motivated. Setting your workspace up somewhere with a view can help keep you inspired, and keeping your workspace organized will help manage the stress of online school. If working from home starts to feel a bit humdrum, there may be opportunities to work in a cafe or local library as public health guidelines loosen and more public spaces begin to open up. Working in these public spaces can help spark inspiration and encourage productivity.

Although remote school can feel lonely, it's important to remember that you are not alone. The best way to get the most out of online school is to treat it with the same work ethic you would treat in-person learning. If it helps you stay motivated, getting dressed and waking up early is a great way to maintain a consistent schedule. Remember that there are countless support systems available to you when it comes to managing mental health and work load, and despite the fact that you are not physically near your teachers, they will always be there to answer an email if you ever get stuck.

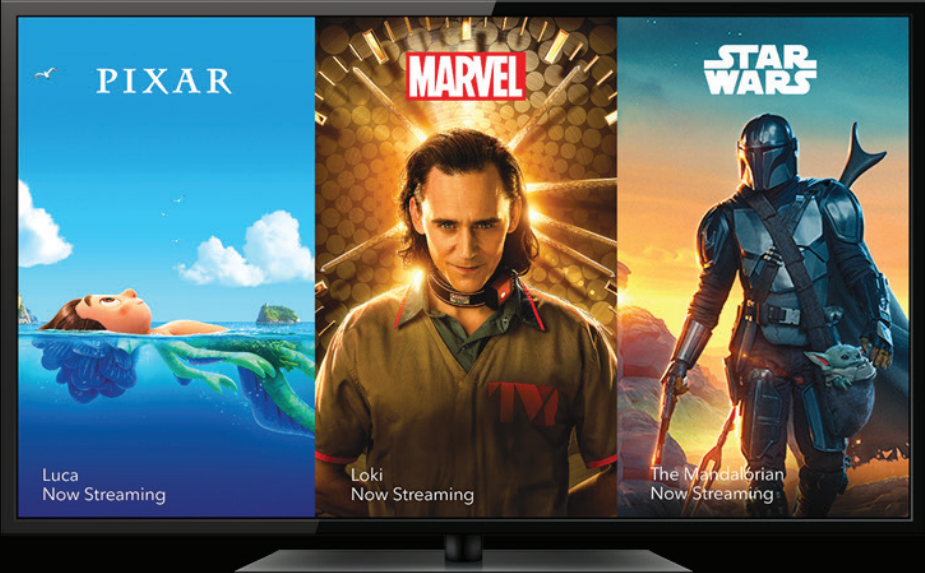
As with any program at college, you get out of it what you put into it. Remote school can be a challenge, but keep in mind that professors and program coordinators have spent countless hours finding ways to relay their content online. It might not be the same as what you'd get in person, but your education is still invaluable. Finding ways to get the most out of your online school experience will help prepare you for the current professional world, while also improving your organizational skills and independence.





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Wednesday, Sept. 8th

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Monday, Sept. 13th

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Tuesday, Sept. 14th

### Deal Or No Deal at Foundry!

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for in-person and online portions

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# Considering racism in London by a Pakistani Muslim

**Aisha Javaid**  
INTERROBANG

On the evening of June 6 2021, the murders of Salman Afzaal, Madiha Salman, their daughter, Yumna Salman, and Salman's mother, Talat Afzaal occurred on a pedestrian walkway off Hyde Park Road in London, Ont. The attack was carried out when the driver of a pick-up truck, Nathaniel Veltman swerved onto the sidewalk. The sole survivor of the attack is Salman and Madhia's nine-year old son, Fayez Afzaal. The heinous assault was deemed a hate crime towards the Canadian-Pakistani Muslim family and was recorded as the deadliest mass murder in the history of our city.

I was born in Pakistan and my family immigrated to Canada less than a year after I was born. As a Pakistani Muslim, my family and I were in absolute shock and distress at the news of this tragedy. The following day, I, along with many other Londoners paid respect by placing flowers, teddy bears, and candles at the location of the incident. As I greeted members from my community, I noted the constant fear in their eyes and words.

The term “Islamophobia” was mentioned in nearly every conversation, along with unwanted discussions about removing the hijab and dressing less traditionally. These debates ensued all over social media, as many Muslims in Canada worried for their safety, because they shared

the same cultural and religious attires as the Afzaal family on the day of the attack.

I have never revisited my homeland. I completed all my schooling right here in London. As a child, I, along with many other children were teased for being different.

The essence of the bullying that I experienced ranged from things like skin colour, religion, culture, language differences and more. I noticed that whenever I appeared more religious or traditional, I would be heavily observed. Sometimes, I received compliments and other times, I was joked about or questioned by my classmates. Many children, like myself at the time, shied away from having a cultural or religious appearance because of these intimidating instances.

I remember reconsidering wearing the hijab before I entered high school. I had always wanted to be identified as a Muslim above anything at the time. Factors like being judged for not being religious enough within my community and discrimination from outside of my community were some reasons why I decided against it.

Today, I have developed a passion for style that sometimes incorporates my cultural and religious values. Sometimes my fashion sense can be outside my religion's requirements. During these times, my appearance by itself may not allow others to easily recognize me as a Muslim or as a Pakistani. But many of my friends and relatives who continue to dress under religious obligations,

CREDIT: HANNAH THEODORE

Following the deadly attack of a Muslim family over the summer, reporter Aisha Javaid takes a hard look at racism in the Forest City.

have had their worries amplified after the occurrence of tragedies like the one that occurred in June. Their own personal experiences throughout their schooling may be significantly worse or better than my own.

Currently, I feel that the London community has significantly improved with its treatment against people of colour on a grand scale. Nearly every workplace and educational institution has a decent amount of cultural awareness and

religious recognition. There are now many resources and establishments developed specifically to help immigrants and newcomers. Many people of colour in London still feel that racism greatly exists within the city. They have voiced horrible discriminatory experiences that they have shared with me and I feel that as a city, there is still more work that needs to be done.

Two days after the attack, a vigil was held to honour the deaths in the

Afzaal family. People of all backgrounds came together to shed tears and heartfelt messages. Political leaders like Prime Minister Justin Trudeau, Ontario Premier Doug Ford, and London Mayor Ed Holder were also in attendance. The outstanding turnout of thousands and thousands of people signified humanity, support and the love of different cultures and religions that everyone shared, specifically for the Muslim community.

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# #FreeBritney: A timeline of events

Savannah Bisaillon  
INTERROBANG

A little over a decade ago, Britney Spears was forced into a conservatorship by her father Jamie Spears, after suffering a breakdown that sparked public attention. A conservatorship is a court proceeding at which a probate judge appoints a person legal responsibility over a person.

On Aug. 12, after a 13-year battle and social media movement, Jamie Spears stepped down from Britney’s conservatorship. This is just a beginning of a new hope in the #FreeBritney movement. With that being said, here is a timeline of events over the past decade that have led to #FreeBritney.

**2006-2008: Britney starts acting erratically**

In Feb. of 2006, Britney was spotted driving her car with her infant son in her lap. Although this was a dangerous act, the paparazzi played a major role in over-hyping the event. Britney was constantly being followed around by the paparazzi and often reportedly felt like they could have put her and her son in danger.

**Feb. 2007: Britney shaves her head and loses it on the paparazzi**

Britney sparked attention from the world when she was captured on film shaving her head in a salon in Tarzana, California. Just days after shaving her head, Britney was photographed at a gas station with her cousin where

paparazzi wouldn’t leave her alone. She then took matters into her own hands and hit a photographer’s car with an umbrella.

**2007: Caught driving without a license**

Britney was charged with a hit and run while driving without a license. She was filmed by paparazzi steering her car into another vehicle while attempting to turn into a parking lot. She was shown on video walking away.

**Oct. 2007**  
The courts grant full custody of her children to her ex-husband, Kevin Federline.

**Jan. 2008: Britney is placed on a 5150 hold**

In Jan. 2008, Britney was placed under two involuntary psychiatric holds after engaging in a three-hour standoff because she refused to give her son Jayden back to Federline after a visitation. She was eventually taken to a psychiatric hospital and placed on a 5150 hold. Weeks later she was put on another one.

**Feb. 2008: Placed on a conservatorship**

The court approved a temporary conservatorship with her father Jamie Spears named conservator of her person while attorney Andrew Wallet was named co-conservator of her estate. Under this conservatorship, her father was given the legal right to oversee decisions about her health and estate. Although it was a temporary conservatorship, it was extended

through the end of 2008. Two months prior to the court ordered conservatorship ending, Jamie was ruled to retain control for an indefinite period.

**2008: Britney For the Record is released**

In 2008, an MTV Documentary called *Britney for the Record* aired ahead of Britney’s appearance at the MTV Video Music Award. In the documentary, Britney opened up about her public struggles and expressed her sadness about her life being too controlled.

**2009-2019: Britney performs under conservatorship**

It was during this time that the FreeBritney.net website was launched, questioning why Britney’s conservatorship was necessary and compiling news stories and documents to inform her fans of the injustice. Britney went on to release several albums (*Femme Fatale*, *Britney Jean*, and *Glory*), and performed in Las Vegas. In 2012, her then fiancé and former agent Jason Trawick became a co-conservator. In Dec. of 2011, Trawick gained control over several decision-making aspects of her personal life but not her assets. In 2016, Britney addressed her conservatorship for the first time during an interview on the *Jordan Ross Show*.

**2019: #FreeBritney movement picks up**

In Jan. 2019, Britney announced that she would be postponing her *Domination* Las Vegas show due to her father’s health, but a few months later on April 3, she began



CREDIT: TATOMM

When and how did Britney Spears’ conservatorship start to take over her life?

a month-long stay at a mental health facility. A few weeks later the podcast *Britney’s Gram* claimed that Spears was being held against her will. Allegedly, Jamie threatened to pull all support for his daughter’s Vegas show if she didn’t take the medication he wanted her to. When she didn’t do so, he pulled the show and she unwillingly entered treatment. The #FreeBritney movement soon emerged as fans started to protest.

**2020: Britney’s brother and former manager speaks out**

On an episode of Drew Plotkins’ *As NOT* podcast, Britney’s brother Bryan spoke about his sister and described the conservatorship to be a “complex law” and a way of putting people “on the right path.”

**2021: Framing Britney Spears is released**

Early this year, *The New York Times*

released a documentary called *Framing Britney Spears*, which told the story of Britney’s career and the rise of celebrity culture in the early 2000s. The film explored pivotal moments in her career from her 2007 troubles to the beginning of her conservatorship to the treatment she received from the paparazzi and press who contributed to the attention put on her through the years.

**Aug. 2021: Jamie Steps Down**

After a long battle, Jamie Spears finally agreed to step down from his position as conservator of estate weeks after a petition was filed. This was a major step towards justice but there are still more that needs to be done.

That sums up everything we know so far about Britney’s conservatorship and how we can move forward in freeing her.



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# Outdoor activities to enjoy in and around London

**Lauren Medeiros**  
GAZETTE

London is full of hidden gems that most students never discover in their time spent in the city. Many might find themselves wondering: *besides college and university campuses what else is even here?*

But London is far more than just a city with a bunch of students. If you take the time to do your research and explore, you are bound to come across something that sparks your interest.

If you ever find yourself bored in the city and at a loss as to how to fill your free time, here are a number of different, fun, educational and yummy activities bound to satisfy your varying needs.

## If you want to explore London's food scene

Live the ultimate student experience by hitting up a patio. Barney's is open all summer long from 12 p.m. to 2 a.m. downtown, offering pub grub and shareable appetizers perfect for an evening out.

If patios aren't your thing and you still want the downtown vibe, grab an ice cream and walk around Richmond Row. Open since 2017, Roli Poli Ice Cream Co. is London's first rolled ice cream shop. Their ice cream flavours are what some may call out of the ordinary—the menu features their signature “Avo-licious,” which is ice cream made fresh from avocado, as well as the “Apple iPie”

that uses local apple fritters from The Fritter Shop to form its delicious caramel and cinnamon sugar-vanilla ice cream.

Two words: Food. Truck. London's food trucks are amongst the best in the area to offer fresh, unique food to foodies. Check out Rosie's Streeters' tacos and quesadillas for what some call the best Mexican food in town or Rocky Mountain Pizza for innovative 'zas and gourmet kebab wraps influenced by a mix of cultures and tastes.

## If you want to reset and unwind in the great outdoors

Fanshawe Conservation Area, a five-minute drive from Fanshawe College's London campus, is a little escape in the midst of the city with so much to offer. Whether it's a bike ride, a hike through the trails, a picnic in the woods or an overnight camping trip filled with stargazing and s'more-roasting, finding the time to be one with nature is bound to benefit both the mind and body.

Interested in a naturalized area great for wildlife viewing? Komoka Provincial Park is open year-round for daytime use, featuring rolling meadows and forests full of hundred-year-old trees. It is located along the scenic Thames River, known for its plentiful species of fish as well as turtles and frogs along the shoreline.

An outdoor bucket list isn't complete without a day at the beach. Take a road trip to Port Stanley or Grand Bend for beautiful views and sandy coasts. Just the sound of the waves is sure to ease your mind.



CREDIT: HANNAH THEODORE

Barney's patio on Richmond Row.

## If you want to grow a green thumb and support local growers

Want to add some new life into your dorm or student house? Pick up a cute new houseplant at a local greenhouse or garden centre. Parkway Gardens, located on Gainsborough Road near Hyde Park, is a great place to stop by to browse and admire the blooms.

From April through December, Covent Market offers outdoor farmer's markets in Rotary Square that highlight products of local farmers in Southwestern Ontario. The options are endless—fresh fruits and vegetables, local meats and cheeses, maple

syrup, honey, preserves, breads, and baked goods can all be found within a kilometer radius.

## If you want to keep active

If group exercise isn't your forte and you prefer to exercise solo or with a few friends, join a free Zoom yoga class and head to a local park.

Although some may argue against it, mini golf isn't just for kids. For only \$8.99, you can advance your putting skills at Tin Cup Golf. The course is on a beautiful piece of land with greenery and plenty of space between holes to get your steps in.

## If you want a quick source of entertainment

Walk through the one-of-a-kind outdoor art pieces exhibited on Market Lane. These colourful wall murals take inspiration from London's scenery, each bringing to life the visions of three talented artists. The pieces tie in many cultural influences together, celebrating the varying wonders of London, also known as the Forest City.

Hop into your friend's car and go to a drive-in to enjoy some buttery theatre popcorn and a film. One ticket to The Mustang Theatre can get you entry to two movies in a row. Even if what you end up watching sucks, at least you have popcorn.



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# How we respond to humanitarian crises

Aisha Javaid  
INTERROBANG

Currently, a number of countries around the world are undergoing urgent refugee crises. Some of these countries include Afghanistan, Syria, Venezuela, Myanmar, South Sudan, and Haiti. A combination of natural and man-made elements contributed to the humanitarian crises faced by these countries. Issues like scarce resources, lack of protection, inequality, poverty, ethnic and religious persecutions, armed conflicts, and dispersed populations result in these humanitarian disasters.

Humanitarianism is regarded as the act of promoting human welfare and social reforms. As well, the paradigm of humanitarianism is based on four principles: humanity, impartiality, neutrality, and independence. Today, modern humanitarianism is organized to establish a type of civil action that aids impoverished and vulnerable populations. Associate Professor of Social Justice and Peace Studies at King’s University College, Dr. Allyson Larkin is one person trying to establish that civil action.

“I think one thing we just have to establish is that this whole idea of humanitarianism is pretty poorly defined in terms of professional set of practices,” said Larkin. “The kind of modern-day humanitarianism that is primarily practiced now tends to be disaster response practices.” “In the last two decades, there’s really been a retrenchment of states like Canada, taking a strong commitment to either humanitarianism for International Development, based on what we’ve



CREDIT: AISHA JAVAID

Canada’s approach to humanitarianism has long been defined by reactionary measures, rather than proactive strategies.

seen. Because usually International Development and humanitarianism go hand in hand,” she added. Larkin acknowledged that there has been a redirection of international development and subsequently, humanitarian aid. In which, humanitarian financing must now align with a nation’s trade interest. For example, Canadian humanitarianism and international development assistance is routed to those countries of

geopolitical or economic interest. “The story is different for every country,” said Larkin. “Now, I can talk about Kenya, I can talk about Haiti, but really, there is this legacy of colonialism that has never been resolved or addressed, similar to our inability to really commit to reconciliation with Indigenous groups,” she said. “There is a lot of intervention between governments, organizations, and corporations,


in regions, during disasters, and a history of corrupt governance of United States that has led to this kind of instability that we see there.” One of Larkin’s research focuses involved examining different methods for universities to be able to conduct studies in communities within East Africa.

“For people who are associated with universities in Canada or corporations in Canada, the opportunity to potentially produce new medicines, produce new knowledge, helps these universities gain a lot of professional credibility from doing research internationally.” “However, the challenge is how we kind of share goods and social credibility and make the wealth that can be produced from research that is conducted in place like Tanzania is really hard,” added Larkin. “There’s very little regulation of what researchers are doing in places like East Africa, that’s improved a little bit over the last couple of decades because of its massive influx of researchers doing all kinds of projects.”

Moreover, Larkin praised Canada’s commitments during humanitarian crises, but also questioned the organization of their involvements.

“COVID-19 is probably the greatest humanitarian crisis at the moment,” said Larkin. “And Canada has made commitments to sharing vaccines. We make commitments, and particularly now in the [lead up to the] election, we’re going to see a lot of commitments. Like for example, Justin Trudeau just made the commitment to bring in 20,000 Afghans. That’s great, but what’s going to be the commitment to supporting them [Afghan refugees] when they move here?”

Ultimately, Larkin suggested that the way we respond to humanitarian crises globally should be more proactive, rather than the current practice of fast, reactive responses to global disasters. Addressing the roots of colonialism and committing to reconciliation with Indigenous groups will be an important step forward in improving our humanitarian response.

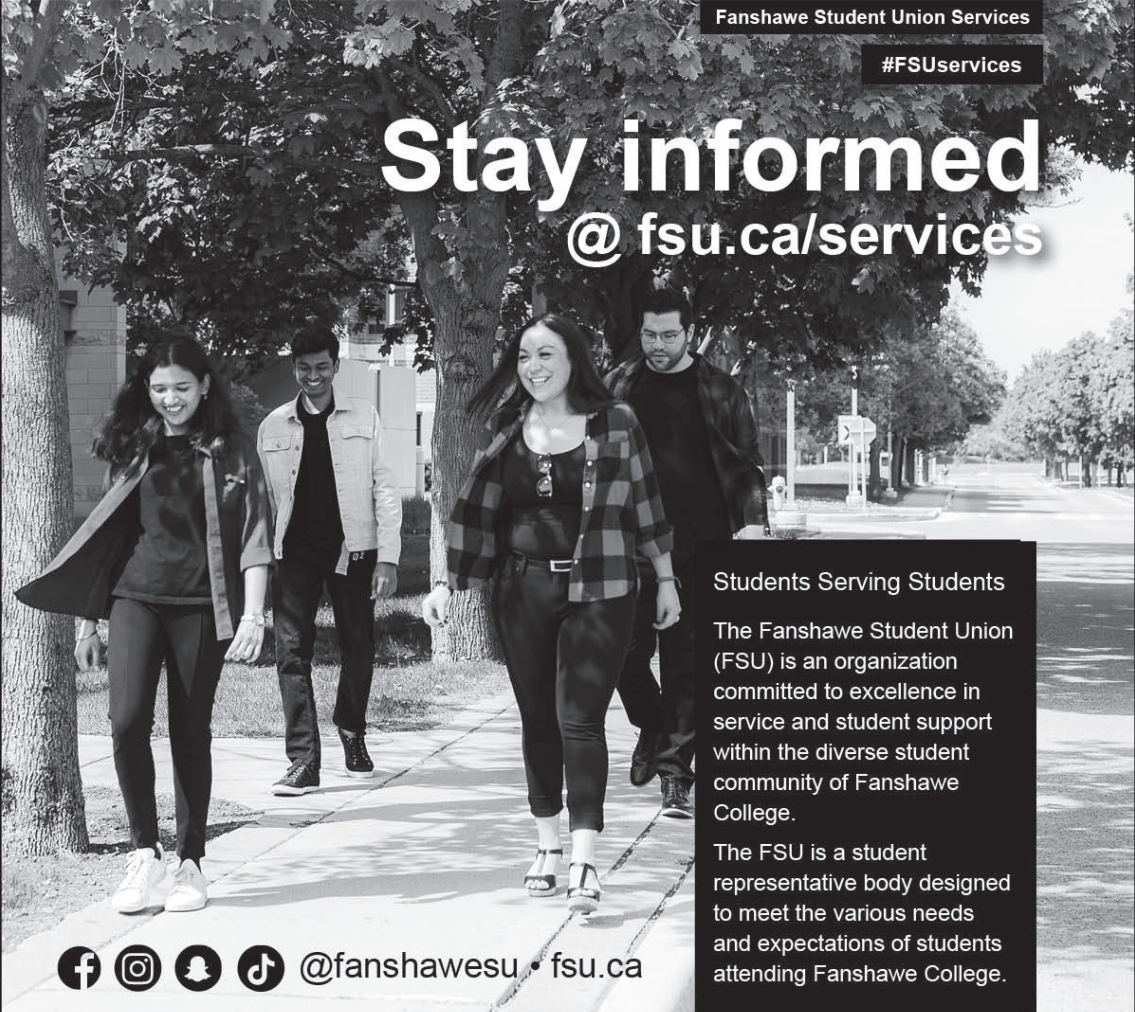


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# Transitioning from high school to post-secondary education



CREDIT: PRSTOCK STUDIO

Find out how to best make the switch from high school to post-secondary.

**Liam Buckley**  
INTERROBANG

Adjusting to a new environment is always tricky and one of the most difficult transitions of all is from high school to post-secondary school. Below is a guide to assist new students in aspects that they may not be used to and help them to develop necessary habits in the college and university environment.

#### Time management

Time management is a key aspect to a successful college experience. In high school, your time was more or less managed for you, as mandatory classes began and ended at the same time every day. Furthermore, with the number of small scale projects, it was possible to cram a week's worth of homework into one night.

At first glance, college may seem less daunting in its time requirements, due to a schedule that changes daily, far less time spent in subjects each week and fewer assignments. Not only that, but for most classes, attendance is your own choice and there's usually no penalty if you are truant. However, you'll soon discover that it's very important to attend all your classes as things move much quicker and you are taught much more in much less time.

If you need to miss class, it's important to have a friend take notes to later borrow, as most teachers won't give notes to students who were absent. Though there are less assignments, those that are given out are normally quite large in the amount of work required and could take several weeks of research and writing to complete. It is therefore important to spend a little bit of time each night working on projects and readings because if you leave them until the last minute, they probably won't get finished on time.

#### Due dates and deadlines

In high school, if a project deadline or a test was missed, it was fairly easy to get an extension by talking to the teacher or bringing in a note from a parent and/or doctor. In college however, if a project is not handed in on the day it is due, this can either mean a large reduction of your mark or no mark at all.

Although this may seem intense, professors are simply trying to train students for future work with clientele, where if you don't send something in on time, it could mean your job. To make matters worse, teachers may not even remind you of due dates or not inform you if you haven't handed something in. It is therefore important to go to class

and receive all this information when first announced. In the same regard, it is especially important not to miss exams. They can be weighed for a large portion of your final grade and if missed, students are not given a chance to rewrite them.

All this said, should a tragedy or intense illness prevent a student from handing in an assignment or writing an exam, the college and professors will grant exceptions. However, proper proof such as a doctor's note must be presented.

#### Formatting and submission

Similar to above, unlike in high school where there may have been more leniency with assignment submission, in college when a professor asks to have something written or submitted in a particular format, it is a must. Failure to do so, once again, could either result in a large mark reduction or a zero in the worst case.

#### Social life

On a more positive note, you'll find that the social aspects of post-secondary school differ greatly from that of high school. First, whereas in high school you may have only been hanging out with people your age, you'll find that the age demographics of students during postsecondary schooling can vary greatly.

You'll meet and become good friends with people who may be many years older or younger than you. This is due to the next reason college differs from high school and that is common interests. In high school, you may have only found a small number of people as passionate about a certain hobby or subject as you. However, in college, you will be attending a program alongside many classmates that may have the same desires and goals as yourself.

Extracurricular activities are also much more exciting than that of high school. There always seems to be something fun to do around campus. Keep an eye on the Fanshawe Student Union events schedule to find out what is and isn't happening amid COVID-19. Whether it be going to see a band perform, attending a movie or hitting up a petting zoo in the middle of a cafeteria, there's something for everyone.

#### Resources

Finally, if you're finding the whole transition from high school to college a bit overwhelming, fear not, because you'll find many more resources around campus than what the high school environment may have offered. There are counsellors to talk to, virtual workshops you can attend and events to help you get acquainted with Fanshawe and Western.

# Overdose Awareness Day: Why it never hurts to carry a naloxone kit

**Hannah Theodore**  
INTERROBANG

Overdose Awareness Day will take place Aug. 31. While public focus has shifted to centre mostly on the pandemic over the past year, the opioid crisis has continued to wreak havoc on people's lives, leading to an increase of preventable overdoses and opioid-related deaths.

An opioid is a substance that is often used to treat severe pain. According to the National Cancer Institute, opioids are like opiates, such as morphine and codeine, but are not made from opium, rather, they are synthetically produced to mimic the effects of opium. Often opioids are prescribed by doctors to treat severe pain, sometimes leading to addiction. Both opiates and opioids are prescribed for pain and are sometimes used recreationally.

Since the pandemic began in March of 2020, there has been a 79 per cent increase in the number of opioid-related deaths across the province (Public Health Ontario). Overall in 2020, 2,426 people died of a confirmed or suspected opioid-related death in Ontario, a 60 per cent rise from 1,517 deaths the year prior.

Pharmacist Nick Vander Gulik said the pandemic has also changed the way some people use opioids.

"I think that people are using alone, because we've all had to socially distance," said Vander Gulik. "And one of the concerns that we're seeing in the community is that there used to be all these social supports out there where

we've all had to change the way that we deliver services, and people aren't seeing as many of their social supports anymore."

That's why Vander Gulik is encouraging as many people as possible to consider carrying a naloxone kit. Naloxone is a common antagonist to opioids and is used to reverse the effects of an opioid overdose.

"The recommendation right now, from the guidelines that we use for treatment with naloxone, is that anyone using an opiate, is around someone who is using an opiate, whether recreationally or medically, should have a naloxone kit," he said.

Carrying a naloxone kit is the most effective way to be prepared against potential opioid overdoses. But how do you spot an overdose when you see one?

"What happens with an opiate overdose is that the real issue is people stop breathing," said Vander Gulik. "So the opiates bind to the breathing sites and in the brain, and they block the ability for the body to inhale through the lungs."

Someone suffering an overdose may be struggling to breathe, or even be fully unconscious. They may show signs of nausea, vomiting, and confusion. It's also important to note that not all opiate users look the same, but statistics show that young Canadians 15 to 24 represent the fastest-growing population requiring hospital care for opioid overdoses (Health Canada). That's why Vander Gulik believes it is so important for students to carry a naloxone kit, and know the signs of an overdose.

"Our message is always, if you you're going to be at a party or you know someone who's using opiates, whether recreationally or medically, having a naloxone kit can save someone's life that you care about, or that you're just walking by along the street," he said. Vander Gulik added that this may be especially true for Fanshawe students, some of whom attend a downtown campus.

Luckily for students, naloxone kits are readily available for free at all Shoppers Drug Mart pharmacies, where a pharmacist on site will be present to offer instructions on how to administer them. Londoners can get a free injectable and intranasal naloxone kit at their pharmacy without a prescription and pharmacists are trained to provide and educate you about naloxone in a confidential and respectful manner.

"All you need to do is come in," said Vander Gulik. "You don't have to have a health card. And they're provided free of charge to every person that's in Ontario, whether you're an international student, or whether you're a resident of Ontario."

Ultimately, naloxone kits save lives. 94 percent of opioid overdoses happen accidentally (Health Canada) so keeping a naloxone kit on hand at all times could save the life of someone you love, or a stranger in need.

"Opioid use has become so pervasive in our society that it's an issue that touches from the suburbs to downtown, every demographic," said Vander Gulik. "I think the more people that have naloxone kits, the lower the risk is, and the safer our communities are."

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CROSSWORD

ACROSS

- 1. Blues singer James
- 5. Introductory drawing class
- 9. Chatter
- 14. Aviation prefix
- 15. Author Uris
- 16. WWII hero Murphy
- 17. Invoice information
- 20. Branch
- 21. Dietary, in ads
- 22. Actress Williams of "Game of Thrones"
- 23. "Marnie" star Hedren
- 25. Not fem. or neut.
- 27. "If you ask me," in a chat room
- 30. Japanese flower-arranging art
- 35. "Mockingbird" singer Foxx
- 38. Heroic poetry
- 40. Part of a TV feed
- 41. Cheesy appetizer
- 44. "This is \_\_\_\_ old world to be alone" (blues-song lyric)
- 45. Atoll protector
- 46. New Mexico resort
- 47. Chevy model, once
- 49. Building location
- 51. "Eh"
- 53. Award for mystery writers
- 57. Wreath for the head
- 61. Unrefined
- 64. One in Quebec
- 65. Turn on the jets
- 68. Continue until
- 69. Easter flower
- 70. Lyrical
- 71. "Touched By an Angel" co-star
- 72. Enzyme suffixes
- 73. Marketing leader?

DOWN

- 1. Patronize, as a restaurant
- 2. Gibbs of country music

1	2	3	4	5	6	7	8	9	10	11	12	13
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17				18				19				
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57	58	59	60			61	62	63		64		
65					66				67			
68					69				70			
71					72				73			

- 3. Disney dog
- 4. Got an \_\_\_\_: aced
- 5. Asia's Trans \_\_\_\_ mountains
- 6. Prefix with angular
- 7. Clan emblem
- 8. Reggae singer Kamoze
- 9. Large torso gland
- 10. Three-time All-Star Joe of the 1960s-'70s Oakland A's
- 11. Nabokov heroine and others
- 12. South American monkey
- 13. Extra-wide shoe size
- 18. Big loser's nickname?
- 19. Trans-Siberian Railroad city
- 24. Common college deliveries
- 26. Theater walkways
- 28. "\_\_\_\_ Town Too" (1981 hit)
- 29. Met productions
- 31. Hit with the head
- 32. Sarah McLachlan hit of 1998
- 33. Unicorn in a 1998 movie
- 34. Space-age affirmatives
- 35. All-in-one Apple
- 36. Pitcher nicknamed "The Tornado" who threw no-hitters in 1996 and 2001
- 37. Former Israeli president Weizman
- 39. Bullring cheer
- 42. Cordial
- 43. "Miss Murder" rockers
- 48. "Hot Diggity" singer
- 50. Angry, with "off"
- 52. Big name in fishing gear
- 54. Sacagawea, for one
- 55. Blacksmith's block
- 56. Model Gabrielle
- 57. "Happy Days Are Here Again" composer
- 58. Not a one
- 59. Office helper...
- 60. Genetic info carriers
- 62. Congo river
- 63. Prohibitionists
- 66. Spanish wave
- 67. Spoil

WORD SEARCH

M	O	T	T	O	W	R	A	R	A	B	N	D	I
A	A	Y	R	R	V	T	S	T	N	C	A	L	Y
P	G	G	I	E	A	K	T	A	A	O	T	I	E
L	P	C	P	I	N	G	R	O	N	O	I	A	K
E	S	N	L	R	I	C	A	T	A	K	L	T	O
W	E	R	E	F	L	H	W	U	B	I	O	R	P
A	S	O	T	U	L	O	B	N	I	E	P	E	Y
L	E	C	O	D	A	C	E	O	N	D	O	G	E
N	E	K	R	G	A	O	R	C	A	O	E	I	K
U	R	Y	N	E	N	L	R	O	C	U	N	T	O
T	Y	R	A	A	N	A	Y	C	E	G	I	D	H
I	N	O	D	N	O	T	O	A	P	H	C	E	I
T	N	A	O	S	A	E	T	N	E	E	R	G	R
A	T	D	C	O	T	T	O	N	C	A	N	D	Y

ICE CREAM FLAVOURS

- Triple Tornado
- Cotton Candy
- Green Tea
- Banana
- Reese's
- Coconut
- Hokey Pokey
- Vanilla
- Neopolitan
- Rocky Road
- Maple Walnut
- Chocolate
- Cookie Dough
- Fudge
- Strawberry
- Tiger Tail
- Pecan

SUDOKU

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	7	4			2			
			6			7		

Puzzle rating: Medium

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
				13																				26	

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— 17 22 1 1 18 14 11 21 4 22 14 13 21

PUZZLE SOLUTIONS

1	4	7	8	5	9	3	2	9	6	7	4	1	8	5	3	2	9	6	7	4	1	8	5	3	2
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9	2	1	9	6	7	4	3	8	5	1	3	4	7	6	9	2	1	9	6	7	4	3	8	5	1

“You can't always get what you want”

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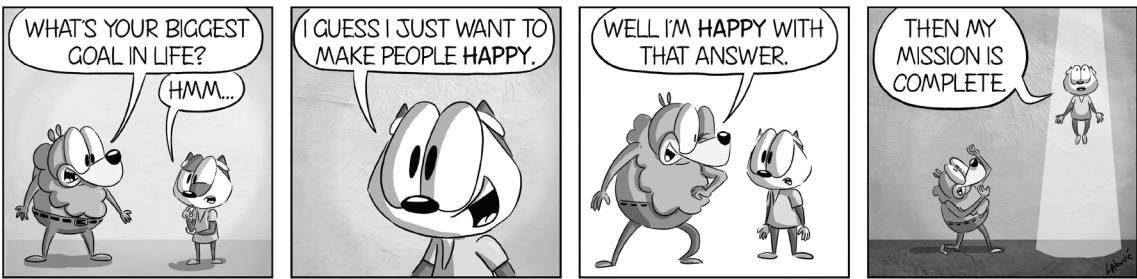
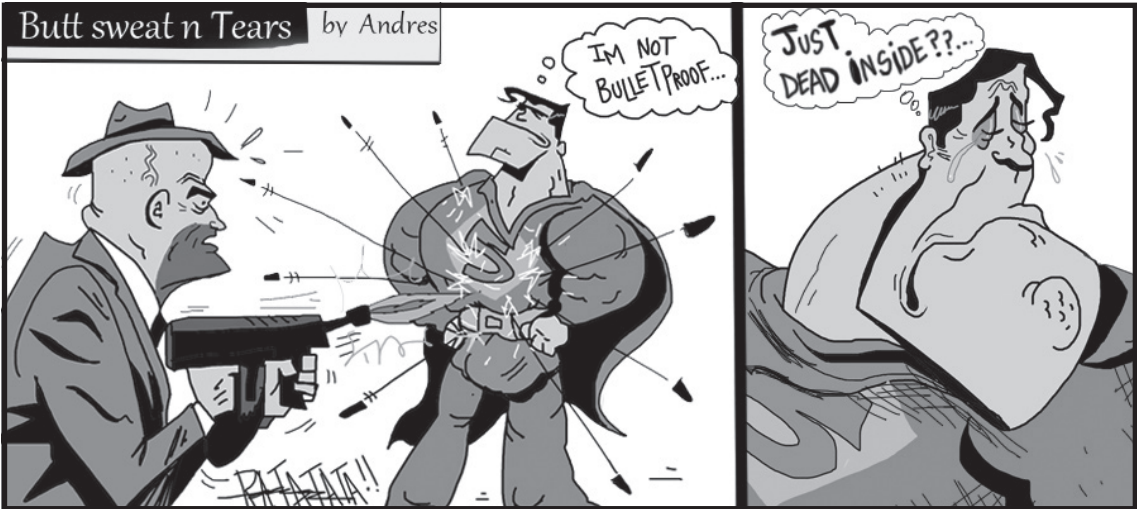


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## Freshman Fifteen



By Alan Dungo



### Aries

Take steps to finish what you start this semester. It will make a difference to someone close to you and give you satisfaction and insight into what you are capable of accomplishing. Emotions will escalate. Take the necessary precautions to channel your energy into something physical that will ease stress and keep you out of trouble. Take pride in what you do and take part in events that you feel passionate about. Listen carefully as someone will likely mention a change that will upset your plans.

### Taurus

Change begins with you. Choose optimism, enthusiasm and willpower. Nothing happens overnight, but a steady pace will turn your dream into a reality. Listen to what others have to say and incorporate what sounds reasonable into your plans. A creative approach to school or dealing with responsibilities will motivate you to do more. Separate your emotions from your decision-making and you will maintain control and integrity. Take a moment to evaluate what's going on around you and stay within boundaries when it comes to emotional differences.

### Gemini

Create the lifestyle that makes you happy and refuse to let anyone interfere with your plans. Focus on personal growth, fitness and love. An emotional situation will leave you confused. Distance yourself from those playing games or trying to coerce you into a confrontation. Pay attention to what's important to you, not what others want from you. Take the initiative to do something meaningful. Don't trust anyone trying to persuade you to do something that isn't in your best interest.

### Cancer

Dealing with a friend, relative or roommate can upset your plans. Maintain a low profile, and avoid taking on something detrimental to your emotional well-being. Put your heart into something you enjoy and progress will follow. An intelligent approach to a school responsibility will give you the edge over someone trying to outdo you. Put safety first and instill discipline when it comes to indulgence. Listen to reason, and take an intelligent approach to health and financial decisions.

### Leo

Do what works for you and go about your business. Stop worrying about others. Pay attention to your goals and maintaining your standard of living. Don't ignore a chance to head in a different direction. Check out the possibility, and consider what you want moving forward. Expand your interests and your circle of friends. Take on a new challenge and engage in physical activities that rely on discipline and enthusiasm to give you an edge. Turn disappointment into a chance to try something new and exciting. When you hit a roadblock, it's time to head down a different path.

### Virgo

Look at the ins and outs of your current emotional and financial position. Consider your options, and make the adjustments that will encourage peace of mind and a promising future. Take a unique approach to the way you handle meaningful relationships and positive changes will fall into place. Intelligence coupled with action is encouraged. Take a disciplined approach to money and health issues before you commit to something that is extravagant. Get moving and don't stop until you are satisfied with the results you get. Refuse to let anyone slow you down.

### Libra

Do things that make you feel good and it will spark your imagination and encourage you to explore new and exciting avenues. Romance and physical self-improvement are favoured. Don't give away your secrets. Trusting someone with personal information will backfire. Protect your passwords and personal belongings. You'll have an impact on someone who looks up to you. Choose your words wisely to avoid being misinterpreted. An investment you make should ease stress.

### Scorpio

Keep your life simple and focus on moderation and peace of mind. Don't take on responsibilities that don't belong to you. Imagine how you want your life to be, then make it happen. Connect with people who share your vision, and the input will motivate you to stop dreaming and start doing. The best way to help others is to offer suggestions, not take over and do the work yourself. Trying to be a superhero will not help you achieve your objective. Weigh the pros and cons and head in the direction that makes the most sense.

### Sagittarius

Look on the bright side of life and connect with people who share your enthusiasm. Getting together with a friend, relative or lover will improve your relationship. Double-check the information you receive before passing it along. Emotional manipulation is apparent and can lead to a negative impact on your reputation or status. Set personal goals and strive to improve your health, appearance and meaningful relationships. Romance is favoured. Sign up for a course that will update your skills or knowledge.

### Capricorn

Money matters will escalate if you get involved in a joint venture. Keep your finances separate and private to avoid interference. You'll gain insight into an opportunity that will encourage financial gain. A secretive approach to implementing your plans is in your best interest. An uplifting domestic change is heading your way. Take better care of your health and emotional well-being. Someone will take advantage of you if you are too accommodating. The decisions and adjustments you make will bring about a positive lifestyle change.

### Aquarius

Mixed emotions will infiltrate whatever you try to accomplish. Distance yourself from anyone who confuses you or uses persuasive tactics to push you in the opposite direction from what you want to head. Pay attention to financial, health and contractual matters. Letting someone handle your affairs will put you in an awkward position. Don't be gullible when it comes to other people's intentions. A personal change will lift your spirits. Take responsibility for your health, wealth and happiness, and you'll have no regrets. Romance is in the stars.

### Pisces

Don't jump to conclusions. Acting in haste will put you in a precarious position that can be emotionally or financially compromising. Share your vision with someone you love and positive plans will develop that make you feel optimistic about the future. It's up to you to make change happen. Put your ideas in motion. Set a budget and set boundaries to avoid getting swallowed up by someone's outlandish suggestions. Protect against interference and loss. Make the changes that suit you best. Take responsibility for your happiness, and do what's best for you.



# Honouring Terry Fox, 41 years after his visit to London



CREDIT: AISHA JAVAID

This year, the annual Terry Fox Run will be held virtually for the second year in a row on Sept. 19.

**Aisha Javaid**  
INTERROBANG

London’s Victoria Park is now home to a new Terry Fox plaque. The plaque is in recognition of Terry Fox’s Marathon of Hope. The city decided to organize the production of this plaque in appreciation for London being a part of Fox’s run, 41 years ago.

Organizer for the Terry Fox Run, Peter Ferguson recounted the day Fox came through London.

“Instead of heading north and going straight towards Thunder Bay, where he ended his run, he [Terry Fox] took a bit of diversion and came down to London,” said Ferguson. “So, it would’ve taken a few days for him to run down here. London was proud to have been a part of the Marathon of Hope, especially because it didn’t necessarily had to have happened.

“It was here on July 17, 1980.... there was a lot of attention, it was really well organized,” he explained. “They organized for 100 other runners to join him at the end of Dundas Street. They all ran down through into the city, and so at that time he had gone past the crowds on the street and addressed people in Victoria Park. He had visually contacted a lot of people in London during his run, and all of that really left a mark on the city, people were very grateful that he had come here. I think people still feel a tie to having somebody of Terry’s stature make his way to London and talk to the crowd.”

The City of London and many committees dedicated to Terry Fox in the city have completed several different projects, memorializing Fox’s visit to London. One of these monuments is in Memorial Park.

“A few years ago, some of us... brought up this really great idea, that we should have a memorial and he talked about statues and carvings,” said Ferguson. “So, they put out a tender for bidders who are artists and designers, and they came back with this idea of commemorating Terry Fox in the Memorial Park, that’s down on part of Terry Fox Parkway. Everybody agreed that that was a really good way to memorialize it.” Ferguson added that there is no limit on the number of ornaments honouring Fox, and that perhaps in the future there may be more ornaments around the city.

“We really don’t feel like we need to stop anywhere,” he said. This year, the annual Terry Fox Run will be held virtually for the second year in a row on Sept. 19. Graduate of Fanshawe College and now Olympic gold medalist, Damian Warner may also make an appearance.

“Damian Warner, he’s come to our run a few times,” said Ferguson. “I suspect we may be able to get him to come down, because he’s really nice fella but we’re also not going to have a real run.”

For information on registering individuals and teams, donations, learning more about Terry’s run, and participation details on this year’s Terry Fox run, visit [terryfox.org](http://terryfox.org).

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Hannah Theodore, Interrobang Editor  
519.452.4109 ext. 6323  
[h\\_theodore@fanshawec.ca](mailto:h_theodore@fanshawec.ca)

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CREDIT: SAVANNAH BISAILLON

Kanopy offers hundreds of classic films and documentaries that you might not find on other streaming sites.

## Discover the London Public Library's free online streaming service

**Savannah Bisailon**  
INTERROBANG

Are you a movie junkie? Do you feel like you've already watched everything on Netflix? The London Public Library has the answer.

The library offers a free streaming service and all you need is a library card to access it. Even if you do not have a library card, you can sign up for a temporary card that will grant you access to Kanopy, the library's catalogue of new and classic films.

Kanopy is a streaming platform filled with a variety of genres to watch. Unlike Netflix, Kanopy offers content that is not likely to be streamed on other streaming services. When browsing through the catalogue, I noticed that this platform offers a great selection of classic movies. I have always had a love for old Hollywood films. Films starring Audrey Hepburn and Marilyn Monroe were some of my favourites growing up. So having a platform where I can stream classic movies is amazing.

The service also offers a large catalogue of documentaries, TV series, short films and many more. It is very easy to navigate as the site itself offers different subcategories to make it easier to find what you are looking for.

When you sign up with a temporary library card, you are offered four free streams for the month. What I like most about Kanopy is that not only does it offer a variety of content to choose from, but it also offers content for educational purposes.

While browsing their selections, I found some Audrey Hepburn films that I hadn't yet seen. The more I browsed through the library, the more films I added to my watch list. As an individual who loves old Hollywood vibes, I am most looking

forward to setting some time aside to watch some classics. The first film on my list is *Charade*, starring Audrey Hepburn and Cary Grant.

Once you find something you want to watch, there is a useful section called 'People who watched this also watched,' with popular suggestions based on the genre of movie you just watched. I sometimes have a hard time deciding on what to watch, so just having the option to watch films that are suggested to my liking makes decision-making a lot easier.

I know I have spent countless hours scrolling through Netflix and Disney+, watching a lot of TV shows and movies that I have already seen. So Kanopy gives me the opportunity to watch something new or something I wouldn't have thought to watch.

To sign up for a temporary library card and take advantage of this awesome service, just visit the London Public Library website and go to the Library From Home tab. Once on the page, scroll down until you find video and movies. There, you'll find Kanopy and you will be asked to enter your library card's number and pin.

Most of the catalogue on Kanopy consists of content I have not seen on other streaming platforms. I find Netflix cycles through their content in phases. Once every couple months they upload new content, but it is often the same stuff they have had on at previous times.

Now that I am aware of this service offered through the library, I am stoked to take some time to explore the platform more and invest some time into watching some classic films. I made it a goal this summer to watch 100 films, so having access to Kanopy made this goal more obtainable.

This is a great way to introduce yourself to new content while also using local, public services.

# Fanshawe mandates vaccines for varsity athletes

**Hannah Theodore**  
INTERROBANG

Varsity athletes at Fanshawe will have to get the shot if they hope to take any shots this season.

On Friday Aug. 6, Fanshawe College announced that student athletes looking to compete with the Falcons this coming season will need to be fully vaccinated against COVID-19.

After an 18-month pause on varsity competition in Ont., in-person collegiate sports are set to return this fall. As such, Fanshawe Athletics has adopted a new set of conditions for athletic hopefuls.

As a condition of participation in the 2021-22 sports programming at Fanshawe, student athletes will be required to show proof they have received both doses of a Health Canada approved COVID-19 vaccine.

The decision was made to allow students to participate in sports together, and partake in usual sporting activities such as travelling by bus, staying in hotel rooms and accessing shared locker rooms.

"We're excited to welcome students back to our nationally-recognized Falcons athletics program and to be able to provide competitive opportunities again," said Nathan McFadden, Manager of Athletics at the College in a statement.



CREDIT: FSU PUBLICATIONS DEPARTMENT

Varsity athletes at Fanshawe will be required to show proof of a COVID-19 vaccine if they hope to participate in collegiate sports this upcoming season.

"This vaccination requirement is an important and necessary step to facilitate a safe return to on-campus sports and provide the varsity experience to as many students as possible with the least potential disruption in competition."

Students who require medical accommodation will be able to request an exemption from getting the jab. However, approved exemptions may impact off-campus travel and shared accommodations with varsity teammates.

"We want to make the coming

year as safe as possible for everyone – including our student athletes, coaches, staff and their families and classmates, as well as the teams and schools we visit," McFadden added.

The announcement comes after the college previously mandated vaccines for students living in residence at Fanshawe College. However, vaccines are not required before coming to campus for in-person classes, labs and services.

Read the full statement from Fanshawe Athletics on [theinterrobang.ca](https://theinterrobang.ca).

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