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continue to climb

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Say "no" to body positivity in quarantine

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COVID-19-conscious sports

INTERROBANG



BRAVE

NEW

WORLD



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FROM THE EDITOR Angela McInnes

“Is this really happening?”
March 11 was the last time I wrote my letter from the editor for Interrobang. I’d been monitoring the news as I chipped away at work, as usual. But that day, the news cycle took an unprecedented turn.

At the beginning, it seemed Harvey Weinstein’s sentencing would be the event du jour, with 23 years for first-degree criminal sexual act and rape. Not nearly long enough, but still — there was some kind of catharsis. And then, the headlines switched towards the virus that had locked down the faraway place of Wuhan, China.

And together, we realized: the virus was no longer far away. It was here.

Our collective realities shifted in the days, weeks and months to follow. We lost jobs. We lost school. We lost each other. And at some points, we lost ourselves.

And during those points I would ask myself, “Is this really happening?”

For better or for worse, I learned the answer wasn’t so much a matter of knowing the truth, but of our willingness to accept it.

The world is in a constant state of change. Always has been. Always will be, and life forever is what you make of it.

I say, do your best to accept what comes without fear. Resisting change creates pain, but accepting its inevitability can lead to growth and progress, if you want.

In our little corner of the world, I’m pleased to announce that Interrobang’s format has transitioned to include articles from the team at Western University’s Gazette. This is but one of many changes we have up our sleeves this year, as the future is ours to create as we see fit.

Welcome to a brave new world, Fanshawe and Western.

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca



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Fanshawe's world now divided between virtual and in-person reality

Angela McInnes
INTERROBANG

The COVID-19 pandemic has split the Fanshawe community between the virtual and real-life world.

The College will welcome back 18,000 students for its fall 2020 term, with 8,000 taking part in blended-delivery programs. Its main Oxford Street campus will see approximately 5,000 students on a given day, with their schedules staggered to allow for social distancing in the hallways and classrooms.

"I feel ready," said Gary Lima, Fanshawe's senior vice president of academics. "I feel confident we're in good shape, providing everyone follows the guidelines."

Lima said that the College worked throughout the summer to transition as many courses as possible to an online format, while creating safety components for those that must be taught in person. The faculty worked with the College's

Centre for Academic Excellence to create a plan that is unique to each program.

Students, faculty and staff are required to complete a COVID-19 training module, as well as a daily online screening. Each academic space has been assessed to delineate where students can remain distanced at two metres apart, and Plexiglas barriers have been installed where distancing may not work.

There are occupancy limits on washrooms and elevators, and signage, posters and floor markers have been placed throughout the campus buildings. Mandatory personal protective equipment includes wearing masks at all times, and cleaning and sanitizing procedures have increased.

Lima said that an online component has been created even for courses that could have been face to face, to further limit numbers on campus. He added that transitioning to the online format was fairly easy for Fanshawe.

"We were a leader in online

learning before this even started," Lima said. "We had the second highest number of online courses in the country, and we've been going at this for 10 years now. Before COVID-19, we had dedicated a lot of resources to helping faculty deliver online, and had to ramp up in the summer."

To help students adjust to the online classroom, the College is providing support via their eLearner coordinators, academic advisors, and library and media services. Lima encouraged students to gauge their readiness for online learning using the tool amiready.ca.

Most programs will have a minimum of at least one synchronous course, where students can have live face time with each other and their professor to accommodate different learning styles. While international enrolment has declined by 10 per cent due to travel restrictions, he said the synchronous delivery will help students out of the country to build a personal connection with their peers.

Conversely, domestic enrolment

at Fanshawe has increased slightly by one to two per cent. Those taking classes on campus will be able to use study spots, lounges and homework labs, with student service hubs open to help them locate these areas. Students can purchase food in the Student Union Building, at the Oasis and The Out Back Shack patio.

The FSU main desk will be open, as well as the main front desk at the library. All registrar services and international office services will be available remotely.

Residence life will look different as well, where occupancy has been limited to 45 per cent capacity, according to the David Norwood, director of residence operations.

There will be 615 students living in-house as of Sept. 21. Students are required to stick to two individuals per room at a time. They can visit each other, but no outside guests will be allowed. Several international students have already quarantined within their rooms, with the residence staff helping to deliver food and keep all students connect-



CREDIT: ANGELA MCINNES

Student service hubs are open throughout Fanshawe's Oxford Street building to assist students in navigating their way through the new health and safety guidelines.

ed to mental health supports.

With these precautions in place, Lima said the College is ready to take whatever comes next.

"If we follow all the guidelines, we won't need another lockdown," he said. "If there was another lockdown, it would be similar to what we did in the winter last year, although we're a lot more prepared than we were the first time. Our end goal is to not have a lockdown."

Community outbreak declared; nine and counting Western students test positive for Covid-19

Angela McInnes
INTERROBANG

(This story was published Sept. 15. Visit westerngazette.ca for updates.)

As of Sept. 15, nine Western University students have tested positive for COVID-19 after the London Middlesex Health Unit (MLHU) declared a community outbreak on Sept. 13.

The declaration led to significant demand for COVID-19 testing among students, who overwhelmed Western University's mobile testing unit on Monday. Staff turned away students who arrived after noon.

Seven of the cases are linked to the initial outbreak, which saw three Western University students test positive in the same day. The remaining two cases are unrelated to the outbreak, but confirmed to be Western students.

According to the health unit, the students who tested positive have not attended classes or activities on campus, but while infected have had a number of interactions at downtown bars and restaurants, and with students in neighbouring housing units.

The outbreak comes on the heels of Western University's Orientation Week, where hundreds of stu-

dents returned to London. All cases are students who live off campus, with no cases being reported in student dorms.

As of the publishing of this story, London currently has 21 active COVID-19 cases, with the number expected to increase. The amount of those in close contact with the infected students is projected to be in the dozens by the health unit.

MLHU staff are working to identify and follow up with the close contacts of the confirmed cases, who have been advised to quarantine and get tested.

"If we ever needed evidence to show there's still a risk from COVID-19 in the community, this is it," said Dr. Chris Mackie, Medical Officer of Health with the MLHU. "We know the temptation to get back together with friends and party is great, but it is crucial that we all do our part to prevent the spread of COVID-19. That means limiting social gatherings, sticking to our social circles, keeping two metres apart and staying home if you feel sick."

London Mayor Ed Holder commented on the situation in a series of Tweets.

"We need more of us to do better," Holder said. "That includes a handful of students and young people, yes, but it also includes a handful of businesses, and other in-

dividuals. This is on all of us."

The health unit is encouraging students to watch for symptoms of COVID-19 and seek testing if any

develop. Western's new mobile COVID-19 testing unit is open for students and university employees' use Monday to Friday, 11 a.m. to

3 p.m. London also has two testing centers at Thompson Arena and Carling Heights Community Opticists Centre.



CREDIT: RANIA OSMAN (GAZETTE)

Students lined up for hours, hoping to get a COVID-19 test done on campus on Sept. 14.

Student Life

- Awareness Weeks Clubs
- Events and Field Trips
- FSU Bikes
- Interrobang (Campus Newspaper)
- Social Programming
- The Gamesroom
- Volunteer Opportunities
- Work Study Employment Program

Advocacy

- Academic Integrity & Donut Cheat
- Class Representatives
- Community Legal Service
- FSU Elections
- Mental Health Initiatives
- Student Academic Appeals
- Student Coordinators
- Student Governance

Food Services

- Ah-So Sushi
- Booster Juice
- Catering by FSU
- Convenience Store
- Kettles and Curry Bowls
- Oasis
- The Out Back Shack Bar & Grill
- Topped Dogz

Student Spaces

- Student Union Building
- Courtyard
- Forwell Hall
- Student Centre
- Alumni Lounge
- Breakout Rooms
- Club Rooms
- MSA Prayer Room

Student Services

- Employment Opportunities
- Financial Aid
- Fringe Hair Salon
- FSU Website - www.fsu.ca
- Graduation Photos
- Health & Dental Plan
- Scholarships/Bursaries
- Student Bus Pass
- Student Life Educational Fund (SLEF)
- The Biz Booth
- The Sharing Shop
- The Used Book Shop
- Pharmacy on Campus

College Partnership

- Athletics
- Co-Curricular Record (CCR)
- Crisis Support
- Housing Mediation Service
- Leap Junction
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London Police launch Project LEARN as students return to school

Hannah Theodore
INTERROBANG

London Police Services launched Project LEARN (Liquor Enforcement and Reduction of Noise) on Sept. 6.

The project, which was first launched in 2007, aims to educate students on nuisance parties, open fires, noise, littering, and public urination in the city.

Cst. Sandasha Bough said students can expect an increased police presence around Fanshawe College, Western University, and downtown London.

“We’ll be having officers on proactive patrol and community engagement throughout those areas,” she said. “It’s in response to community concern.”

Cst. Bough added that the initiative is just as much about law enforcement as it is about education.

“We’re letting the public know that, yes, we will be out there, we will be enforcing the law. We’ll

also be educating students as well as neighbouring individuals in that particular neighbourhood,” she said. “The goal is to protect public safety and property and to help students celebrate responsibility.”

She said that students are not being asked to stop partying altogether, but simply to be aware of the law surrounding nuisance gatherings.

This school year also brings with it new by-laws regarding COVID-19. Indoor social gatherings are limited to 50 people, but Cst. Bough said that rule is often misinterpreted.

“Under 50 people at a residence, but that doesn’t mean under 50 people and that’s it,” she said. “It means you also need to make sure that you’re physically distancing from everybody, so six feet apart.”

She said in order to accommodate physical distancing guidelines, social gatherings should be limited to 10 or 15 if inside a smaller residence. She added that

any students who have questions

regarding COVID-19 public health guidelines should refer to the Middlesex-London Health Unit.

London Police officers attended 12 residences on Sunday Sept. 6 alone in response to noise complaints that were attributed to loud parties and music. Cst. Bough said that while most of the parties had dispersed by the time officers arrived, some parties remained in progress.

“The occupants and guests were cooperative and the police interaction was limited to education and warnings,” she said. “We did have officers able to use the opportunity this past weekend to provide the occupants and attendees with an education with respect to the by-law.”

She said no charges were laid on Sunday Sept. 6, but that officers issued 25 by-law warnings and 5 provincial assents warnings.

The main goal of Project LEARN is education. Along with administrative and student partners at Fanshawe College, students will



CREDIT: KALI19.

London Police Services are keeping an eye on students.

always have access to information regarding the law.

“We want to ensure students that you can celebrate the new year, being with your friends again, and just commencing all of these new

things in your life,” she said. “But especially right now, with the pandemic going on, we want to ensure that they’re doing so safely.”

Project LEARN will remain in place until Sept. 25, 2020.

An Orientation Week that will look like no other

Skylar McCarthy
INTERROBANG

The COVID-19 pandemic has caused the Fanshawe Student Union (FSU) to turn their events

virtual, or even a hybrid of some online or some in-person.

Kevin Masterson, FSU events and activities manager, said that Orientation Week this year will hopefully reduce some of the stress Fanshawe students will have

leading up to a new year, especially when everything is different.

“The whole point of a frosh week, or Welcome to Fanshawe sort of event is, you know, you have all these students, they’re brand new, or they’re returning

but again this year, but everybody’s kind of brand new because the whole way education is going to be administered is so different,” Masterson said. “You want them to feel at home, you want them to reduce that stress a little bit. You don’t want to feel like they’re locked in rooms and they can’t go anywhere. We want to put a smile on their face and tell them it’s going to be OK.”

The FSU has a variety of activities planned for the start of this year. On Orientation Day (Sept. 18), as a part of the College’s overall orientation package, there will be performances by Aaron Allen and Sarah Smith to kick things off for brand-new students. Then after the first day of classes, events will start up. On Sept. 22, Deal or No Deal will happen virtually.

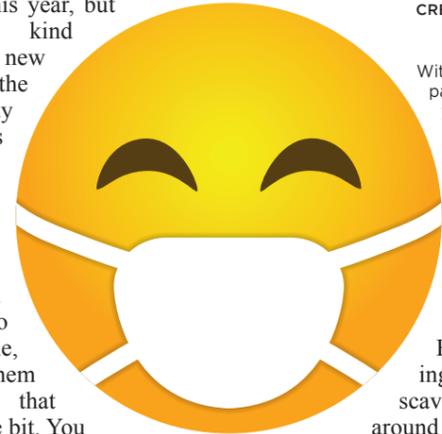
On Sept. 23, they will have an interactive karaoke night, where you can sing the karaoke from home. Alongside virtual events, the FSU has made some events to have a limited 50 in-person attendance, with some of them being accessible online as well.

On Sept. 24, there will be an acoustic performance at The Out Back Shack, with it being broadcasted online as well for students at home.

Finally, on Sept. 25, The Out Back Shack will host the first bingo event of the year. Students living in residence will have the opportunity to reserve a spot for “hybrid” events and become the limited 50-person audience. The FSU hopes these hybrid events will allow students who are home to participate just as easily as the students who are there live.

For international students who

CREDIT: FANSHAWE STUDENT UNION PUBLICATIONS
With the COVID-19 pandemic, this year’s Frosh Week will look different, but the “Welcome to Fanshawe” message stays the same.



are stuck at home, the FSU is making an online scavenger hunt around Canada get to know Canada and the Fanshawe area, since they can’t actually physically be here.

The FSU has held some events from the summer semester, which Masterson said were a “trial and error” of what events can be good virtually, and which ones weren’t the best.

“So, when we did our summer trivia night, it went great. We had lots of student participation. It was excellent,” he said. “Then on the other side of the scale, we tried a couple of Netflix viewing parties, and we had one with one student show up, so it wasn’t quite as popular.”

How will the FSU continue to try to make this unprecedented school year enjoyable? Masterson said that they will listen to students’ feedback and drive as many students to their website, and make them feel they’re a part of the Fanshawe community.

“You want to listen to the students, right? We’re always going to be asking students what they’re looking for what they want to do, what works, what doesn’t work,” Masterson said. “We’re going to try to relieve as much as possible, make it enjoyable and make the students feel like they are part of the Fanshawe community because they are. Sure, it’s a different community this year, but it’s still Fanshawe, and we still want you to feel you’re home.”



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Western's faculty union stands with national strike against police violence

Ashley Goveas
GAZETTE

Western's faculty union encouraged their members to participate in a strike to protest anti-Black police brutality alongside post-secondary institutions across Canada and the US.

Those who participate in Scholar Strike Canada Wednesday and Thursday halted all academic work, including both teaching and administrative duties, in solidarity with the Black Lives Matter movement.

Protesters instead engaged in digital teach-ins, including live programming and workshops to educate the academic community on the historical and contemporary roots of police brutality.

Fifteen Western University staff signed the statement in support of the strike.

The strike is the first protest for racial justice this year led by faculty unions across Canada, representing dozens of universities and colleges. The teach-ins follow several months of demonstrations around the globe against police violence and anti-Black racism and is mirrored by local calls for Western faculty and administration to take greater action in their stance against racism.

Scholar Strike began in the United States after Anthea Butler, a professor at the University of Pennsylvania, called for a halt in academic labour, drawing inspiration from the striking Women's National Basketball Association and National Basketball Association players.

Wednesday's first workshop led by journalist and author Desmond Cole, *Abolition or death: Confronting police forces in Canada*, was live-streamed on Youtube.

The University of Western Ontario Faculty Association published a statement Tuesday endorsing UWOPA members participating in the strike.

"UWOPA's executive committee endorses the Scholar Strike Canada advocacy event for racial justice this week and strongly encourages UWOPA members to participate in the two-day programming to the extent they are able," the statement reads.

The protest coincides with the start of classes at post-secondary institutions across Canada.

While UWOPA members are bound by a collective agreement that prevents them from striking outside of their own labour negotiations — by partially or fully withdrawing their services — they made it clear that Western staff and faculty are allowed and encouraged to become involved in the Scholar Strike.

According to UWOPA president Beth MacDougall-Shackleton, this means participating in programming and online workshops, amplifying the message on social media and offering accommodation to students who miss class to engage in online programming.

"Although we're prevented from legally striking, we wholeheartedly endorse the goals of the Scholar Strike," she said.

The university also published a statement in support of the initiative's "core spirit" on Tuesday, but stressed their desire to give "students some measure of stability and certainty" in their first week of



CREDIT: ASHLEY GOVEAS

Western's faculty union have been encouraged to protest anti-Black police brutality alongside post-secondary institutions across Canada and the US.

class.

David Heap, a Western linguistics professor, first learned about Scholar Strike through the Canadian Association of University Teachers, a collective of labour unions and groups.

To demonstrate in the strike, he's sharing a video that invites his students to look at virtual workshops on the Scholar Strike website and relaying UWOPA's message to colleagues and graduate students.

"I think it's important not to put up barriers and say this is just for faculty, this is just for undergraduate students and this is just for graduate students," said Heap. "I think it's important to have broad participation."

Heap said he hopes faculty who were unable to take time out of their tightly-packed course schedules relay the strike's message and resources to their students.

"It's harder to communicate when we're not in in-person classes," he said. "So the more of us who mention it [to others], they mention it to others and so on."

UWOPA's demonstrations in solidarity with Black Lives Matter began several months before the Scholar Strike.

Racialized groups, and particularly Black and Indigenous scholars, are underrepresented in Western's faculty, said MacDougall-Shackleton, and overrepresented among "contract academic staff" — professors who do not have full-time salaries, benefits or job security.

Over the summer, UWOPA pushed for and succeeded in limiting the use of student evaluations to influence decisions to hire teaching staff as these evaluations are "known to be biased against racialized faculty and other equity-seeking groups," according to MacDougall-Shackleton.

"During the pandemic, ... we're particularly concerned about the ex-

tra work being done by contract academic staff who ... consist disproportionately of [Black, Indigenous and people of colour individuals] and other equity-seeking groups," she said.

Scholar Strike's digital teach-ins will continue to be available online after Sept. 10.

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FSU adapts to COVID-19 restrictions



CREDIT: ANGELA MCINNES

The Fanshawe Student Union (FSU) is open to serve students, both in person and online.

Hannah Theodore INTERROBANG

The Fanshawe Student Union (FSU) is preparing to adapt several of its key resources as students return for an unconventional school year.

The COVID-19 pandemic has meant that most resources and events provided by the FSU will move online. Services including mental health services will now be delivered in a virtual manner.

FSU President Katyayini Thakur said that virtual outreach has helped the FSU connect with more students than usual.

“What we’re seeing currently with us shifting to a virtual format, is that student engagement has only increased,” said Thakur. “It really has increased compared to before.”

The virtual format will also allow the FSU to conduct even more events than last year, including some in-person events beginning Sept. 21.

In terms of accessing mental health resources, Thakur said that counselling sessions will now be conducted virtually or over the phone.

“All services are the same, just offered in a virtual way,” she said. She added that she’s confident that the virtual format will be sufficient for students seeking help, stating that they are still constantly available to students. A mental health awareness week is in the works for Sept., though it will also be delivered in a virtual manner.

Originally, fully online students were not charged an ancillary fee for a bus pass, but after a strong response from students, the FSU made the decision to allow online students the opportunity to purchase a bus pass for the academic year.

“After tons of hours of meetings [with the LTC], we were able to make it happen,” said Thakur. “Fully online students will just be able to purchase a bus pass for \$264 that’s valid for 12 months.”

Students can purchase a bus pass at any time and it will be effective until Aug. 31 of 2021.

The new school year is also seeing new challenges for international students. The FSU, along with International Services has been reaching

out to incoming students via webinars and emails for months.

“We hosted a session specifically and especially for them, so that they don’t feel isolated, even though they are in isolation at this moment,” said Thakur. Many international students have already arrived in Canada and are currently quarantining. “We think it’s very important for us to reach out to them.”

In an effort to connect international students with the FSU, all textbooks purchased will include a card with a letter from President Thakur, referring them to all of the FSU’s social media channels. She added that the emphasis on virtual outreach has also been more effective among international students compared to other years.

“They don’t really have an idea coming in from a different country, and they’re not going to be able to interact with us in person as of now,” she said. “But they really are starting to connect with us and I think international engagement has been even higher than domestic.”

The FSU will also continue to offer various campus events and provide students with many engaging activities. Beginning Sept. 21, in-person activities will be offered starting with a Resident Pizza Party and fireworks display. In accordance with COVID-19 public health guidelines, gatherings will be limited to 50 people, with social distancing in effect. Thakur said sanitization will also be provided.

Other events throughout Sept. will include a blend of in-person attendance and live online broadcasting. Acoustic Afternoons on Thursdays, for example, will allow for 50 people in attendance, but will be streamed for free online.

Finally, to close out the month, the FSU will be holding a blanket drive-in movie on Sept. 30 in Merlin Field.

For students seeking food on campus, Oasis and Booster Juice will both fully reopen on Sept. 5, with The Out Back Shack joining them on Sept. 21.

Thakur and the FSU want students to know that the same services they need will continue to be available to them, just in new ways.

“I think we’ve done a really commendable job,” said Thakur. “We’re really excited.”

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Hip-hop values: Avoid laziness like the plague



Michael Veenema
RELIGION

A little while ago a friend told me to listen to “Say a Prayer” by hip-hop artist OBAS.

I knew I was in for something a little different from some of the hip-hop and rap videos people often suggest to me when I visited his Facebook page. There is no shortage of rap artists venting their frustrations. OBAS isn’t one of them.

“Believers achieve success,” one of his postings reads. OBAS may not have the kind of wealth that some artists, such as Drake, have. But he doesn’t mind sharing his achievements and photos of good times with his fans.

If someone isn’t familiar with OBAS’s work the first impression they could get from a quick look at “Say a Prayer” might not be the most accurate. Lingering shots of a woman in a black dress, handfuls of money, and urban cityscapes can easily leave certain ideas. So can the repeated words, “A pistol on my hand, money all my mind, don’t know where the hell I’m goin’.”

But a closer listen to the lyrics reveals that this track is not at all about careless attitudes towards sex, money and violence. Consider these lines:

- Meet me at the mansion, we gonna plan our success
- Don’t purchase nothin’ for a year, pay our taxes...
- Before you know it’s monopoly — da blue-faced hundreds
- Flippin’ properties and acres we gonna buy out da takers

(I wasn’t able to find the lyrics online, but I think I have them right.) Clearly, this track is a window into a world of focused, profit-driven, legitimate property development.

And with his talk about equity, leverages, flipping real estate, and managing debt, it seems OBAS has a pretty sharp understanding of how to make financial instruments work for him. “Legal money” is his aim.

But isn’t all this just an expression of selfishness? OBAS would say, no. In “Say a Prayer,” he dreams of having enough capital to gentrify his own ‘hood and to better “our daughters and sons.”

The values he presents are those of hard work, clear thinking, sharing rewards to help others, and (from the album *Hug the Streets*) marriage and family.

I don’t know if OBAS, while growing up, received much support and guidance from a church or from the Christian community. But hard work and achievement are praised in the Bible, so he might have.

You can find that praise, for example, in a part of the Bible called Proverbs. Work hard while you can, it teaches. Save enough for



CREDIT: PAUL CAMPBELL

Hard work and achievement are praised in both hip-hop music and the Bible.

lean times. Be honest in all your dealings. Avoid laziness like the plague. Embrace it, as one of the Bible versions puts it, and poverty will move in “like a permanent house guest.” And probably no amount of help from social programs will do you much good when that happens.

Later in the Bible, in a section called Ephesians (after the city in which lived members of the fledgling church to whom the section was

written), people who used to make a habit of stealing from others are told to get to work. They are to better not only themselves, but to earn enough to help their poor neighbours.

So, I would say, as this school year begins, take stock of all the opportunities that are presented to you. Do as well with them as you are able. Learn all you can, and acquire as many skills as possible while you have this fantastic opportunity.



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

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Opinion: Textbook publishers need to lower prices now more than ever

Gabby Glasier
GAZETTE

Large publishing companies have been exploiting students for years — and now, with coronavirus killing the student budget, is the time for them to stop.

Students are forced to buy textbooks to pass many of their classes and this allows large, well-known publishers to price gouge: every new edition of a textbook costs students 12 per cent more on average.

According to *Maclean's*, the average student spends \$773 on textbooks annually, on top of tuition and ancillary fees. The Canadian Emergency Student Benefit, while helpful, doesn't even cover the cost of tuition, so any and all textbook purchases are coming out of pocket.

Used textbooks are cheaper than new, but they can be difficult to find. Platforms like Amazon aren't necessarily cheaper, especially once shipping is factored in, and used textbook Facebook groups like "Used Textbooks for Sale (UWO)" can be hit or miss. And even if you manage to find the textbook of your choosing, in the right edition, deciding to meet with a stranger to get the book is not everyone's prerogative during a pandemic.

Some course materials even have specific access codes that prevent resale — each year the code changes, and students must buy new, no questions asked.

Libraries are also a conventionally good place to source free books, but when you attend a post-secondary institution with tens of thousands of students vying for the same textbooks, suffice to say there are not enough to go around. And with the pandemic severely limiting students' ability to access library



The last thing we need to worry about right now is textbook prices.

CREDIT: LIAM MCINNIS

materials, textbooks are more elusive than ever.

So if you want a physical textbook this year, there is a very real chance you will have to bite the bullet and purchase new.

There is another option for cash-strapped students out there, but it isn't a pretty one. Online textbooks are cheaper than physical ones by a substantial margin. In one of my courses this year, the physical copy is \$117

at The Book Store whereas the rentable e-textbook is less than half, at \$57.

But in this era of Zoom lectures, the last thing we need is to spend more time on our screen. Screen time has been proven to impede sleep, communication skills, vision and more.

Our generation is already virtual — between Netflix, Instagram and TikTok, we lived on the internet long before classes went

online. Factor in leisure time and studying on top of regular classes and students are bound to feel the long-term repercussions.

Publishing companies need to stop price-gouging physical textbooks and profiting on the backs of a population that is already struggling. Physical textbooks should be sold at a reduced rate for those who need it, not just those who can afford it.

Body positivity is not what we need right now

Hannah Theodore
INTERROBANG

It's been a long summer — and that's putting it mildly.

For months on end, many of us have been limited to our homes, with nothing else to do but sit on our phones and try not to absorb too much of the world's shared pain. Everything around us changed in a single moment, and it's felt like the global anguish has only gotten stronger since March.

But, one thing that hasn't changed is society's obsession with weight loss. It's a bit baffling, that in the midst of a racial awakening, global pandemic, and a nation literally on fire, that some of the rhetoric this summer still had to do with losing weight.

Whether you were on Instagram, Twitter or Facebook, there was no escaping the constant posts suggesting that all this spare time at home should be used to "glow-up," get fit, start running, and lose weight. And if you didn't use this sweet time off for bettering your physical appearance, then you're just proving that time was never the issue, it was merely you and your own laziness. Ouch.

Ignoring these posts was nearly impossible if, like me, your free time was actually being used to scroll social media relentlessly, in search of any kind of comradery and sanity in the midst of a global catastrophe.

Instead, all we found was shame. Shame that we were actually gaining weight, shame that we were wasting our time, shame that

we weren't somehow getting thinner and richer during a pandemic.

It should go without saying, but this is wrong. The only thing that matters about your body right now, is whether or not it is healthy and keeping you alive.

In response to the shame, we may feel drawn towards body positivity or online influencers who tell us it's OK to have rolls and fat and cellulite. While they're not wrong, now doesn't feel like the time.

You don't have to love your body to exist in it. You don't have to eat healthy or work out every day to feel good. Daily affirmations about physical appearance will only drag you deeper into the hole that tells you that your body matters at all.

You matter, but right now, your body doesn't.

For once, can we not have this moment be about our bodies? We don't need to thrive right now, we just need to survive. We need to appreciate the good we have in our lives, while also acknowledging the pain of the world around us. Plus-size, mid-size, petite, thin, fat, obese; these are words that stop us from looking out and keep us looking in, always searching for something new to hate about ourselves.

The Fanshawe gym remains closed, and our food choices are limited to what we can afford on a CERB budget. We are bound to small apartments, living through a painful chapter of world history. So cut yourself some slack, turn off your phone, and just keep pushing.

We can deal with everything else on the other side.



CREDIT: HANNAH THEODORE

Home workouts can only do so much, so go easy on yourself. We will get through this.



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

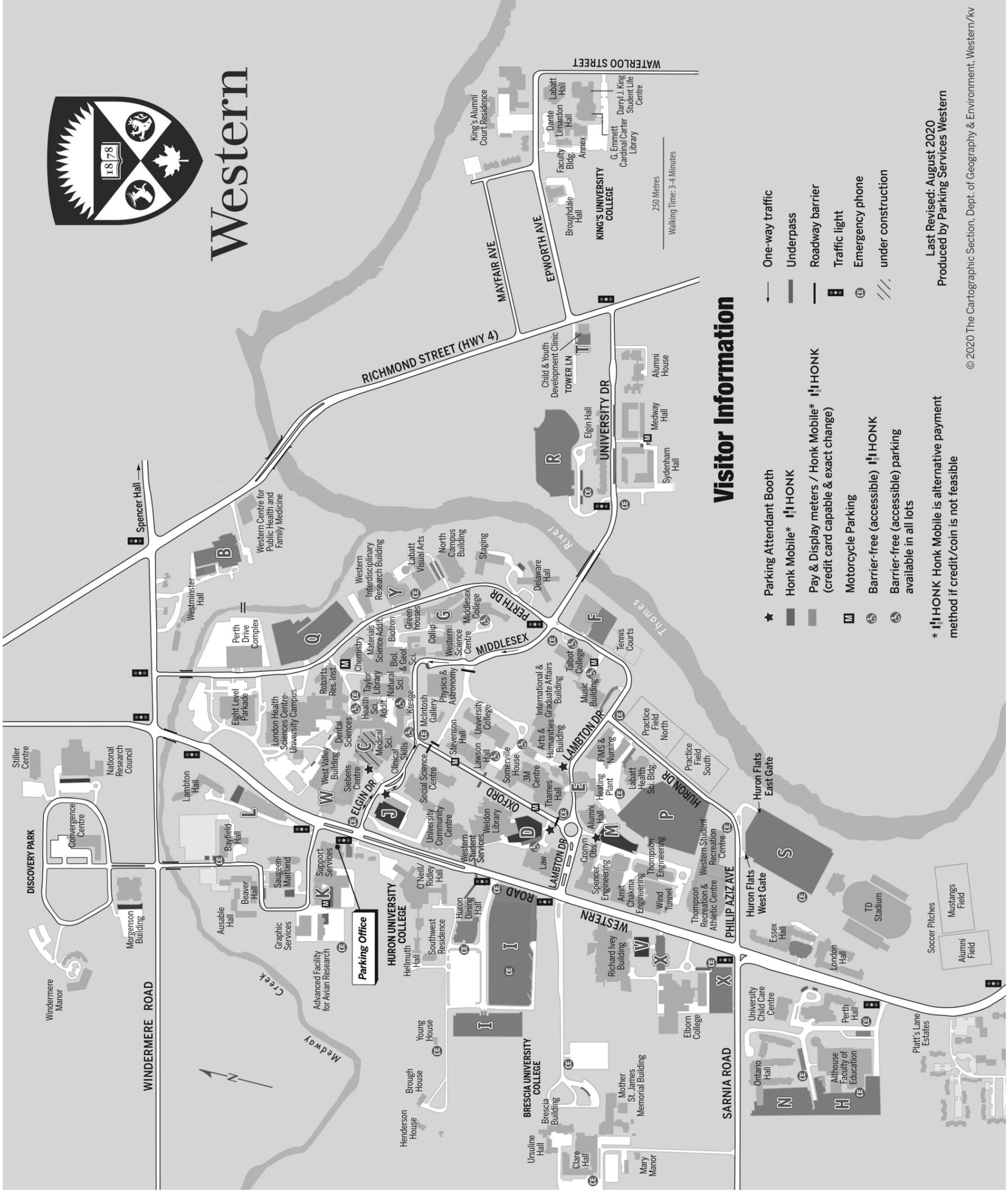
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* **(HONK)** Honk Mobile is alternative payment method if credit/coin is not feasible

Last Revised: August 2020
Produced by Parking Services Western

PLACES OF WORSHIP

IN *London*

Leandra Gumb | Interrobang

Fanshawe and Western are a diverse community with people from all types of different cultural and religious backgrounds coming together. Travelling away from your family and friends is difficult, and homesickness can be all too real. Many times, religion or spiritual faith is a reliable source of comfort that reminds the heart of home. Presented is a guide to places of worship that are local to Fanshawe's Oxford Street campus and Western's Main Campus, as well those that have limited alternatives in London. Please note this list is by no means exhaustive to all of London's places of worship.

Hindu Cultural Centre ॐ

62 Charter House Crescent | hclondon.ca

In 1974, Desh Malhotra, a member of the Sikh community and a local contractor, agreed with the Hindu Cultural Centre to build their own religious structure. Malhotra offered to do the project completely free of charge. The Centre is now London's official space for performing puja (Hindu prayer ritual) and celebrating festivals such as Holi, Ram Nawmi, Janam Ashtmi, Diwali and more.

Duc Quang Buddhist Centre 🌀

608 Hamilton Road

This structure is unique compared to anything in the area, or anything in London, because of its traditional design. Various marble statues that represent the followers of Buddha are displayed out front on the Hamilton Road and Rectory Street intersection. Sunday service and prayers are open to the public, but are conducted in Vietnamese.

London Zen Centre 🌀

923 Waterloo Street | londonzencentre.org

The London Zen Centre offers a space for practitioners to meditate, study and work with Zen Buddhist teachers. The centre is open to the public and offers retreats, meditation groups and classes, as well as orientations for newcomers.

The London Sikh Society 🌀

37 Clarke Road | londonsikhsociety.com

The Gurdwara (place of assembly) is open to everyone, regardless of faith, race or gender. Visit the website for a daily program schedule and information about protocol.

London Muslim Mosque 🌙

151 Oxford Street West | londonmosque.ca

This location happens to be considered the first mosque in Ontario and the second mosque that was built in all of Canada. It is large and has many amenities that can be rented by the public such as a gymnasium, library and a rec hall. The mosque also offers Quranic Arabic Class and a Sisters' Halaqa (meeting for the study of Islam and the Quran).

Congregation Or Shalom ⬠

534 Huron Street | orshalomlondon.org

Or Shalom is the closest synagogue to Fanshawe's Oxford Street campus. It is affiliated with the United Synagogue of Conservative Judaism, and offers an array of programming for youth, sisterhood and adult education. The facilities are fully kosher (following Jewish dietary regulations), with the community often preparing and serving kosher meals during social networking activities.

Other synagogues include the Beth Tefilah Synagogue (1210 Adelaide Street North), the Chabad at Western London Ontario (1114 Richmond Street), and the Eitz Chaim Messianic Fellowship (1470 Glenora Drive). You can also check out the London Jewish Community Centre at jewishlondon.ca.

Richards Memorial United Church ✝

360 Edgeworth Avenue | richardsmemorialunitedchurch.com

The congregation of Richards Memorial United Church was formed in 1951. According to its website, it welcomes the ministry and participation of all persons regardless of age, gender identity, health, race, differing abilities, religious or ethnic background or economic circumstance.

St. Peter's Cathedral Basilica ✝

196 Dufferin Avenue | cathedral.dol.ca

This is the only Catholic cathedral in London, and has been around for 125 years of worship. It is located downtown which makes it easily accessible by most bus routes.

St. Mark's Anglican Church ✝

1320 Wilton Avenue | stmarksanglicanchurchlondonontario.ca

The building is a very tall, A-shaped structure located in an area with lush greenery. St. Mark's offers many community events for visitors.

Trinity Lutheran Church ✝

746 Colborne Street | trinitylondon.ca

Sponsors a student ministry program that provides services and activities right at Fanshawe College in room D2030 on Wednesdays and Thursdays. Visit their website to view the activity schedule.

St. Lawrence Presbyterian Church ✝

910 Huron Street | stlawrencepc.ca

St. Lawrence was started in 1946 by WWII veterans. They are now amalgamated with Knollwood Park Presbyterian Church and have been providing service for over 100 years collectively.

Knollwood Baptist Church ✝

800 Cheapside Street | knollwood.ca

A place to sing, pray and preach the gospel. Stop by the Welcome Centre for coffee and conversation either before or after Sunday service, and consider joining the young adult ministry or music teams.



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THE DOS AND DO-NOTS

ANGELA MCINNES | INTERROBANG

Just when you think you've adjusted to the new reality of a global pandemic, you have to adjust all over again to going to college. It's challenging to create an entirely new set of habits in a short amount of time, and disorienting when you have to worry about school on top of everything else. Here's a few reminders – as if you didn't have enough – of the dos and do-nots of postsecondary life in the time of COVID-19.

 **DO** Bring a mask, or better yet a package of masks, with you wherever you go.

While the majority of fall classes will run online, it is mandatory for those coming to campus to wear a mask at all times inside Fanshawe and Western buildings. This goes for anywhere else indoors in London, so make sure you have at least one mask on hand at all times. Hand sanitizer will be provided throughout campus, but it's always good to be prepared by keeping your own bottle of sanitizer on your person. Better safe than sorry.

 **DO** Educate yourself on your campus health guidelines

Both Western and Fanshawe students are required to complete a daily screening questionnaire before coming to campus, and follow social distancing regulations while there. If in doubt about where to go or what to do, take your time to observe any helpful signs, arrows, or facilitators who will direct you in and out of the classroom. Western's guidelines can be found at uwo.ca/coronavirus, and Fanshawe's info about the fall semester is located at fanshawec.ca/covid19.

 **DO** See the bigger picture, and keep two metres apart

The coronavirus is invisible to the naked eye, but very real nonetheless. You may not personally know someone who has been impacted directly by the virus, but it is important to abide by health and safety guidelines for the greater good. The point of following these regulations is to keep the number of case outbreaks to a minimum so that our healthcare system is not overwhelmed. Show you give

a damn for your community by staying two metres apart from others and respecting their personal space.



 **DO NOT** Come to school sick

And do not hesitate to get tested, either, if you feel the need. Stay home. Take care. Be safe. That's all you gotta do.

 **DO NOT** Get distracted

Studying online has its pros and cons. Pro: Attending lectures from the comfort of your own home. Con: Constant distractions from within the comfort of your own home. The online format is not exactly ideal for daydreamers or procrastinators, so make sure to create a daily schedule and do your best to avoid distractions like roommates, social media and the ever-so-dramatic news cycle of 2020. The world is a chaotic place; but your mindset doesn't have to be when you put yourself and your goals first, and take on one task at a time.

 **DO NOT** Stay emotionally isolated

We're in this together. There is no "right" way to handle this situation, but withdrawing from your friends and family is probably not the best idea. Aside from giving and receiving support from a personal network, you can also make use of Western or Fanshawe's health and wellness services. Western students can book a virtual appointment with Western's mental health team by calling 519-661-3030, and learn more at uwo.ca/health. Fanshawe students can learn more

about the College's personal counselling, groups and workshops and more at fanshawec.ca/counselling, or calling 519-452-4282.



AFFORDABLE AND DELICIOUS FOOD IN LONDON

Haydn Rooth and Emma Fairgrieve | Interrobang

London is one of the best cities around when it comes to great food, yet fast food can detract from local businesses. This list will feature affordable, healthy options, as well as some unhealthy ones (but hey, who doesn't have a cheat day?). Try one of these spots out; neither you nor your wallet will be disappointed.

King of the Pigs

Cherryhill Mall, 301 Oxford St.,
or 706 Hamilton Rd.

King of the Pigs (Rei dos Leitões) is a local Portuguese restaurant with two locations in London. The authentic Portuguese food makes you feel as though you just left the country. As the name suggests, their pulled pork is some of the best you'll find in the city. You can also try their delicious Portuguese-style rotisserie chicken.

Cito Pizza

1103 Adelaide St. N.

Cito Pizza is a hidden gem amongst the vast sea of pizza joints in London. Where most pizza places fail, Cito triumphs. With an incredible topping selection, insane student deals and massive pizza sizes, Cito truly is the best deal for students without compromising quality. Forget about the big name pizza places, Cito's quality and prices will beat them any day of the week.

Shawarma Pita Palace Mediterranean Cuisine

1103 Adelaide St. N.

Shawarma Pita Palace is located in the same plaza as Cito Pizza, and is aptly named because these guys are the kings of shawarma. Each dish is made from the ground up with only fresh ingredients, Canadian meats and passion for food. You can often smell the delicious aroma of shawarma meat emanating from the restaurant in the distance, a siren's call to food lovers.

Billy's Downtown Deli Restaurant

113 Dundas St.

Nestled right around the corner from the Covent Garden Market sits Billy's Downton Deli Restaurant, which has been proudly serving Downtown London for over 30 years. Friendly service and the classic deli restaurant atmosphere give Billy's Downtown Deli a charm reminiscent of classic '50s diners. Mouth-watering sandwiches piled to the ceiling with deli cuts are just the tip of the iceberg here. All-day breakfast and delicious soups accompany this stacked lunch menu while the homemade pies, featuring local strawberries, steal the show.

Covent Garden Market

130 King St.

Established in 1845, the Covent Garden Market has been proudly serving London market goods for great prices over the last 174 years. Over 20 different restaurants of all sorts of ethnic backgrounds are ready to serve their dishes every day. The New Delhi Deli offers a tasty array of Caribbean recipes that will put the spice back into your life. The Rice Box is a delicious spot to grab pulled pork buns as well as a tasty rice box. Overall, the Market is filled to the brim with delicious, affordable and colourful food options.

Black Walnut

134 Wortley Rd.,
or 724 Richmond St.

Black Walnut has one of the best atmospheres of any café in London. There are two locations, one on Richmond Row, and the other in Wortley Village. Although the Richmond row location is enjoyable, the location in Wortley is unlike anything else in the city. The café offers a variety of hot and cold beverages, baked goods and other delicious foods. Wortley Village alone is hidden gem, but there is no denying that the Black Walnut adds to its uniqueness.

Campus Hi-Fi

736 Richmond St.

Yet another gem on Richmond Row, Campus Hi-Fi is a retro diner best known for their amazing breakfasts. The food is hands down the best brunch in London with large portion sizes and reasonable prices. Established in 1957, the atmosphere feels like you're dining in a time capsule. Arrive early on the weekends. The location is small and can get packed, especially by students.





OFF-CAMPUS HOUSING:

TIPS FOR FINDING YOUR HOME AWAY FROM HOME

Cynthia Kaczala | Interrobang

Student housing on campus can be quite expensive. A cheaper option is to look for housing located off of campus. Finding the perfect place can be a tedious process, so here are some tips and tricks that can help you make a decision you won't regret.

Use Fanshawe and Western's off-campus housing services

Fanshawe and Western offer numerous off-campus housing services, including housing mediation and online listings located throughout the city. Since the landlords register with the service, the quality of these establishments can be better than those found on other websites, and it's easier to find roommates from your campus. Check out offcampushousing.fanshawec.ca or offcampus.uwo.ca.

Optimize your search for online listings

When looking on websites like Kijiji, it can be hard to narrow down what you are trying to find. Enter into the search engine "student housing" and the month that you plan to move in. For example: "student housing for September 2020." This will help cut down the results and make sure you find places you like for the proper time.

Research the area

Before picking a place to check out, research a bit about the area that is nearby. Is it known as a party area? Are there any amenities close by, such as a grocery store or mall? Where are the closest bus stops? These questions are all important factors to consider when choosing a place to live for the school year. You should also look up reviews about the apartments, if you can.

Aim for a place that includes utilities in the price

When looking for a place to rent, find out if the listed price includes utilities such as heat, water

and electricity. If not included, these prices can change each month depending on how much of these utilities you use. Bills can get especially high in the winter, sometimes going up to \$200, if you're not careful. It's better to look for all-inclusive rental rates, so you are paying one price per month without additional charges.

Be COVID-19 cautious

Living in the time of COVID-19 means taking extra precautions. Before viewing a place, verify that the management has clean and disinfected the unit according to government guidelines. Better, yet, find a property management company that offers virtual tours of their apartments using apps and video chatting services.

Ask questions

When scoping out a potential residence, have a critical eye out for things such as stains indicating past water damage (from possibly flooding or leaks) or signs of indoor cigarette-smoking. Ask the person showing the place about past accidents or problems, especially when looking at a basement units. When looking at basements, aim for a finished one with real flooring and not the base foundation. If you don't like insects, you might not want a basement unit unless it is finished and not semi-finished, since spiders and house centipedes like to gather in non/semi-finished basements.

If any of the current tenants are there during the showing, try to learn things that research couldn't answer. People living there will have a better feel of the area than the landlord who might not live there.

Ask the landlord if they hire a cleaning service or clean it themselves after the previous tenants have moved out. It's good to know if you need to bring your cleaning supplies when you move in. If a place is messy when you first see it, don't cross it off the list just yet; it might look messy now, but it could be a diamond in the rough once cleaned up.

A MINI GUIDE TO FINANCIAL AID

Leandra Gumb | Interrobang

School is hard enough, but the true challenge of attending college or university lies in the thought of how you're going to pay for it all. By understanding your potential financial aid options now, you may be able to save yourself from some trouble later down the road.

Fanshawe students can learn about the College's financial aid at fanshawec.ca/paying-college/financial-aid-awards.

Western University students can find more info at registrar.uwo.ca/student_finances.

Ontario Student Assistance Program (OSAP)

OSAP is a payment assistance program for students attending college or university. If your application is submitted and approved, your payment comes out in two parts. Loans are borrowed money that you must pay back after your schooling is over. Grants are money that you can keep and not pay back. The funding you may receive relies on your pre-existing financial status. Your student loans will begin to collect interest once you have finished your studies, so register yourself with the National Student Loans Service Centre (NSLSC) online to review how much you need to pay back, your payment deadlines and to figure out a payment plan that works for you. It's always a good idea to apply for OSAP as early as you can. For more information on how to apply, visit osap.gov.on.ca.

Bursaries

A bursary is a type of award given to students when they cannot afford school payments on their own. Bursaries are typically based on an individual's personal info and family financial status. There are a few bursaries that act as a work-study option. This means that the college/university that you are receiving the bursary from will provide you with a paid job at the college that accommodates to your schedule and program. You need to apply yourself to these bursaries in order to be considered. You can also be accepted for multiple bursaries at the same time.



Scholarships

A scholarship is like a bursary, but it's usually based on a student's grades and merits as well as their financial status. They are more difficult to acquire as many require a minimum grade point average or extra-curriculars. The criteria of the scholarship depends on the scholarship donor's values and purpose. Athletic scholarships are also available, given to students with exceptional skills in a specific sport. Again, you often need to apply in order to be considered.

Other Options

If none of these options are applicable to you, consider talking to your bank about more personalized options. They may be able to offer you a good deal on bank loans, lines of credit or credit cards. You may be able to increase your credit score in preparation for some hefty purchases you might make for after you're done school, like buying a car or a house. Taking on any of these options can be scary, but if you stay organized and consistently check in on your financial status, you'll be OK.



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What the heck is left to do in the new normal

Salma Hussein
INTERROBANG

Businesses are opening up, and life is coming back into London as the community heads back to school and the workplace.

We're all still recovering from quarantine and life under heavily cautioned excursions and safety measures, however as the city opens up more and more activities and pastimes are available.

With proper safety measures set in place at restaurants, diners, parks, bowling allies, cinemas and more, are now accessible options. Let's take a closer look at what activities London has to offer but, remember that wearing a mask in all public settings is mandatory or recommended for your health and safety and for those around you!

Dine but don't dash!

Breakfast lunch and dinner is served! Possible seating areas are now available at select restaurants and patios are a definite option. You can sit in for breakfast or lunch at Cora's and dine in at 168 Sushi in the same day! Provided that you must wear a mask until you get to your table and that you have the appetite for it (which trust me, you do).

Some local business are not at full capacity and dine-in may not be an option for smaller restaurants, but takeout is available at most. A good way to make sure is to either check online or make a friendly call to your favourite grub spots. Let's keep our local businesses thriving so we can enjoy them for more days to come.

Socializing Safely at the SocialBowl

Need a place to have fun with your friends, but also make sure your socializing safely? The Palasad SocialBowl is back in business and according to their website, "good clean fun and food have never been safer!" Dining tables are properly distanced for your safety and floor markings have been placed for social distancing. So put on your mask, air-grab your friends, and make your way to the social bowl for six-feet-apart fun!

Bookworms at Attic Books

Quarantine has given us time to catch up on our reading lists and neglected bookshelves. However, nothing beats walking into your favourite second-hand bookstores and soaking in the smell of old books. Book thrifting is one of my personal favourite excursions and pass times, and I know other book

lovers feel the same.

So, if your favourite London bookstore, Attic Books being mine, was stripped away from you during quarantine, then I'm here to tell you it's back! Second-hand bookshops all around London have opened their doors for in-store shopping. Check out store hours online and head down to the only places you can spend hours on end in pure book-loving joy.

Leisure walks and fun talks at the park

Your gym hasn't opened back up yet? Haven't glanced at a treadmill in the past few months? Need some fresh scenery and a dose of sun after converting to vampirism this past summer? Check, check, and check.

Well here's some good news, our beloved London is filled with an abundance of beautiful parks and rivers that are patiently waiting for your visit. Text a friend to have a socially distant picnic with you as a treat after you're done your afternoon jog. Catch up on much needed conversations, and don't forget to wear your lovely masks as you do so. Dig up your neglected runners, and pull out your gym clothes from the back of your closet and take a well needed



CREDIT: SALMA HUSSEIN

Grab your bus pass or fill your gas tank, London is back in business.

walk around the park.

Popcorn and smoothies at Tuesday movies

Our Scene cards are filled with points, and I know we were all waiting for the grand doors of our local cineplex to open. With great patience we waited, and the wait is over. Cineplex tickets can now be purchased, and movies can now be watched in those lovely reclining chairs. Check out some good

picks like *Tenet* and *The New Mutants* for starters. Save your money for discounted Tuesday movies and make sure to use the rest for snacks.

Hopefully, we can fit socially distant fun in our busy school schedules this year and get outside in the London streets. Be sure to stay safe by wearing masks, hand sanitizing, and keeping the good-for-you-good-for-all distance!

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Pros and cons of written versus digital notes

Salma Hussein
INTERROBANG

A new school year is beginning, and new beginnings call for new ways to study, or perhaps a simple refresher of what methods are available for you.

Like some of you, I came straight from high school and into my post-secondary graduate program and wasn't familiar with typical college/university studying methods. Some high school teachers are not fond of having electronics in class, and thus digital note-taking was never an option for some of us.

I learned quickly that college allowed for more forms of academic studying, digital studying being a

more common medium. With the pandemic happening and social distancing measures being in place, digital studying is definitely going to be integrated in our school year. However, classic handwritten note-taking is not out the window.

If you don't know how to approach studying this year, or simply want to look at different possibilities, join me in exploring the pros and cons of both digital and handwritten notes.

There are many innovative technologies that try to mimic the texture and full experience of handwritten notes, but I doubt that any device could really make you feel the way you do when your pencil scratches or pen glides on paper. Typing may be quicker and using a computer may

result in more easily organized documents, but the experience will never be the same.

Those of you who appreciate a good set of stationeries would also miss testing out and writing with new pens, pencils, highlighters, etc. Shopping for stationary is just as exciting as using your newly bought items for schoolwork. Stationary excites, and most importantly, motivates. Being comfortable with the way you chose to study is important to the success of your academic endeavours.

So, if you are a visual person who likes to draw out diagrams or someone who enjoys neat notes that are aesthetically handwritten, don't be intimidated by your peers who prefer the quick and easy medium that is a laptop or computer. The end goal is the same, choosing the method that helps you learn.

Thinking green, however, is also our duty to the environment. Leaving as little of a carbon footprint as possible is key the planet's future. By opting for digital note-taking and limiting your usage of paper, the average Canadian paper consumption per person per year of 308 kilograms of paper, according to St. Paul's University College's article "Reduce It," would definitely decrease.

As I mentioned previously, if you are all about organization and keeping all your notes in one place, investing in a device such as a desktop or laptop would be a good alternative to writing out notes. Word, One Note, and other note-taking apps are



CREDIT: SALMA HUSSEIN

Paper or Device? Let's find out!

great for organizing and filing notes for all your classes.

Another benefit to digital note-taking is that, for most devices, split screening is an option. Instead of having multiple pencils, pens, highlighters, notebooks and printed lessons on your desk as you take notes, having one device with all the pages you need opened in one space reduces desk clutter and therefore a less stressful working environment.

What if I told you there was a compromising option for both handwritten and digital note-taking lovers? Investing in a tablet or iPad is a great in between option for people who like a little bit of both methods

in their life. Apple usually has an education sale before every school year that promotes usage of iPad for school at a discounted price.

This option is good for hand writers as you can draw out your diagrams on note-taking apps and write out your notes in organized documents. If you want paper-like feel on your iPad, matte screen protectors are available on Amazon. Even though it isn't quite the same as paper, it still gives you most of the experience and reduces clutter at the same time. And you will feel better about your contribution in helping the environment by reducing paper consumption.

The new normal for people with disabilities

Salma Hussein
INTERROBANG

This year has been full of changes and new normals for everyone.

However, for people with disabilities and pre-existent mental health issues, the pandemic has caused a more stressful and challenging environment. As a school community that caters to the needs of a diverse range of students, being aware of the difficulties our peers go through in this pandemic is crucial to better understand each other.

In a new expectation to wear masks in public settings and at the workplace, people with hearing disabilities struggle to use their customary lip-reading skills to effectively communicate with others. Although wearing a mask is definitely a beneficial safety precaution to protect the health of all, those with hearing disabilities are at an increased disadvantage in terms of communication.

A CBC article written by John Watters titled "How COVID-19 is unmasking my hearing loss," raises the concern of the dismissal of hearing loss as an issue when policy decisions about masks were made. The article emphasizes the need for accommodation for people with hearing disabilities.

"But they have hearing aids, shouldn't their hearing be normal?"

A common misconception that many people have is that hearing aids makes hearing at a "normal" level. It is a tool that *helps* people with hearing disabilities hear better, but far from what most perceive as making hearing "normal."

Well, how can we accommodate for hearing disabilities? Clear masks are an available option for those in a workplace environment that are aware of people with hearing disabilities working alongside them.

Policy makers should be having this discussion and be made aware of the daily struggles that people with hearing disabilities experience on a daily basis and figure out an accommodation that caters to their needs. Having this conversation and using social media to raise aware-

ness is the best way you can spread the word!

Hearing disabilities aren't the only disabilities that haven't been accommodated for. People with developmental disabilities and Autism have struggles even more so with the changes posed by the novel coronavirus. Routine and consistency are a strong contributing factor to people with developmental disability and Autism Spectrum Disorders (ASD). Quarantine definitely disrupted the routines of many.

Physical activity and enjoying the outdoors is immensely beneficial for people with developmental disabilities and ASD, as it aids in the reduction of behavioural problems and aggression behaviour, according to a scholarly article by Erkan Yarimkaya and Oguz Kaan Esenturk titled "Promoting physical activity for children with autism spectrum disorders during coronavirus outbreak: benefits, strategies, and examples."

People with developmental disabilities who reside in group homes and other group facilities have been restricted from visitations from family. Even as Ontario opens its businesses and public settings, those in most group homes are continued to be limited from outdoor excursions and family visitations. Not being able to understand that the world is in a pandemic and that the changes that surround them are for their health safety, negatively impacts their mental health and increases behavioural aggressions.

Limited comprehension of the changes that are happening around you, having to be restricted from seeing your loved ones, and the only routine that accommodates you is something a lot of us can't begin to imagine, and I couldn't begin to imagine either. However, we are not called to imagine. We are called to empathize, understand, and bring awareness. Understand that the pandemic has impacted a diversity of people in various ways. Take the time to inform yourselves and others around you of changes people in our communities are facing so that understanding one another is no longer a hardship but the new "normal."

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Black Lives Matter today, but for how long?

Miss A.
INTERROBANG

It was unusually warm that Friday morning, even for May standards.

I was enjoying my then regular morning routine of downing my coffee between quick strides, trying not to trip while running for the fast approaching bus. I had a thing about being late for class and although this was five years ago, it still rings true today.

As my luck would have it, I missed the bus.

This gave me some much-needed time to catch up on some reading. I was especially excited because a friend had sent me a Vice article that morning with the caption, "YOU HAVE TO READ THIS!"

I took one look at the title and I knew I was in for a ride.

Written by Eternity Martis, "London, Ontario was racist asshole to me" is an article worth reading.

It summarizes her four-year experience as a non-Londoner, Western University student. And if you can't pick it up from the title, it wasn't good.

Rather than giving my critique I recommend you read the article yourself. While you're at it, I highly recommend a reddit.com search with the article title in the London Ontario subreddit.

Although met with some positive feedback from those who've shared



A COVID-19 appropriate way to display a powerful and important message, Black Lives Matter.

CREDIT: MISS A.

similar experiences in the city, she was met with enough criticism to warrant a follow up article, "This is how London, Ontario responded after I called it a racist asshole."

The tone of both Martis' articles has been a hot button issue for some readers, but regardless of where you stand on her writing ability, her experience is real. It is also the shared

reality of many others residing within the city, including myself.

London Ontario has a racism problem, but no one really wanted to hear about then. Do they now?

Fast forward to today's climate where the world is marching for Black lives after witnessing the last 8.46 minutes of George Floyd's life. All while a police officer is slowly suffocating him with his knee on his neck.

Now imagine Martis' article written in this current climate.

Would people be so quick to jump on her tone or would they try and listen to her experiences?

Would there be sympathy for the continued experience with racism for the Black, Indigenous and People of Colour (BIPOC) population of London?

Would the cries for change be met with complicit silence?

To be frank, I don't know.

What I do know is that I am more hopeful today than I was yesterday as the fight for change prevails.

To anyone that knows me this response may come as a surprise in comparison to previous discussions I've had.

My newly found resurgence in hope started with the most recent protest on August 29.

With hundreds of people gathering in Victoria Park, it was a far cry from the 10,000 seen at the historic Black Lives Matter March earlier in June.

On June 20, 1,000 people protested in front of City Hall, one tenth of the first march.

Even with the continued and expected dwindle in protesters, I believe with the creation of the BLM London chapter, protests will continue to happen.

There is more and more leadership in the city joining in creating spaces for a change.

Whether it's masks, t-shirts, posters, graffiti, I see London Ontario is finally listening more intently to those who have been trying to speak.

Although I chose not to attend the first march, I can't deny the visceral energy in the air that day. From the videos and photos I've seen, it will be a day London will never forget.

That unifying energy, albeit less, still lingers today and that is enough for me to continue to fight the good fight.

As the respected civil rights activist and King of Soul, Sam Cooke, sings, "It's been a long, a long time coming but I know a change gon' come, oh yes, it will."

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How to make online learning work for you

Mudia Iyayi
GAZETTE

New year, new Zoom lecture.

Online learning this year presents different challenges than in-person classes did in the past. You may feel overwhelmed by the new lecture formats, increased independence and lack of social interaction. Conversely, you may welcome the idea of not having to take the morning bus for your 8:30 a.m. class or perhaps you enjoy avoiding small talk in the lecture hall with that one friend you haven't seen since Orientation Week.

Adjusting to online learning involves not only embracing the benefits, but also recognizing and overcoming its downsides. Here are a few things you can do to tackle them.

Autonomy and independence

You now have the opportunity to make your own academic schedule and plan any other activities or responsibilities around it, which was previously unheard of. And while making your own schedule allows you take charge of your education, it also imposes more responsibility. There is no lecturer or teaching assistant to ensure you keep up with the material, nor are there regular class meetings to keep you oriented with the subject matter.

Setting a strict schedule for yourself and allocating time for breaks will hopefully ease the stress while adjusting. Another tip is to treat your online classes like a job. For example, set a schedule for yourself to do schoolwork from 11 a.m. to 5 p.m., and you can only binge watch your favourite Netflix series, make your favourite meal or even take a nap after that amount of time.

Making new friends

One of the biggest challenges this year is social interactions — or lack thereof. Gone are the days of meeting a new friend in a lecture and acting as each other's lifeline for the entire semester. With the transition to online learning, students may have the opportunity to converse in Zoom classrooms, facilitated by a professor. But, a lot of classes are adopting asynchronous lectures without regular Zoom meetings. Students may never know who else is taking their class.

While overcoming this challenge may be difficult, it is certainly possible. A good place to start is searching for study groups on the Facebook group "Must Knows for

courses at UWO," a popular group for sharing information at Western. Other ways such as joining course-specific Facebook groups or conversing in group assignments can help facilitate academic friendship as well.

Forging academic relationships

Gone are the days when you could simply ask your professor a question after class. Without physically seeing your professors and TAs, receiving applicable feedback on your work can be challenging and may require setting up Zoom meetings outside of regular hours.

Unfortunately, there is no set solution to this downside, but it does not mean that your relationship with your instructor is forfeited simply because a course is online. There are virtual office hours where you can chat with your professors and TAs about academic and non-academic topics. Even if face-to-face interaction is intimidating, there is still the option of email. While not the same as physically speaking with your instructors, these ways help ensure that the communication is never lost.

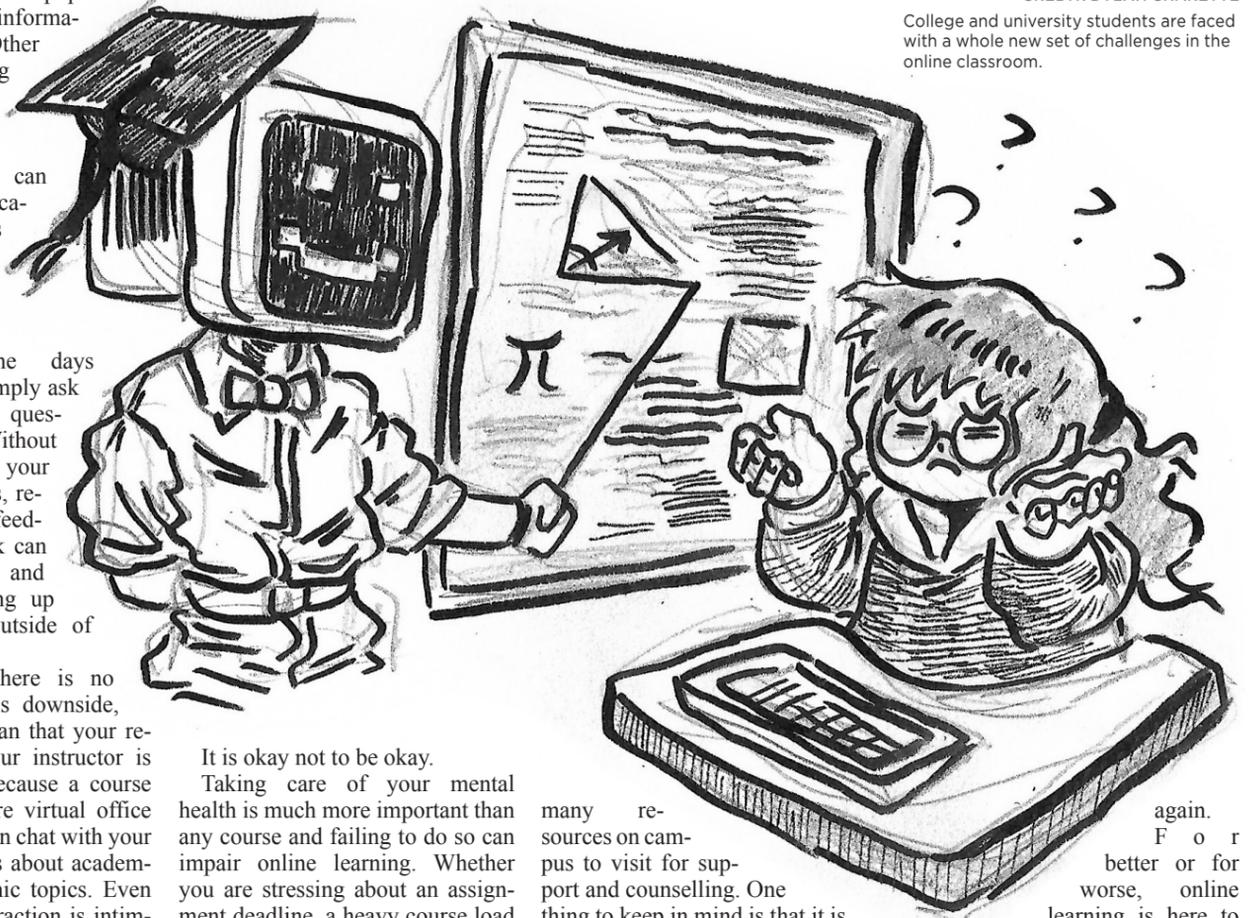
House distractions

Without having to pick an outfit, wait for the bus, walk to your lecture hall or find a seat in a packed class, there is so much more time to allocate to less mundane tasks. Unfortunately, with this increase in leisure time, distractions are almost inevitable. These distractions are worse if you live with roommates and may be amplified even further if you have pets.

Designating a specific spot in your house for "studying only" and communicating with your roommates the times you wish to study there should alleviate some of those distractions. Other tips include leaving your phone outside your studying area, only eating when hungry and avoiding studying in the living room or common area.

Mental health considerations

Not only is the conversion to online learning stressful and abrupt, it is also occurring in the middle of an unprecedented global pandemic.



CREDIT: DYLAN CHARETTE
College and university students are faced with a whole new set of challenges in the online classroom.

It is okay not to be okay.

Taking care of your mental health is much more important than any course and failing to do so can impair online learning. Whether you are stressing about an assignment deadline, a heavy course load or a personal issue, it is important to seek support from your roommates, friends and family. There are

many re-sources on campus to visit for support and counselling. One thing to keep in mind is that it is always okay to take a mental health day, you can always finish your work once you feel like yourself

again. For better or for worse, online learning is here to stay, however it is not as daunting as it appears — it only requires a small amount of adjusting.

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Will Fanshawe students catch COVID-19 before catching a break?

Miss A.
INTERROBANG

With the uplifting sounds of Bill Withers' "Lovely Day," I watch as the last sparkle of the sun goes away.

Slowly drifting into the shoulda, woulda, coulda of my mind, my thoughts are interrupted, "For the safety of everyone, please be advised masks are mandatory when riding London transit. Thank you and ride safely."

It's become ambient noise at this point, having heard or read some variation of this message almost everywhere.

But not on that day.

That day it served as a stark reminder of our new reality and the uncertainty of it all.

I may sound a tad dramatic but with the opening of schools around the corner amid a global pandemic, I'm worried.

I'm worried that with Fanshawe's known hands on approach to learning, the quality of education may be insufficient this year. I'm also worried about how the added stress of school will affect those whose COVID-19 bubble comprise of just themselves.

I will credit Fanshawe for their efforts to deliver the most up to date information leading up to the first day of classes. I also acknowledge their efforts to help mitigate the financial stress COVID-19 has had on students. However, I'm still worried.

Since the shutdown, we've been in a transitional period in which com-

munication has not been the best on Fanshawe's part. This is something myself and other students have experienced.

Understandably, we are all trying to figure out this new normal so we should expect some hiccups.

Nevertheless, that is no excuse to ignore the very real concerns of students, especially international students, during these unprecedented times.

I spoke with two international students, Keniesha Nesbitt and Omar Rezk, about their Fanshawe COVID-19 experience.

Both are in their final years of the broadcasting: television and film production program.

Omar Rezk

Hoping to capitalize off his summer break and gain more hands-on experience in the world of film, Rezk was excited to start a job as a production assistant in Toronto.

With the film industry coming to a standstill like never seen before, he had to let that dream go.

The swiftness of the shutdown raised a lot of questions and concerns for Rezk leading him to reach out almost immediately. But his tenacity was met with silence or incompetence.

Rezk tried to communicate with Fanshawe several times for multiple reasons. He was hoping, just as many others were, to find any valid information pertaining to the upcoming semester, the effect COVID-19 would have on tuition and health insurance.

Forced to play a bad game of tele-



A student reminisces about life before the pandemic.

CREDIT: MISS A.

phone, Rezk was not happy with Fanshawe's response.

"Unfortunately, they weren't really helpful with their answers, I had to get transferred between multiple departments. Not all of them had tangible information so they would just transfer my call again to another department."

After a few days, Rezk was relieved to get in contact with someone who could provide a constructive response. Unfortunately, that's as far as the constructive responses go for him.

When asked if he feels safe coming back, Rezk does not.

His cause for concern stems from his doubt in Fanshawe's ability to keep up with the rapidly changing information about COVID-19.

"The rules and regulations that come out of Fanshawe change ac-

cordingly [but] I am not 100 per cent sure if they actually know what they are doing. I don't fully trust them. I feel that they care more about the financial and business aspect [of the school] rather than [being] 100 per cent sure that the students would be absolutely safe."

Unsurprisingly, Rezk does not feel supported by Fanshawe, not at the beginning of the shutdown and not now.

"I expected a lot more from Fanshawe. I didn't expect them to go above and beyond. I just expected them to match whatever was going on [financially] at other institutions."

Rezk continues, "The amount of support that was available for international students at their schools was substantially better and more than what we got from Fanshawe."

There is a small victory in all of this, Rezk applied and received the short-term financial support offered by Fanshawe back in April. It is a one-time payment of \$500.

Rezk hopes Fanshawe will focus on hearing the many student voices echoing similar sentiments.

"I just wish that Fanshawe would think more about the actual student experience rather than the marketing aspect of it. Put in more thought and effort in making or advancing the technologies, advancing the student life, [and] community. [Make] it a good place to be."

Keniesha Nesbitt

Nesbitt was excited for an eventful summer.

She had a new job lined up that would have made her comfortable financially to enjoy her first summer in Canada. She was also very excited to return home for her birthday to celebrate with family and friends; loved ones she hasn't seen since the holiday season.

Like many others, Nesbitt is finding the forced reconstruction of our lives to be difficult.

"I've spent way too many hours in my room staring at a blank wall and it has not been that fun."

With the rising death toll and no foreseeable end in sight, Nesbitt found herself wanting to go home immediately. Being both new to Canada and new to this pandemic, she was unsure about protocol.

Although no personal communication was made between Nesbitt and Fanshawe at the start of the pandemic, she was able to find comfort in the plethora of information found in the many WhatsApp groups started by and for international students.

Within said groups, Nesbitt vocalized the experience of some members' communication with Fanshawe.

"There were a few students who tried to reach out to Fanshawe and tried to understand where they fit

in during all of this and how things would be...Fanshawe did not answer back or didn't give them a clear answer. Basically [they] didn't give them the answers that they needed."

Being made aware of their experiences Nesbitt felt it was "pointless" to try and communicate with Fanshawe, so she kept it minimal.

Nesbitt did appreciate Fanshawe's communication as of late, having had a minor schedule conflict.

When asked if she felt safe coming back, like Rezk, she did not.

"I wouldn't say I feel 100 per cent safe coming back. I would say probably 30 to 40 per cent."

She eases her worry with the reassurance that masks and sanitizer will be made available, however, she does believe her ability to learn will be affected.

Drained of energy to give, Nesbitt didn't and continues not to feel supported by Fanshawe.

The proverbial "stuff" hit the fan for Nesbitt with the surprise tuition increase within her program, *only* affecting international students.

She was not happy with Fanshawe's response when asked about the almost \$500 tuition hike.

"They said it would give the students a better experience online, at the end of the day it's still online, so what was the money for? [Is it for] more videos? Honestly, what more can you do online?"

She was hoping for leniency to pay tuition since there was no financial help from Fanshawe coming her way, but the school was not budging on their policy.

"They wanted international students to pay all of their tuition [by] a certain time and if you didn't then you didn't have a place there."

As she saw domestic students finding support from their government, she hoped to be able to do the same. Unfortunately, they could not help her financially as they were dealing with the surprise of a global pandemic.

With no job or government support, Nesbitt was struggling to pay rent and tuition. Luckily, with the help from family, she was able to financially survive this summer.

Nesbitt chose not to apply for the one-time \$500 payment Fanshawe was offering, believing it would have been a long shot.

"Asking for financial help when a ton of international students would be asking for help... it's pretty much a one in a million chance of getting picked... If your number gets picked you get the financial aid and if it doesn't, you're still stuck where you are."

For more information about COVID-19 and the fall semester, visit Fanshawe's website fanshawec.ca.



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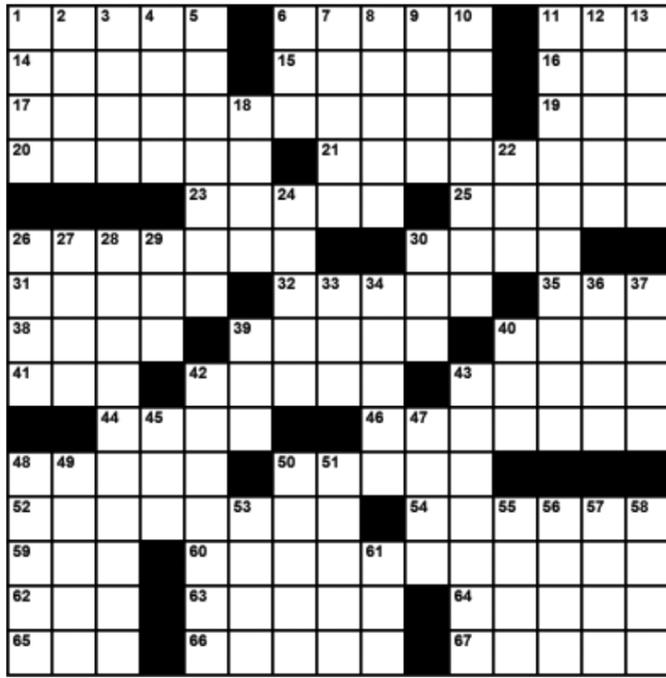
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ACROSS

- 1. Big name in water filtration
- 6. Classic record label that rejected Beatles with the comment "Groups with guitars are on the way out"
- 11. Caravansary
- 14. Engine displacement unit
- 15. Comment made while fanning oneself
- 16. Modern
- 17. What an electric current does not flow through
- 19. Blacken
- 20. Whom Indians called "Bapu" ("Father")
- 21. 2011 inductee into the World Golf Hall of Fame
- 23. German article
- 25. ___ show (part of an old carnival)
- 26. Largest country in Africa since the breakup of Sudan in 2011
- 30. Furnish temporarily
- 31. Beach walkers
- 32. Snaps up
- 35. Iraq War danger, for short
- 38. Clarinetist's need
- 39. Dealers in futures?
- 40. Group that often files amicus briefs (Abbr.)
- 41. Chemical suffix
- 42. French metropolis near the Belgian border
- 43. Some Deco illustrations
- 44. "A fuller blast ___ shook our battlements"
- 46. Fights with
- 48. City of Light creator at the 1893 World's Fair
- 50. Infection fighter
- 52. Facility often found near a port
- 54. Underwater trap
- 59. Buffalo-to-Burlington direction
- 60. High (and high-priced) options for spectators
- 62. You, overseas
- 63. More hazardous, as winter



- 26. Cutting-edge brand?
- 27. Refuse at a bar
- 28. Round numbers?
- 29. Anatomical cavities
- 30. Abbreviation on a gym weight
- 33. Family member (Abbr.)
- 34. Glacial ridge
- 36. Home of ancient Greek scholars
- 37. Attic accumulation
- 39. Arthur Conan Doyle title
- 40. Class for model students?
- 42. Positions oneself to hear better, say
- 43. Italian sportswear name
- 45. Country music's ___ Young Band
- 47. Holly tree
- 48. Hair piece
- 49. Start of an elimination rhyme
- 50. "Have some!"
- 51. Modern lead-in to cafe
- 53. Kitchenware brand
- 55. Glassmaker's oven
- 56. Covered, in a way
- 57. Overseas alternative?
- 58. Clucks
- 61. Vein contents

DOWN

- 1. WordPress or Tumblr page
- 2. Last name in morning TV
- 3. Christopher Columbus Trans. Hwy.
- 4. Be disposed (to)
- 5. Robin Hood and others
- 6. Foundation leader
- 7. Awards show presider
- 8. Make butter old-fashioned way
- 9. Close-up magician's prop
- 10. Outfits
- 11. Outlaws
- 12. Hall-of-Fame football coach
- 13. Sip on
- 18. Peculiar sundial numeral
- 22. Suffix with Ecuador or Euclid
- 24. Conrad of the silents

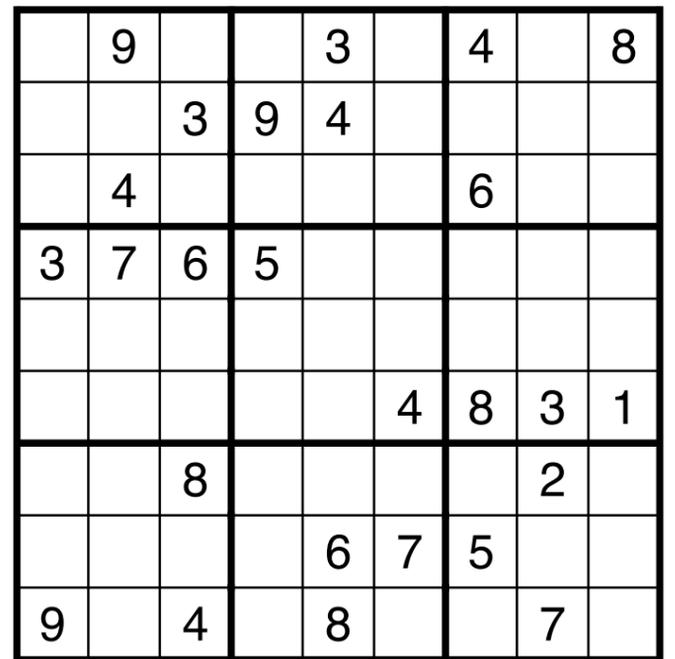
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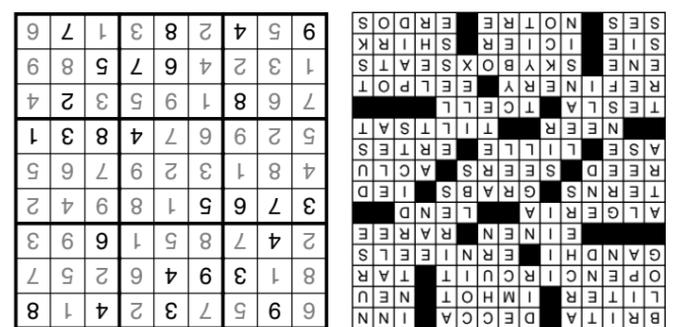
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

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



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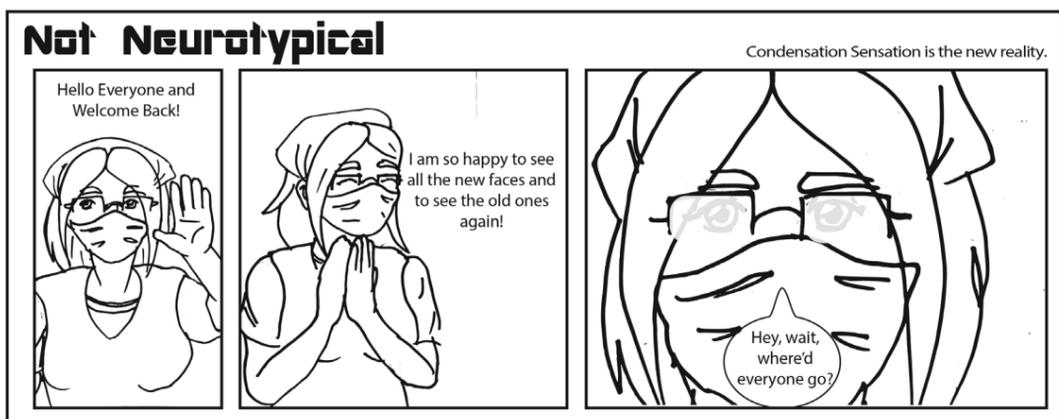
Freshman Fifteen



By Alan Dungo



@FilbertCartoons



Freshman Fifteen



By Alan Dungo



Aries

You may feel restless and eager to socialize but you are better off staying put and relaxing. Keep the peace, and focus on physical health. Changes going on at school will leave you feeling uncertain. Don't let your emotions lead to an impulsive decision when stability is what's required. Using your charm to get what you want is essential. Emotional ups and downs will keep you on your toes.

Taurus

Think twice before you jump into action. A snap decision will lead to second-guessing your motives. Don't take risks with your health or your emotional well-being. A challenge will spark your interest. Concentrate on doing your best and you will outdo anyone who tries to compete with you. Make suggestions, and you will attract attention as well as the help you require to get things done.

Gemini

You may crave change but before you step into an unfamiliar situation, consider the motives and logic behind your actions. Be smart regarding health, love and socialization. Make adjustments at home to make your life better without going over budget. An emotional situation will surface if you haven't been honest with someone close to you. If you want to gain respect, you will have to be upfront regarding what you want and why.

Cancer

If you want to share your thoughts and feelings choose your words carefully. Leaving someone with the wrong impression will end up causing more trouble than anticipated. Focus on how to make the most with what you've got. Use your charm and talents to help coax others to see and do things your way. You can make a strategic move if you work in conjunction with someone heading down the same path.

Leo

Take care of situations that can affect your reputation. Moderation will be your ticket to a better life. Inconsistency will be troubling and the result will deter you from reaching your goal. Take a moment to collect your thoughts before you forge ahead. Look over your relationships with friends, relatives and peers and consider if you need to make adjustments. The changes that others make will determine who is an ally.

Virgo

Do what you can to help others but don't leave yourself in a vulnerable position. An argument will escalate into a situation that requires damage control. Weigh the pros and cons. Educational pursuits and physical activity are favoured. Participate, but don't take risks with your health and well-being. Take the initiative, lay out your plan of attack and make the changes you find most rewarding.

Libra

Take a moment to recap your ideas, plans and motives. It's essential to understand the gravity of a move you want to make before you jump into action. You'll attract attention but before you decide to share too much information regarding your plans, listen to what others have to say. Joint ventures aren't a good idea. Revisit money matters, contracts and concerns you have regarding your domestic situation.

Scorpio

Listen and learn. The information you gather will help you determine what you need to do next to bring about positive change. Size up a relationship you have with someone you live with and do whatever it takes to avoid an emotional dispute. Build trust, not conflict. Be imaginative and you will connect the dots and come up with a plan that will encourage positive change in your life. Knowledge is power.

Sagittarius

The past will help you decipher what you should do next. Engage in talks with others, and uncanny insight into what you should do will transpire. Put your intelligence to work for you, and you'll develop a plan that will help stabilize your life. You'll be faced with a dilemma if you let your emotions take over and you listen to someone who is using manipulation to coerce you into doing something you shouldn't.

Capricorn

You'll have more options than you realize but if you waffle, your timing will be off, and you are likely to make a judgment call that lacks value. Put your effort into learning and gathering information to help you understand what's going on around you. Having a broader scope of what you are up against will determine how successful you become. You'll be in a much better position to wheel and deal and motivate others to see things your way.

Aquarius

You'll encounter something that intrigues. Before you decide to leap into action, do your homework and find out if it's worthwhile. You may feel like making a personal or physical change but consider the consequences that might unfold. Intelligence will be required to sort out what price is worth paying for something that isn't necessary. Rely on experience to help you decide how best to handle a relationship.

Pisces

Opportunities will arise if you get in touch with someone you have collaborated with in the past. Old ideas will come to mind, and an updated twist will be ripe for review and reuse. Put more energy into whatever you do. Your performance will make a difference in the results you are striving to achieve. Don't let an emotional situation stand between you and your success.

The new world of sports amid a pandemic

Skylar McCarthy
INTERROBANG

With the COVID-19 pandemic that has been in effect in our lives, everything from the way you work, the way politics is run and even sports have changed.

While we see some collegiate athletics like the Ontario Colleges Athletic Association (OCAA), along with the Canadian Collegiate Athletic Association (CCAA) cancel their seasons, some professional sport leagues like the National Basketball Association (NBA) and the National Hockey League (NHL) have resumed. Here's what the new world of sports looks like.

On March 11, the entire sports world was shocked. On the same night the world finally knew that COVID-19 was a pandemic from the World Health Organization (WHO), an NBA game between the Oklahoma City Thunder and the Utah Jazz took a turn for the worst. Jazz center Rudy Gobert tested positive for COVID-19, becoming the first professional sports athlete in the United States to contract the virus.

The NBA had to suspend the game, then suspend the entire NBA season until further notice. All the other major sport leagues like the NHL, Major League Baseball (MLB) and Major League Soccer (MLS) also had to cancel

their seasons, following what the NBA did the previous day. While the NFL season was done a month before the pandemic had raged into the United States, they still had to hold a virtual NFL draft. For a few months, sports fans like me thought sports won't be able to happen until the COVID-19 pandemic was clear and gone.

College sports in the US have also seen the worst as March Madness, the famous college basketball tournament was also cancelled, and even college football won't have a true season as most teams in the states, aren't going to risk the safety of their college athletes. In Canada, college football will be cancelled after the Ontario University Athletics (OUA) canceled all OUA-sanctioned sport programming until December 31.

With that, the OCAA also suspended all fall sports, which means the Fanshawe Falcons won't have sports seasons in baseball, softball, outdoor soccer, golf, and cross country running. However, the OCAA says currently that the Winter 2021 semester, the sports of basketball, volleyball, badminton, curling, and indoor soccer are currently going to take place but with reduced schedules. They will make a final decision about winter 2021 sports during the fall semester.

Professional sport leagues like the NBA and NHL have come back

since the beginning of August, in new ways. In the NBA and NHL, they're finishing their seasons in a bubble environment. In the NBA, the team's staff and players arrived in Orlando, and made a bubble environment near Walt Disney World in Florida, while the NHL has two bubble cities in Toronto and in Edmonton. The athletes are playing without fans in attendance and taking daily COVID-19 tests to make sure they reduce the spread of COVID-19 in the bubble.

They live at the bubble, they train, they eat, they play all in their respective bubbles, requiring them to be without their families, in which some players have said publicly has taken a mental toll on them.

Meanwhile, as the MLB completes their season with no fans in attendance, teams still travel around the country and aren't in a bubble

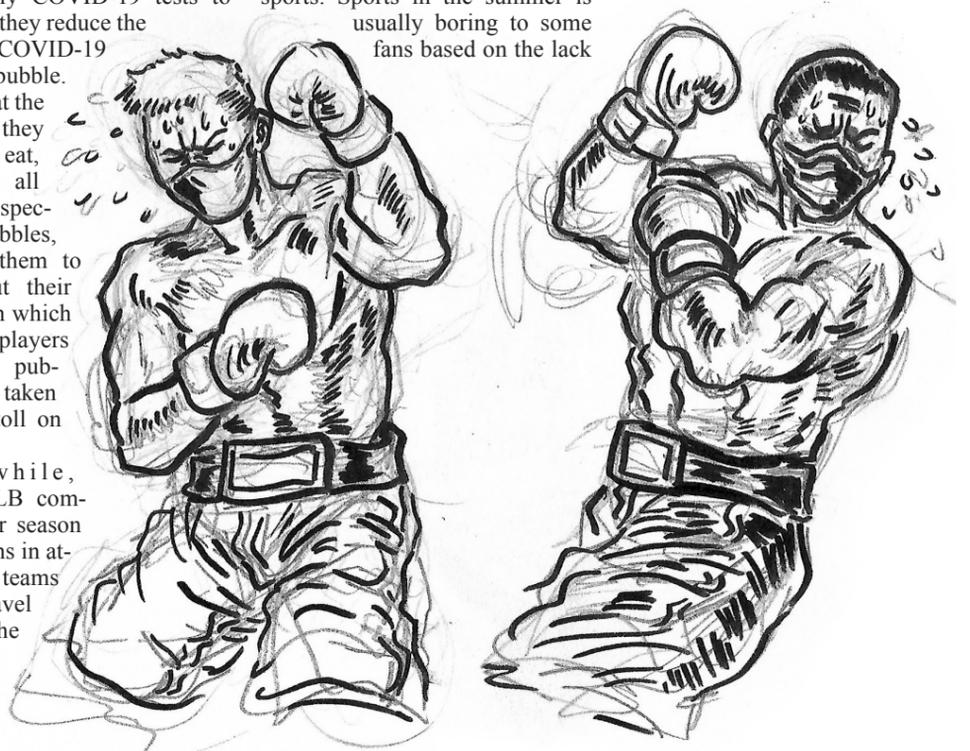
environment. This has caused some backlash with COVID-19 outbreaks happening in a lot of team's clubhouses, in which the MLB had to postpone a lot of the games.

These are experiments as we try to look how sports will be played during this unprecedented time, and yet after months of no sports, this has been the best summer of sports. Sports in the summer is usually boring to some fans based on the lack

of sports being played, but this year with baseball, you also had hockey and basketball played. So really, this was the summer of sports, and this year was a new world in sports.

CREDIT: DYLAN CHARETTE

The COVID-19 pandemic has created a new world of sports, like we have never seen before.



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Fanshawe Athletics names first esports head coach

Angela McInnes
INTERROBANG

Fanshawe Athletics has announced Tyler Hetherington as the College's first esports head coach.

Fanshawe recently joined the new Ontario Post Secondary Esports (OPSE) league to compete against other colleges and universities around the province in four esports games: *Hearthstone*, *League of Legends*, *Overwatch* and *Rocket League*. Hetherington will head the new Falcons Esports extramural team.

"I'm very excited to take esports to the athletics level," said

Hetherington. "I'm proud that Fanshawe Falcons are behind the esports movement, and I hope to lead the team to varsity level."

Hetherington is the events and activities coordinator for the Fanshawe Student Union (FSU). Shortly after being hired in 2016, he began Fanshawe's Ultimate Esports League (FUEL), introducing esports to the Fanshawe College community.

In 2018, a FUEL member represented Fanshawe at the Enthusiast Gaming Live Expo Canada Cup tournament in Toronto. Under Hetherington's direction, the program flourished to include individuals and teams across multiple games competing in local and na-

tional tournaments. Any student can sign up to join the recreational league at fsu.ca/fuel.

In July, Fanshawe Athletics put out the call for video game enthusiasts to try out for its own new esports team. While all current varsity sports have been cancelled until further notice due to the COVID-19 pandemic, esports can be played remotely.

The world of esports is not gender-specific, and also breaks off from the stereotype of competitors being physically inactive.

"Esports is not what it used to be," said Hetherington. "The image of the gamer has transformed. The game requires having a healthy body and mind. Skills are

built with muscle memory, just like in any other sport."

Hetherington added that the social aspect of taking part in the Falcons Esports team is another huge benefit to prospective players.

The Falcons Esports team will be one of the inaugural members of OPSE, which is set to launch in the fall. The sport will at first be played at the extramural level, with the potential to become a part of the Ontario Colleges Athletic Association (OCAA).

The application for tryouts can be found at fanshawefalcons.ca/recreation/Esports. The season will run from November to March.



CREDIT: PROVIDED BY TYLER HETHERINGTON

Fanshawe Student Union (FSU) events and activities coordinator Tyler Hetherington is the head coach of Fanshawe's new esports team.



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Tuesday,
Sept 22

Deal or No Deal
Out Back Shack | 8 pm

Thursday, Sept 24

Residence

Bingo

Out Back Shack | 8 pm



Wednesday, Sept 23

KARAOKE

Out Back Shack | 8 pm

Monday, Sept 28

FUEL

Sign up online at
www.fsu.ca/discord
7 pm



Thursday, Sept 24

**Acoustic
Afternoon**

Out Back Shack | 2 pm

Tuesday, Sept 29

OPEN MIC

Out Back Shack | 8 pm



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