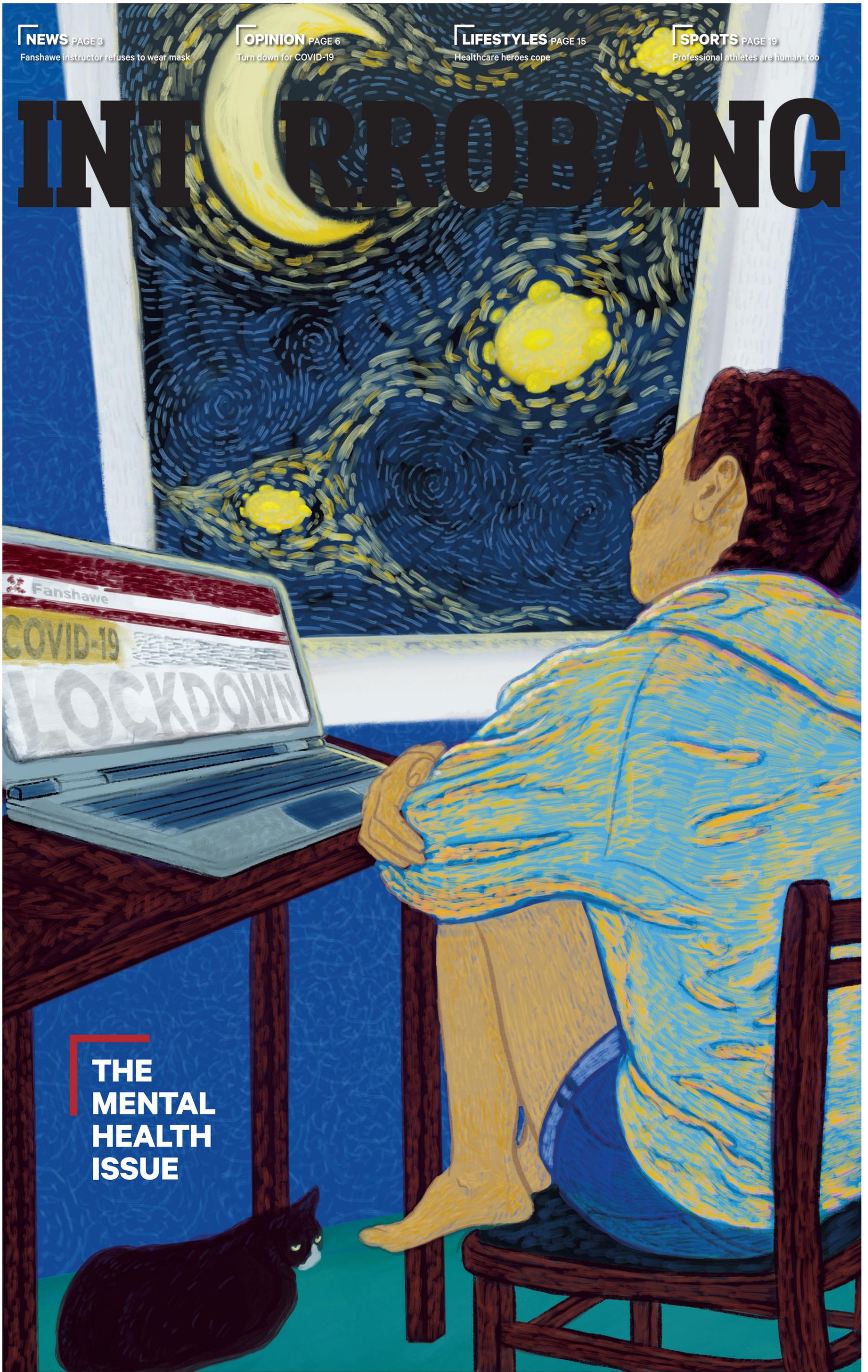


INTERROBANG



**THE
MENTAL
HEALTH
ISSUE**



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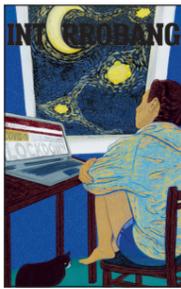
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FROM THE EDITOR Angela McInnes

There's no better time than a pandemic to be discussing our mental health.

Let's face it. I'm not fine. You're not fine. We're all not fine. But at least we're all not fine together as we ride the same rickety emotional rollercoaster that is the year 2020.

In this issue, staff from Fanshawe's Interrobang and Western University's Gazette open up about their mental health experiences in the time of COVID-19.

In opinion, Gazette's Taniya Spolia takes an in-depth look at where Western's and London's mental health support services can improve. Our lifestyles section covers emotional burnout, the importance of exercise and sleep on mental health, a look at virtual mental health services you can access, and a nod to the mental health of healthcare workers. And in sports, Interrobang writer Skylar McCarthy offers his take on why we should remember that professional athletes are humans, too.

Our news coverage in this issue touches on this year's mercifully quiet FOCO turnout, as well as why one Fanshawe instructor has refused to wear a mask in the classroom. Interrobang writer Ilhan Aden has also offered her opinion on why Western students should be a bit more conscious of their reputation, given the recent outbreak linked to student partying.

These are indeed interesting times. Take care of each other, and take care of yourselves as we see where this ride takes us next.

For all your online Fanshawe-focused news between our printed issues, visit theinterrobang.ca and follow us on Facebook, Instagram and Twitter.

And so it goes,

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Students in residence fined on Fake HOCO; dozens sanctioned

Emily Tayler & Hope Mahood
GAZETTE

Around 100 Western University students could face sanctions under the Student Code of Conduct for partying in residence the night of Fake Homecoming.

Campus police also fined two students in residence under the Liquor License Act, though it is unclear how much they are being charged.

Western University said it is “disappointed in the behaviour of some students,” especially after a surprisingly quiet Fake Homecoming that saw no major problems or arrests. While police broke up a few small parties throughout the day, officers and city officials believe students were mostly deterred by threats of steep fines and public safety risks.

But even as Broughdale Avenue remained silent, dozens of first-year students took campus roads Saturday night. Fake HOCO also saw the return of students to popular downtown bars in the evening, most of which had at least their patios filled to capacity.

Western said the London Police Service was not involved with the fines in residence and potential sanctions, though officers patrolled student neighbourhoods throughout the day.

“Overall, it appears the majority of students acted responsibly on Saturday, both on and off campus,” Chris Alleyne, associate vice-pres-

ident of Housing and Ancillary Services, wrote in a statement to the Gazette. “However, we are disappointed in the behaviour of some students in residence that required Campus Community Police Service attendance Saturday night.”

Students can face minor educational sanctions up to expulsion under the Student Code of Conduct. Western can choose not to formally penalize students who are referred to them under the code.

The university did not renew last year’s memorandum of understanding with London police, an agreement that allowed police to pass on the names of students charged off campus for sanctions under the code.

But even without the agreement, Western’s president Alan Shepard has threatened to throw the code at students endangering the health and safety of the community during the pandemic. No students were referred to the code at last year’s Fake Homecoming.

Western is the first university in Canada to report a major outbreak of the coronavirus — at least 68 students have tested positive. The university has also been linked to two community outbreaks centred around a house party on Huron Street and Lost Love Social House, a popular student bar downtown.

Premier Doug Ford introduced a hefty set of new fines for parties last week, as case counts in the province continue to climb. Those hosting parties with more than 10



A surprisingly quiet Fake Homecoming that saw no major problems or arrests.

CREDIT: YIFEI ZHANG (GAZETTE)

people indoors or 25 outdoors can be fined \$10,000 up to \$100,000, while party-goers are looking at a \$750 ticket under London’s bylaws. The city said they were also not involved in residence the night of Fake HOCO.

Fake Homecoming saw several small gatherings outdoors below provincial limits. The gatherings in residence appear to be the only

ones among Western students large enough to garner tickets.

Western Housing said caretaking staff cleaned and sanitized all residences buildings Sunday.

“The safety of our students and the London community is a top priority for Western and it is crucial we follow government and public health guidelines,” Alleyne wrote. “The pandemic continues and we

must remain vigilant in the fight against COVID-19.”

Alleyne also encourages any students who did party Saturday night to get tested for COVID-19. Students can get tested in the Western Student Recreation Centre as of Monday or at one of London’s two testing sites.

Originally Published Sept. 28, 2020

Fanshawe professor refuses to wear a mask

Hannah Theodore
INTERROBANG

Deven Taylor, a Fanshawe College welding instructor, has openly expressed his refusal to wear a mask while on campus.

The current College policy states that masks must be worn at all times at Fanshawe campuses, in accordance with public health guidelines related to the COVID-19 pandemic.

Taylor’s public Facebook page is laden with conspiracy theories, including references to #Pizzagate, the Illuminati, and the Flat Earth theory.

In a Sept. 18 interview with CBC London, Taylor stated that mandatory mask by-laws are “tyrannical” and pose a risk to safety while welding. According to the City of London, only children, people with disabilities, and people with underlying health conditions are exempt from wearing a mandatory mask (though no proof of exemption is necessary).

The College responded to Taylor’s claims, stating that Fanshawe’s priority is to protect the health and safety of students and staff.

“Under our Health and Safety protocols, non-medical face coverings must be worn at all times when in publicly accessible places, unless a person has a medical exemption,” said Fanshawe’s senior manager of corporate communications, Elaine Gamble. “This includes hallways, academic labs and classrooms, washrooms, reception areas and food services.”

Gamble added that staff or students who don’t follow public health



Masks are mandatory at all times while on campus, and any staff or students who refuse will not be permitted to stay at school.

CREDIT: HANNAH THEODORE

protocols will be met first with education, followed by a warning and enforcement if necessary.

“Staff who refuse to follow protocols will be asked to leave campus and will not be allowed to teach,” she said. “While we can’t speak to the specifics of any one faculty or class, Fanshawe has ensured that all students arriving on campus have

trained and experienced faculty to teach their classes.”

Students can also report anyone on campus who is not following public safety guidelines directly to security or through the Fanshawe Stay Safe app.

While the Ontario government has stated that the best way to avoid the spread of COVID-19 is to stay

home and maintain social distancing, the wearing of masks and other face coverings may help contain the spread in areas where social distancing is not possible. Masks were deemed mandatory in all public spaces in London in July.

Interrobang reached out to Taylor for further comment but he did not provide an update on his state

of employment or whether or not he would start wearing a mask to school. At this time, no other professors at Fanshawe have publicly refused to wear a mask.

If you wish to report any health and safety concerns on campus please refer to campus security at (519)-452-4400 or security@fanshawec.ca.

Fanshawe students can now get tested for COVID-19 at two campus locations

Hannah Theodore
INTERROBANG

Students enrolled at Fanshawe College can get tested for COVID-19 without leaving campus.

Students who are showing symptoms of the virus can visit the Fowler Kennedy Medical Clinic (London Campus, Room J1004). The clinic is available by appointment only from 9 a.m. to 3:30 p.m. Appointments must be made over the phone, as walk-ins will not be accepted.

Students who are not showing symptoms of COVID-19 (asymptomatic), can receive a test through a mobile unit, which is stationed just outside the Student Wellness Centre. The mobile unit is available for all asymptomatic students between the hours of 9 a.m. and 12 p.m. on Monday and Tuesday.

The mobile unit is a new addition to Fanshawe's COVID testing capabilities, having just become available on Sept. 21. The Fowler Medical Clinic has been offering testing through the summer. The addition of the mobile unit was in response to the return of students on campus at the start of the semester. It also coincided with an increase of local cases of COVID-19.

The facilities are available to Fanshawe staff and faculty, vice-president of student services, Michele Beaudoin said that the priority is on testing students.

"We're trying to focus as much

on students as we can, because it is a student funded clinic," she said.

Beaudoin added that should increased testing become necessary, Fanshawe is prepared to invest in more facilities. She said that the college is already considering using larger spaces on campus that could handle increased testing, if needed.

"We're in the middle of looking at that now," said Beaudoin. "Currently we're OK, we're not at capacity, and we're taking a look at what it might look like if we had to expend our capacity, with our focus being our own students."

For now though, she said that between the mobile testing unit and the Fowler Kennedy Clinic, neither have exceeded their testing capacities. The mobile unit has a capacity of about 35 to 40 tests a day.

"As long as there's not a line-up of students, they can be taken directly in to get their test," said Beaudoin. "We haven't hit a volume limit in the mobile unit yet, so it's been working OK so far."

Beaudoin said that an outbreak at Fanshawe might be avoidable as long as students continue to follow public health guidelines like wearing masks and practicing social distancing.

"We're continuing to strongly advise students to follow the COVID protocols..." she said. "...people have roommates and classmates where they're spending more time because they're in class or living with them, but once you start going beyond those circles,



CREDIT: HANNAH THEODORE

Fanshawe's mobile testing centre located outside the Student Wellness Centre.

that's when the risks start."

At this time the mobile unit has primarily been used to test students

who are required to be tested for work placements. The accessible testing site is ideal for students

who want to avoid the long lines at London's assessment centres in the broader community.

FANSHAWE STUDENT UNION

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The Career Launcher program is helping youth find jobs

Skylar McCarthy
INTERROBANG

Fanshawe College received some major funding recently from the federal government.

The \$3.7 million dollar boost from the federal government is being used to help youth that are facing barriers trying to get in or return to the workforce. This is why Fanshawe's Community Employment services are creating the Career Launcher program, which is a part of the federal government's Youth Employment and Skills Strategy (YESS) program.

The program is eligible for anyone 15 to 30 at any of the Fanshawe employment centres in London, St. Thomas, Simcoe or Aylmer. However, the program is only eligible for those who are a Canadian citizen or a permanent resident.

The Career Launcher program will focus on youth facing barriers to find employment by developing plans and strategies for success into returning or just joining the workforce. The program will focus on employment counselling and supports, essential employment skills training, academic upgrading, short-term accredited skills training, and work experience placements.

Lisa Rusal, assistant manager of employment and student entrepreneurial services at Fanshawe said that the program's biggest strength is the flexibility.

"What I really love about the career launcher program is the flexibility," Rusal said. "For example, some individuals may need a lot of assistance with self-promotion and self-marketing and having the confidence to get out there and network. So that's one component that they could get from this project. Another area that individuals may access is quality work experience. So, there's opportunities to do a 12-week work placement."

What will this program teach in terms of new skills? Rusal said that the most critical skills are interpersonal and soft skills.



Fanshawe's Community Employment services have created the Career Launcher program, as part of the federal government's Youth Employment and Skills Strategy (YESS) program.

CREDIT: SKYLAR MCCARTHY

sonal and soft skills.

"One of the things we've put a lot of emphasis on with this program under employability skills is some of the soft skills, so what our employer expects in terms of problem-solving skills and critical thinking skills, and just some of those self-management skills," said Rusal.

Rusal said that resiliency and social intelligence are some of key things employers are looking at.

"We all saw if COVID didn't prove this to us then nothing will. The importance of succeeding through adversity and being able to get up and dust yourself off when you've had a disappointment or something not going the way you wanted it to. So, resilience is really important," said Rusal. "In social intelligence, your ability to build and nurture really positive relationships with colleagues, customers, bosses, and everyone that you

will interact with being self-directed in terms of setting your own learning goals, where you want to get and how you're going to get there, being self directed is super important to employers."

Darlene O'Neill, the executive director of employment and student entrepreneurial services at

Fanshawe said that they're happy to give these supports to the youth during a challenging time.

"Fanshawe's Employment Services are thrilled to have these extra supports for youth as they navigate these challenging times. This project will facilitate quality learning and employment exper-

iences for youth in London, St. Thomas, Simcoe and Aylmer and assist them as they launch into their careers," said O'Neill in a press release.

To learn more and see how you can register, you can go to fanshawec.ca/careerlauncher for more.

The Anglican Liturgy, and other things that can improve your mental health



Michael Veenema
RELIGION

Here are five things that I have found are good for my mental health. Maybe they will be a help to you.

Number one, kayaking. The other day I paddled out on Aylesford Lake in Nova Scotia where I currently live. Forty-five minutes against a stiff breeze and steady waves. Water came over the front of the boat. Sunny, with clouds overhead. Rock faced shoreline and forests turning colour.

I thought, "It doesn't get any better." An hour or two on Dodge Island and then the return journey.

Whether it's in a kayak or on a bicycle, whether it involves motion or standing still, whether it's a sunny day or snowing, being outside can give you a new perspective. Wind, water, sky, tall trees, a loon's call, the crunch of snow shoes on snow, a beach, big rocks, or the sight of a murmuration — these can clear your mind of the endless streams of words and images that clutter our consciousness.

Number two, the Anglican liturgy. You will see Anglican Church buildings around London and in most parts of the country. The liturgy is the collection of sentences and readings that make up an Anglican Church service. I am not a member of the Anglican Church, but a few times a year I like to attend one. A 20-something and I agreed the other day that, "an Anglican church service is like a reset for the soul."

Near the beginning of the worship service this prayer is voiced:

Almighty and most merciful Father, we have erred and strayed from your ways...

We have followed too much the devices and desires of our own hearts. We have offended against your holy laws. We have left undone those things which we ought to have done. And we have done those things which we ought not to have done. And there is no health in us. But you, O Lord, have mercy upon us.

That lays it out nicely. I have sinned. This fractures my mental life with guilt and disorder. I need the mercy of God. As it turns out, he will not withhold his forgiveness and healing when I sincerely ask for them. This is a tangible comfort for the mind.

Number three, getting up at 6:30 (a.m.). As I sometimes like to say, I do not like *getting* up. But I do like *being* up.



CREDIT: BOMBUSCREATIVE

Opinion: Sooth your mind by soothing your soul.

There is a lot to be said for getting an early start to the day. "Early" is a relative term. In teen years we tend to stay up later and rise later. My sister-in-law is what is known as a "night owl." She comes alive at 10 p.m. when many others are planning to call it a day. For her, an early start to the day will be later than mine.

Being up early means that you feel better by the middle of your day. You probably did something useful those first four to six hours. And that is always good. It de-stresses your mind to know that you've taken care of some meaningful things already.

Number four, physical work. When I was very young, I would notice that my father relished hard outdoor work such as landscaping and working on construction jobs. I didn't understand that. I thought that everyone, if given the choice, would want a career in an office or in an institution like a school. Later on, I realized that my dad loved physical

work and would never have enjoyed working in a bureaucracy or institution.

These days I notice that construction crews, farm workers, and neighbours who spend time improving their yards seem to be, overall, fairly good natured when they are at work. I find that it is therapeutic to work with your hands. There is a focus there, and at the end of the hour, shift, or day, you can see the results of your efforts. So, if you are good with tools, building things, or yard improvements, I would say, go to work!

Fifth, a personal daily liturgy. Sometimes I like to read a novel by the author Ellis Peters. She has written a series called the Brother Cadfael Chronicles. They are set in Medieval England during a time of civil war. Brother Cadfael is a monk, an herbalist, whose other pastime is solving murders. There is plenty of scheming, death and mayhem.

But it is done against a background of

the occasional church bell, daily scheduled prayers, and the sanctuary presence of the church in violent times. There is the knowledge that God is in charge of his world and we all have our part to play in it. The local butcher may be strangled to death in his own home. But in the end what prevails are prayers, truth, beauty, trust in God, and the task of creating a neighbourly, virtuous life in Cadfael's Shrewsbury — or wherever God has placed you and me.

My days are busy at times. But I find that beginning with a short prayer asking for God's blessing, pausing at least once in the day to recognize that all the good I am experiencing ultimately comes from the hand of God, and ending the day with a brief prayer for forgiveness for my sins and for blessing on all I've tried to do is a great help. It is like a liturgy. Not necessarily Anglican, but a personal one, a liturgy that helps keep my mind ordered and my perspective clear.

Turn down for what? COVID, that's what

Ilhan Aden
INTERROBANG

With Broughdale one tumbleweed away from looking like a ghost town, one would never know FOCO had taken place this past weekend.

FOCO is the fake homecoming event created by Western students to defy the university's 2016 change of homecoming weekend from September to October.

Its recent rise in popularity attracted so many students from the surrounding area, it also attracted a hefty policing bill of \$300k last year.

This year however, things were quiet.

Between the few partygoers' festivities, beer pong tables ensured six feet of distance while others were wearing masks when distance could not be met.

This is in stark contrast to the student conduct from just last weekend where Western students were blamed for a 28 person COVID-19 outbreak, directly tied to partying.

What was more shocking than the rise in cases was the student response.

After engaging in what was deemed high risk behaviour, two Western students refused to get tested. Rather than condemning the potential threat this could cause, some students chose instead to vocalize their contempt for being lumped in with these "bad apples." But as the saying goes, all it takes is one bad apple to spoil the bunch.

One would think a few students stating their opinions would be harmless, however, in today's new normal it sets the precedent that community doesn't matter.

During this global pandemic, community and sacrifice have been emphasized as our means of getting through the anguish of COVID-19. This means being held accountable for both our behaviour and that of our communities, be it with work, school, family or friends.

Perhaps, Western partiers of today can learn from Fanshawe's party past in world of accountability.

In 2012 when Fanshawe students caused a

riot on St. Patrick's Day where a London CTV vehicle was overturned and set on fire, Fanshawe as a community was held accountable.

Students openly shared their embarrassment for the actions of a few because they understood it was a reflection on them as an institution.

The school, the city and the students worked together to condemn the culprits and peacefully move forward as a community.

Understandably, it wasn't easy and Fanshawe carried the reputation for hosting a rowdy student population for some time. It was on the students to disassemble that belief and prove to the city they were committed to working with them and not against them.

For now, it looks like this weekend may have been Western students' saving grace as the London community showers them with appreciation.

Hopefully this COVID-19 friendly FOCO represents a new chapter between the London community and Western students; a chapter in which allows for a deeper community connection to London.



CREDIT: ILHAN ADEN

Opinion: For better or worse, COVID-19 has forced many Western students to set aside their partying ways.

How to politely ask someone to step the f*** back

Paranoid Android
INTERROBANG

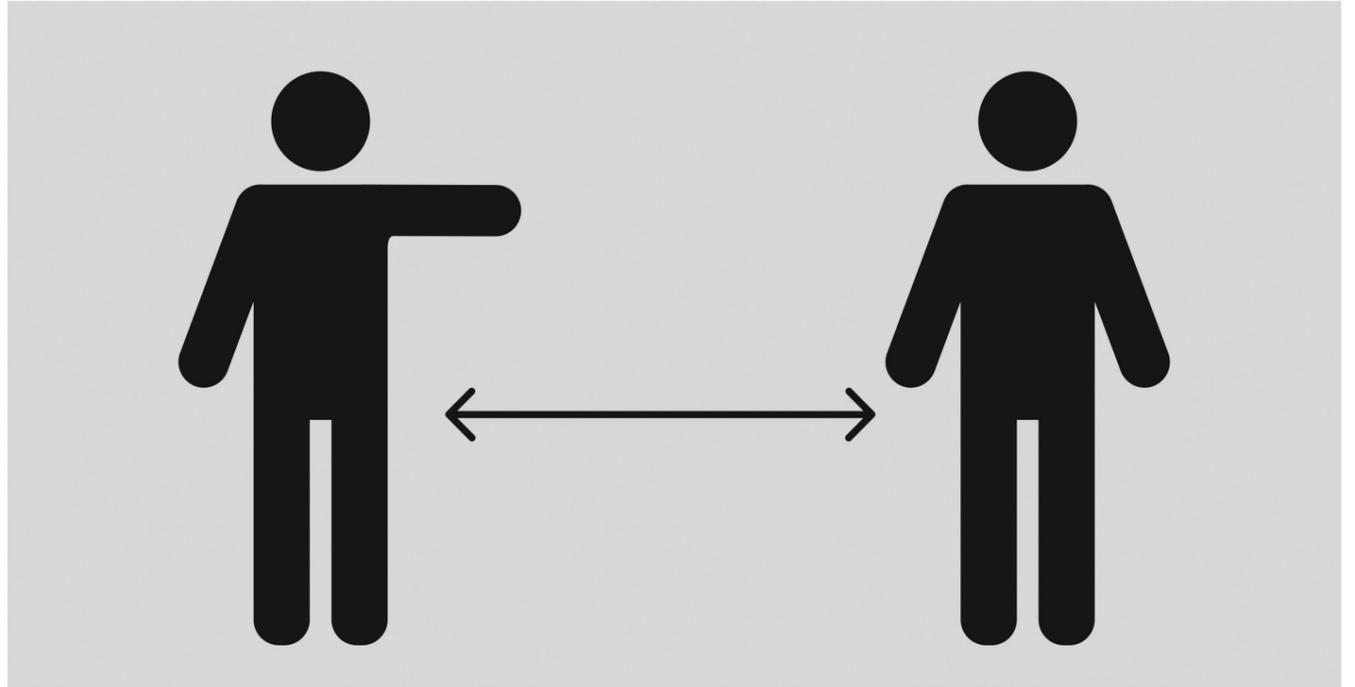
As someone whose personal bubble is a bit larger than the average, I have to say I got my hopes up when it came to this new concept of physical distancing in the era of COVID-19.

Imagine... a world where everyone keeps a healthy distance between one another; where my blood pressure doesn't rise every time I walk through the halls of Fanshawe's main campus, my shoulders no longer tensed up to my ears. A world where everyone's bubble is bigger than my own! This imaginary world of course does not account for Covidiot. Nor does it account for the engrained social cues and habits of Canadians.

And those grandiose hopes I had of a perfect silver lining to this anxiety-ridden soul-crushing pandemic existence — well those hopes have been sorely and completely dashed.

But, herein lies a new dilemma. Pre-pandemic, I just sucked it up; I sat, or rather walked in my uncomfortableness and got to where I needed to be as fast as I could, slow-walking obstacles and all. And where possible, I had this sneaky, virtually undetectable habit of taking a small step back to create a little more space. However, due to the fact that six feet is much larger than most of us realize, the formerly unnoticeable single-step motion had to evolve into a multiple-step maneuver and has become very perceptible to others. And because we are a social species with a psychological need to be close to one another, this noticeable movement often triggers a sort of follow response and the other person will often times take a step closer to fill the gap.

Things are different now. This isn't just about me being uncomfortable with a social norm. This is about reducing the transmission of a deadly virus that we still don't fully understand. And that social norm that people have been used to for their entire lives is a very hard habit to break. So, when someone steps a little too close, how exactly does one go about



CREDIT: ALANO DESIGN

Opinion: Those of us who already had personal space issues are now on our very last nerves thanks to the pandemic.

asking for that person to step the f*** back?

This obviously meant that I was going to have to get outside my comfort zone, and fast. For someone like me, the first step was accepting the fact that I will more than likely offend a few people in my efforts to maintain physical distancing and more importantly to make my personal boundaries known. The second step is mustering up the courage to say to someone — be it a friend, co-worker, classmate, acquaintance or stranger — that I do in fact believe they are standing too close and it is making me uncomfortable. Imagine that... stating my needs out loud to another human being instead of bottling them up all day every day, wondering if today's the day I finally lose my goddamn mind (if you can't tell, putting my needs above politeness is a bit of a work in progress).

Here are a few suggestions on how to go about the sometimes-awkward task of maintaining physical distancing:

The polite method:

"Let's stay safe. Please keep your distance."

The bro method:

"You're standing a bit close their bud, do you mind stepping back a bit?"

The passive aggressive method:

"Oh, am I in your way? No? I just assumed because of how close you're standing."

The assertive method:

"Please step back, you're standing too close."

The fearmongering method:

"You might want to take a step back, I think I've got the 'rona."

The aggressive method:

"Would you kindly step the f*** back?"

The yelling method:

"THAT IS NOT SIX FEET MY GUY!"

Clearly a few of these are for comic relief only, but you get the point. Just make it clear that you are uncomfortable and don't assume the person is intentionally invading your space, they're probably just oblivious. The more polite you go about it, the less confrontational the situation will be. And for those who are blatantly and deliberately defying the regulations; well karma's a bitch and coronavirus is her current weapon of choice.

Practice makes perfect, so hop to it! And while you're at it, the next time you see a Covidiot with their mask below their nose or under their chin, use this opportunity to contribute to the betterment of society and politely tell them how to wear a damn mask.

The onset of the COVID-19 second wave: why numbers are rising and how we're fighting the surge

Marina Black
THE CORD

Last week, 28 students at Western University tested positive for the virus. Their interactions were traced to gatherings at local restaurants and nightclubs while they shared drinks and e-cigarettes; another seven cases were linked to a single house party. Wilfrid Laurier University also announced over the weekend that four of its students tested positive.

After these COVID-19 outbreaks, I sincerely hope this is a wake-up call for students and other young adults not following the public health and safety protocols.

London Mayor Ed Holder said: "To those who are part of the problem, I cannot put it any more plainly. If this continues, you are going to kill someone."

While you might say this is a dramatic statement, it's unfortunately true. Since the virus's incubation period can range from one to 14 days, we may not know we have the virus until getting tested, and we may never be able to fully track its transmission per individual.

Throughout the summer we saw some relaxation of public health and social measures, but we are faced with the choice to either stop partying now or prepare for another lockdown.

Statistics show that most of the recent cases involve young people and are often caused by mass gatherings like parties, but also in-

clude large family gatherings for weddings, birthdays, etc. Therefore, as you can probably guess, the spike in COVID-19 numbers is caused by improper forms of physical distancing.

As a result, the Ontario government has taken its first steps in a second lockdown by limiting the number of people at indoor gatherings to 10 people, and outdoor gatherings to 25 people.

Ontario Premier Doug Ford stated that people caught violating these guidelines will face severe fines, in order to deter people from gathering in large groups.

The Ontario government has issued a minimum \$10,000 fine for organizers of illegal gatherings, and a minimum \$750 fine for guests at illegal gatherings. Still not convinced? Canadian universities have also decided to reprimand students who are putting the community's health at risk with the threat of expulsion if caught violating public health and safety protocols.

Some university students are arguing that the government, rather than students, are to blame since they've known students will be returning to schools in September, and that they would be partying and socializing; therefore, the government should have done a better job of creating a targeted campaign.

While there's always room for improvement, this argument proves the immaturity of students who claim themselves to be "adults." The fact that some students and young adults cannot abide by the rules for the sake of pub-



CREDIT: DARIEN FUNK (THE CORD)

Opinion: Like smoking cigarettes or vaping, going to large parties during a pandemic is not as cool as you think.

lic health shows just how naive and ignorant they really are.

Going to parties in a pandemic is like smoking cigarettes or vaping. You think you look cool but it's really not cool at all; it's irresponsible and endangers your health and the health of others. There are other ways to have fun and socialize that don't threaten the lives of those around you.

If major fines aren't going to deter you from partying and gathering, think of all the other side effects. Becoming infected with COVID-19 would force you to stay in your

room or house for 14 days after you're clear of symptoms, cause setbacks in school by not having the energy for homework and contribute to a decrease in mental well-being.

For those of you who have been following the COVID-19 guidelines, I thank you. For those of you who choose to ignore the COVID-19 guidelines, I hope you can re-evaluate your actions and realize we can't beat this virus alone. We're not in bad shape and there is still time to change for the better, but we need to assert our collective responsibility and be accountable.

The reality of mental health: an uncensored glimpse into our support services

Taniya Spolia
GAZETTE

Content warning: This article discusses mental illness and suicide.

Between the Bell Let's Talk campaign and Suicide Prevention Month, the discourse about mental health and illnesses only surfaces twice a year.

While resources such as suicide hotlines are shared with intentions of informing and advocating for the silent suffering that follows acute mental illnesses, we fail to acknowledge the raw experiences of those who live with mental health complications every day.

It's a common misconception that a crisis is a singular event and that a phone number can solve it all.

"People think it's just about saying 'you can reach out to me.' I appreciate it and it's helpful to a degree but it doesn't solve the issue," said Vin Venkatesh, a first-year Ivey student. "[People] aren't licensed professionals. It's the difference between helping someone put ice on a sprained ankle versus treating a broken leg. The misconception is that if we all talk about it, it wouldn't be an issue, but we can talk it about it and it'll go nowhere. We need structures in place."

Structures that, for many, don't work.

First-year psychology student Marissa Lyon at King's University College was diagnosed with Type 1 bipolar disorder following a psychotic episode when she was 18.

"I had a mental breakdown and I had to be hospitalized so I've been in the healthcare system, and I can't explain how shitty it is," said Lyon.

She was placed in adult care at Victoria Hospital in London, initially staying in the psych ward of the ER. She was only supposed to spend three days there, but with the surplus of patients and lack of beds, it turned into a week.

"They put me in a room that was literally just bricks around me. They had a bed with a bunch of straps on it, a chair, a pillow and a blanket. At one point they locked me in and I just lost it. No one would listen to me."

Her interactions were limited to a daily check-in with a psychologist, nurses, security guards and the people in surrounding rooms.

"I remember our only way to communicate with other people besides faculty was through hand signals. So I'd communicate with and ask if [a guy in the room across from me] was okay through our windows," recalled Lyon. "I remember he got moved upstairs one day and I had another guy in front of me who in one situation just got naked. He'd have severe breakdowns ... I was terrified."

She recalls thinking it simply wasn't right to put an 18-year-old beside a 50-year-old. It opened her eyes to a new side of the system she didn't know existed.

"I remember in one instance on the weekend I had gotten my period and [the night nurse] literally had to beg the security guards to let her take me to the shower. If the security guards take you they have to watch you," explained Lyon. "It's an invasion of personal space. You're 18 and they let a male security guard watch you shower? That's ridiculous."

After the week, Lyon was moved upstairs. The first time she saw light and the outside brought her to tears.

"They weren't there to help. They were there to get me medicated and get me out."

Following the ordeal, Lyon was able to find stable help with the First Episode Mood and Anxiety Program, but the process to get there wasn't easy and she's not the only one.

"At LHSC our goal is to provide safe, quality care. Due to privacy restrictions, we



Opinion: There is still much work for Western to do at improving its mental health support services.

CREDIT: MICHAEL CONLEY (GAZETTE)

cannot speak to details regarding individual patients," the London Health Sciences Centre wrote in an emailed statement. "However, we do have specific facilities for patients in crisis. These rooms are designed to have limited furniture and decoration so that risk of injuries is minimized. The rooms are monitored 24/7, including additional security support for the area."

"In addition, our Patient Relations Department takes patient feedback very seriously, and we recommend that patients contact us directly to discuss their experiences."

Venkatesh faced her own obstacles getting help within the university.

In a moment of crisis, she accessed Western's university health and wellness website and after clicking a big green button that said "I need help now," was instructed to visit Student Health Services.

"So I show up there and I tell them I'm experiencing a personal crisis and I feel like I'm at risk of harming myself," recalled Venkatesh. "They told me 'can you come back tomorrow morning, we're backed up.' I said I guess I could, but where can I go now and they directed me to [Psychological Services]. So I go to Psych Services and they tell me I need to first book an appointment with Student Health Services."

In her eyes, it was as if the university believed you could simply postpone a personal crisis to convenient working hours. As she publicly expressed her frustration over social media, she found campus police at her doorstep two days later.

"There was no in-between. 'Please schedule your personal crisis at 9 a.m. tomorrow' or if we learn that you're at risk of hurting yourself we will call the cops. Where was the support between [going to Student Health Services] and my appointment?" she said.

Hirra Majid, a fourth-year BMOS and political sciences student at Brescia University College expressed similar sentiments.

"I was told to go to Student Health for the same day or next day appointments when you're struggling. I went in to book an appointment. I was okay with doing it the next day. They told me they couldn't do that and I should come in tomorrow before 10 a.m. to get a spot," explained Majid. "I had a class before then, and she told me I had to decide 'what was more important.' I was already

stressed."

She couldn't understand why she wasn't able to just book an appointment that afternoon.

After consultations with 500 students, staff and senior leaders, as well as a campus-wide survey with over 1500 responses in three years, Western put forward a student mental health and wellness strategic plan in the effort to improve campus mental health services. In the 2018-19 school year, Western's mental health team introduced a new responsive care model designed to provide students with individualized care plans and, in the process, discovered a pain point with a surplus of student no-shows at booked appointments.

"Obviously, that takes away the opportunity for students that really need that care," commented Jennie Massey, Western's associate vice-president of student experience.

The survey inspired a walk-in model piloted last January. Even with walk-ins, students complained that same-day appointments were impossible to book for those with morning classes, so now students have the option book appointments on the same day or up to three days in advance to avoid early morning class conflicts and saturated same-day appointments.

Western has, since the inception of the responsive care model, also upped the availability of weekly crisis care appointments. Western says students will be received as quickly as possible, typically the same day in a period of crisis. Western also extended counselling hours starting this September, to now close at 7 p.m. to accommodate more students.

While most appointments are conducted through phone calls during the pandemic, Western has also introduced video counselling. The university also provides students a safe location in Student Health Services to complete counselling if they can't take calls at home.

"Western has been working hard to increase the quality and the support of our mental health services and it's important to me that students recognize that these changes have now been implemented," said Massey. "There's, of course, more work to be done but I really want students to reach out for help if they need it ... we really need to foster a culture and climate of student well being."

Two years ago only one person was working in the wellness education centre at Western. Today, while that number has increased and proactive steps are being taken to right previous wrongs, there is still much work to be done.

Often when we talk about mental health, we allude to what we should be doing, where we should be going for help and who we should be contacting. Rarely do we critically evaluate the resources at hand and speak to the lack of support that's truly available.

"It goes beyond sharing a national hotline, it's important to bring to light to what suicide prevention is. It's not just preventing someone from harming themselves when they're in a crisis but it's all the things leading up to that in the first place," said Venkatesh. "I wish I knew the supports I needed weren't available."

"What the university is doing right now isn't enough, it's not efficient," added Majid. "They need to provide safe spaces to access help."

Past institutional reform, Lyon also speaks to the information is readily shared by people and her peers.

"Everyone's talking about depression, and everyone's talking about anxiety. I've never heard someone talk about bipolar disorder beyond 'mood problems.' It's so much more than that, and people just don't know," said Lyon. "There's so much more stigma around it."

There's no doubt that we are far away from having a secure support system for people suffering from mental illnesses. By failing to speak about the reality of it, it's hard to imagine things changing anytime soon.

"It's tough having conversations because people are going to tell you the same thing that people tell you on Bell Let's Talk Day or during [Suicide Prevention] month," explained Venkatesh. "You have to explain that you're in an on-going illness ... It's not just a matter of calling a helpline when you're in a crisis but it's receiving ongoing care from your institution that simply does not exist right now."

A complete list of mental health resources at Western can be found at uwo.ca/health/mental_wellbeing/resources.html.

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

MENTAL HEALTH SERVICES IN & AROUND CAMPUS



Liam Buckley | Interrobang

Post-secondary schooling can be a difficult time for everyone, with assignments and classes that can pile up, causing stress or anxiety. On top of everything else, we're all trying to carry on as normal while the world undergoes drastic changes. However, Fanshawe, Western and the London area thankfully have a number of resources and people that understand what students go through and are able to help them cope. Below is a list of some of the places you can reach out to for mental health resources and counselling.

WESTERN RESOURCES:



Mental Health Support

Western University is operating under a full-time virtual model as it continues to provide mental health support to its students throughout the COVID-19 pandemic. Services include workshops, individual counselling, crisis counselling and academic relief. There are also services geared specifically toward international students and LGBTQTT112SA+ students. You can learn more and book an appointment at uwo.ca/health/psych, or by calling 519-661-3030. Hours are Monday to Thursday 9 a.m. to 7 p.m., and Fridays 9 a.m. to 5 p.m.

FANSHAWE RESOURCES:



Counselling Services

Fanshawe offers counselling services which can be found on the main campus at Room F2010. According to the Fanshawe College website, "counsellors provide a confidential atmosphere where you can explore any topic or situation and discuss any concerns you may have." There are specialists available to help in whatever area one may need including stress management, career guidance, substance abuse, dealing with loss, depression, anxiety, eating disorders, anger management, assault, school failure, suicide risk and relationship difficulties. They also offer traumatic event response. Hours of operation are Monday to Thursday from 8:30 a.m. to 7 p.m. and Friday from 8:30 a.m. to 4 p.m. Two counsellors will also be on campus between the hours of 10 a.m. to 6 p.m. for urgent in-person matters.

You can learn more at fanshawec.ca/counselling or call 519-453-2826 to book an appointment. You can also go to fsu.ca/mental-health for a full list on resources compiled by the Fanshawe Student Union (FSU).

Accessibility Services

According to the Fanshawe College website, counselling, academic accommodations and other "accessibility services are available for students with any type of accessibility need including 'non-visible' disabilities such as learning disabilities, medical conditions and mental illness." Contact information and location are the same as Counselling Services.

OTHER LONDON RESOURCES:

London Health Sciences Centre (LHSC)

LHSC houses a mental health care program that offers services for eating disorders, adult inpatient mental health, centralized emergency psychiatry, consultation-liaison, coordinated intake for ambulatory mental health, general adult ambulatory mental health, prevention & early intervention in psychosis, traumatic stress and urgent consultation, among others. According to the LHSC website they "offer a wide range of programs which reflect the diversity of our clients...our main focus is excellence in patient care." They also offer a 24-hour crisis hotline at 519-433-2023. More information can be found at lhsc.on.ca.

Quick Access Mental Health Walk-In Clinic

This clinic is run by the Family Service Thames Valley (FSTV) organization and is open every Tuesday from 1 p.m. to 6 p.m. According to the FSTV website, services are "available for individuals, couples, and families looking for same-day single session therapy and counselling support." Sessions are provided on a first-come, first-served basis so no appointment is necessary. Cost of sessions is based on income, making it an affordable option for everyone. More information can be found at familyservicethamesvalley.com or by phoning 519-433-0183.

Reach Out

According to ReachOut247.ca, "Reach Out is a confidential 24/7 information, support and crisis service for people living with mental health or addictions concerns in Elgin, Oxford, Middlesex and London." They offer services that include a mobile crisis intervention team; emotional trauma, distress or relapse services; depression, self-harm or suicidal counselling; access to community supports and addictions treatment; counselling for substance use, gaming, internet disorder and problem gambling, as well as other general information about mental health and addictions. Their online, confidential web chat can be found at reachout247.ca or you can call 519-433-2023.

Good2Talk

According to the Good2Talk website, "Good2Talk is a free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365." Its primary focus is on ages 17 to 25 and they can be reached at 1-866-956-5454.

SPIRITUALITY HELPING HAND

Marlon Francis | Interrobang

Mental illness comes in many forms. Symptoms can include delusions, hallucinations, depression, a loss of identity, hope and meaning, uncontrollable compulsions, confusion and more.

Being afflicted with the identifiers of mental illness can be frightening; loss of control can feel frightening, and an inability to recognize ourselves, thoughts, desires or lack thereof, can be frightening. However, there is a growing belief that with the assistance of spirituality, patients can cope better with their ailments and be more receptive to treatments from mental illness professionals.

Below are a list of spiritual activities, both religious and secular, that can possibly help towards living with or battling mental illness.

Spirituality as your abode

Churches, mosques, and synagogues are examples of sacred places of worship that bring people together to be closer to God. The community within the walls of these establishments offer support for the congregation that attends. It is the social support facet of spirituality that is of greatest benefit to individuals living with or experiencing mental illness.

For some, being within these walls generates a feeling of wholeness and love. These pillars can help to strengthen where one might feel weak, and provide clarity where one may experience confusion.

Spirituality can be used as a tool to help restore balance

Arguments aside, a belief in something greater, and more knowledgeable than ourselves, can help to ground and centre our thinking and behaviour. When a safety net is in place, it is still difficult to walk a tight rope, but it makes it a little easier to move forward and try to reach the other side. Activities that can help provide this type of balance could be taking up meditation, yoga, tai chi, or even taking a moment for some deep introspective reflection.

Spirituality as sustenance

We eat for energy, at least, that is its purpose - some eat to bury feelings, to cope with difficult times, and for sheer enjoyment. Spirituality can be adopted for energy generation, the kind that can help to get you out of bed, or face certain realities you may find difficult to do.

Through the use of this generated energy, we eventually become stronger. We are able to think more clearly, feel more electric and focused. When in a positive frame of mind, we typically feel more powerful, capable, and these attributes can go a long way towards helping the afflicted to cope with their condition.

Spirituality as exercise

Through focused efforts, persistence, perseverance and discipline, the effects of exercising one's spirituality are akin to sticking to a workout plan. If you don't put the work in, you can't expect the results. But, if you are able to stay the course and not concern yourself with the appearance of the immediate, over time, you will see the results of all your hard work.

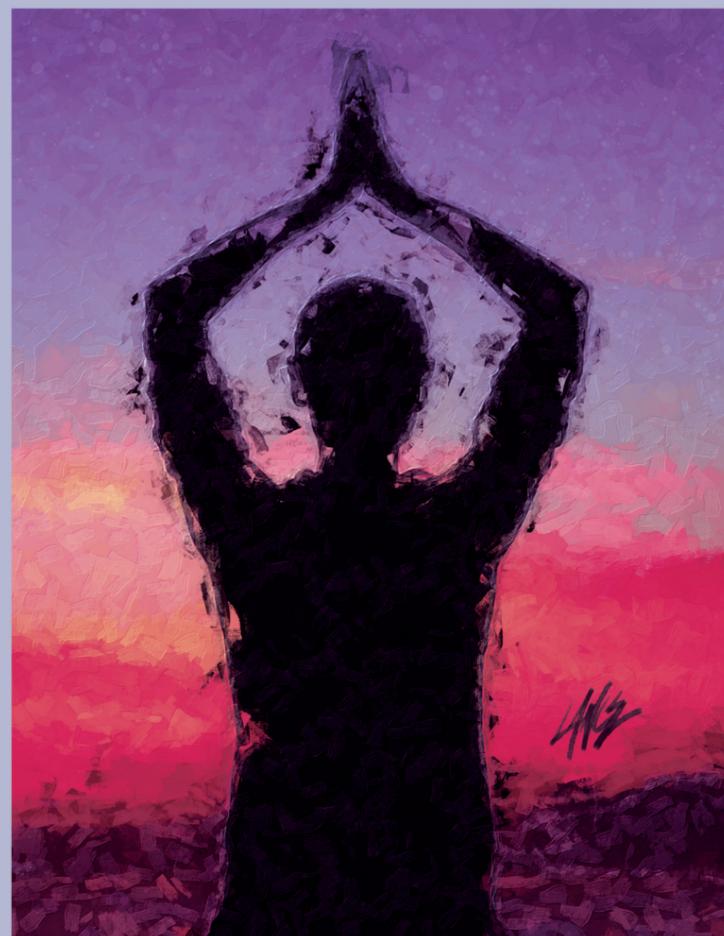
Spirituality can help strengthen certain areas in your life that can subsequently assist in the treatments offered by mental health professionals. Engaging in activities that require your sweat, a healthy increase in heart rate and focus, can create a euphoric reaction that helps improve perspective.

Take up a cause and run, bike or walk for a charity, go hiking at a sacred site or one of great importance to you, or baptize yourself on the shores of a beach after floundering around in the water.

Spirituality as an extended circle of friends and family

We often feel more whole when we are with our loved ones. When those relationships are strong, filled with communication, acceptance and understanding, the effects can be divine. With the knowledge that the struggles and challenges of mental illness don't need to be faced alone, a patient's ability to stay the course and combat symptoms could likely strengthen. The backup and support that is derived from these relationships can help to encourage perseverance if moments of weakness and despair roll in.

Ways in which people can stay tethered to this anchor are through exposure to their loved ones. Participating in activities together and staying intimate by keeping lines of communication open can ensure that the bridge of understanding between parties stays firm, supportive and trusted.



Spirituality: Worth a try

Spirituality is the soil from which treatment can effectively work. You cannot simply add water to regions where soil won't sustain growth, or have rich soil without water and expect the same; the physical must work together with the spiritual so that a patient with mental illness is able to cope, accept, and champion on if their diagnosis proves more challenging than anticipated.



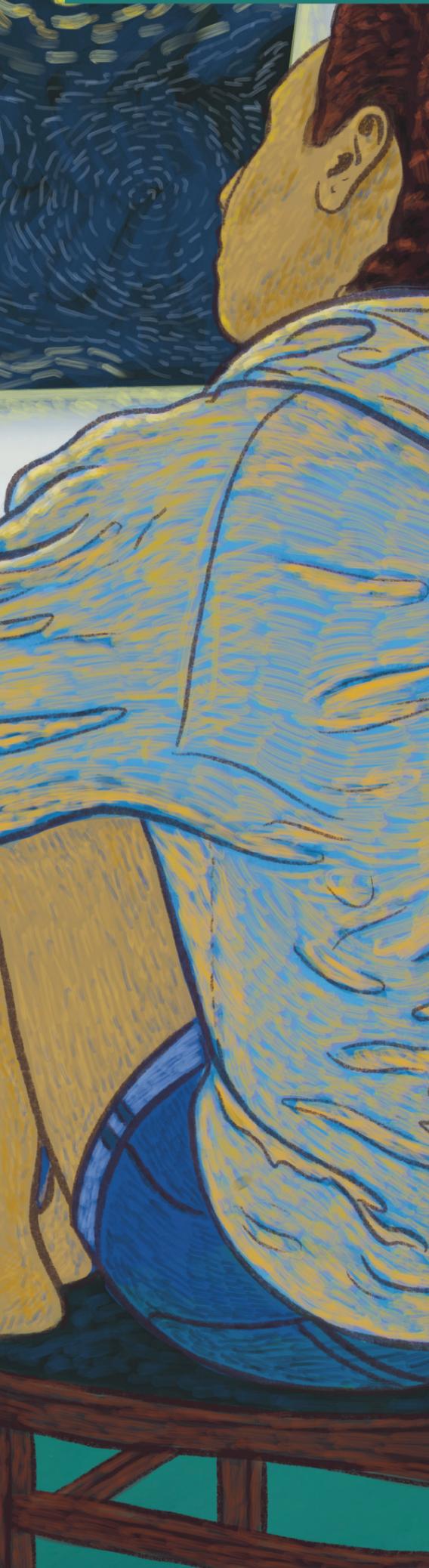


A HISTORY OF MENTAL HEALTH THERAPIES

Marlon Francis | Interrobang

There is no better way to illustrate the misconceptions of the unknown than taking a look at the history of mental illness – from how it was received by society, diagnosed by physicians and treated by individuals who really did not know what they were doing. Mental illness was often society's dirty little secret that was swept to the side, ignored and forgotten about.

But today, we will reflect on some of the horrors that we have transcended and evolved from. Let's hope we don't return to times when we interpret performing heinous acts on one another as a form of therapy.



Trepanation

Thousands of years ago it was widely believed that mental illnesses were caused by demonic possession or the result of a small stone, referred to as 'the stone of madness' lodged in the brain. Medical practitioners approached the problem by boring a hole into the head and skull of the 'possessed' individual. The belief was that this practice was the best approach for curing mental illness.

Although the practice of trepanation is often viewed as the first surgical method, it doesn't soften the brutal imagery the technique created. It is also believed that epilepsy, headaches, infantile convulsions and other cerebral oddities were treated by this method.

Insulin-induced comas

These treatments were normally administered to individuals who were diagnosed with schizophrenia throughout the '40s and '50s. It was observed that after inducing patients with a moderate level of insulin into their systems that they would experience hypoglycemic shock. This shock can create dizziness, shakiness, sweating and sudden changes to the patient's behaviour.

The belief was that the physiological shake to the system could help the afflicted with their symptoms. Over a period of time though, the practice was deserted once practitioners realized that the effects encouraged greater complications and death.

Rotational therapy

This was the 19th century idea of spinning a patient, in a chair, to sleep, with the expectation that mental illness could be cured. The original idea was rooted in a belief that sleep could cure the sick. The spinning was believed to induce sleep, and that the brain was congested with fluids that caused the change in behaviour. By spinning, the congestion would loosen, thus curing the mentally ill of their affliction once they awoke from their sleep.

Hydrotherapy

Strapped to a tub, made to lay in bath water for hours or even days, all in the name of therapy in the early 20th century. Low and high pressure water spray, hot and cold water submersion, enveloped tightly in towels like chains, all in the name of calming water therapy. What once began as a considerably tame treatment, hydrotherapy began to go off the rails once the aforementioned began to become more commonplace, and more innovative techniques and treatments were created.

Lobotomy

Since its relative beginnings in the '30s, the technique of lobotomy has had many variants. Some approaches concerned themselves with the destruction of brain matter in an attempt to rid the afflicted of undesirable behaviour and thoughts. Others approached the task by disrupting brain connections, hoping to give the brain a 'jump', similar to the effect a defibrillator has on a heart that has stopped beating.

Some patients were given anesthesia before the operation, but as the technique evolved, some physicians took to using electroshock as a way in which to render patients unconscious. Also, variations on how the brain was accessed evolved, seeing a departure from the drilled hole in the skull approach, to the ice pick through the eye orbital, the area of the skull that houses the eyeball, as a means of examining problem areas.

Hysteria therapy

For a hundred years until 1980, women acting out of the social norm due to an unspecified physical or mental illness were often diagnosed with having hysteria. The ideology behind this approach was that a woman's uterus, if not 'optimized' within its natural time frame, may get angry and wander about her body.

Supposedly, the roaming would lead to the blocking respiratory passages, and thus the subtle affliction experienced by these women would drive them into a frenzy of hysteria. Sadly, it was believed that the confines of marriage and child birth were the only sure fire ways to remedy the diagnosis.

Stress and sleep make for strange bedfellows

Christopher Mischczak
INTERROBANG

It is a bit of a universal struggle in dealing with stress: that push for deadlines, the constant distractions of working from home, and more importantly in today's world of the new normal, making that distinction between work and home.

Of course, we understand that it is a sacrifice that we all must make, especially when we are considering the direct benefit and cause of this quarantine, for the health and safety of others.

This toll however is taking a lot out of us. As this stress builds more and more, we become more and more drained. It is noticeable, for me at least, that I almost always want to sleep. Even if it is only for a few moments, I have noticed that I am not alone in this craving and desire. To quote my own grandfather, "a man needs his rest."

It is the prolonged stress that can cause the nervous system to maintain a heightened state of arousal for extended periods of time. It is the "flight or fight" response which ties back to our evolutionary heritage. The issue here are the effects that prolonged stress has on our body and on our minds. At some point the system crashes. I would argue that not only is it important to manage one's time but



CREDIT: CHRISTOPHER MISZCZAK

Too stressed to sleep but too sleepy to function? We've all been there.

also to manage one's stress.

Dr. Adrian Owen and his laboratory at Western University, which has contributed several articles to the prestigious scientific journal "Sleep," has emphasized time and time again on his web page various online presences, and his research

on the importance of that balance between the right amount of sleep for our productivity.

Dr. Owen was nice enough to provide some very valuable insight.

"There is no question that getting the right amount of sleep is

good for your brain. Our research has shown that between seven and eight hours per night is just the right amount to maintain your ability to make decisions — plan ahead — and solve even simple day-to-day problems. We have also found that this doesn't change across the lifespan, contrary to popular belief. Older people may feel like they need less sleep, but the data has shown that if they maintained a routine then some of these crucial brain functions would be preserved well into old age."

Alux.com, The Mayo-Clinic, Web-MD and the Sleep Foundation have all summarized that relaxation, reduced fatigue, increased alertness, improved mood, and even improved performance are all direct results of taking that afternoon nap and or a well-balanced sleep schedule.

The leading hypothesis from the textbook *Neuroscience, Exploring the Brain Third Edition* relates to a very specific purpose for sleep. It is meant as a restorative process for memory. It was found that depriving humans or lab rats of sleep can impair the ability to learn and more importantly perform a variety of tasks, ranging from basic to complex. It is this correlation between rest and memory which ties back towards productivity both physically and mentally.

In another study, Israeli neuroscientist Avi Karni and his colleagues hypothesized that memory requires a period of time to strengthen and that REM (rapid eye movement) sleep is particularly effective for this purpose, only emphasizing that point further.

In another fascinating article on pubmed.gov, researchers are looking more into how sleep has even affected our evolution and its direct benefit in the act of remembering and cognitive functions.

According to another abstract by J.L. Kavanau who wrote on the *Origin and Evolution of Sleep: Roles of Vision and Endothermy*, each hour of sleep, at least observed in Arctic squirrels, results in several more hours of stabilizing brain functions. If this hypothesis is true, can the same be said for humans? In principle, yes, it can.

In summary, it is a very safe action item that sleep is not only very healthy for you but a necessary de-stressor. Since the stress is not going away anytime soon and since we are all stuck inside because of the quarantine, maintaining a healthy balance between stress and sleep is just as important if not even more so.

From popular media, to respected researchers in their fields, the consensus seems clear that sleep in a crucial for our well-being.

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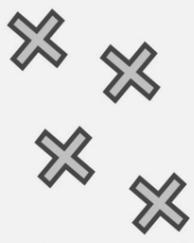
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WHAT DOES IT MEAN TO HAVE AN ADDICTION?



Leandra Gumb | Interrogang

An addiction is defined as an uncontrollable craving for a substance or action that results in the brain receiving immediate satisfaction, even if it is harmful to the individual. The direct source of addiction is dependency, which makes it difficult to stop the habit both mentally and physically. The common social stigma blames addiction on naïve decisions and immaturity, but it's not that simple.

WHO CAN DEVELOP AN ADDICTION?

Addiction is a chronic mental illness like depression or anxiety. It doesn't necessarily mean that the individual will fall into substance abuse, but it does mean that they are prone to having an addictive personality towards things that stimulate the brain.

There are many warning signs that suggest the beginning of an addiction such as experimentation in dangerous or obscure hobbies, a family history of mental illness, willingly going into situations where the addictive substance or activity is present and binging on the addiction with little or no feelings of regret afterwards. Not all of these warnings necessarily mean an addictive outcome, but they are generally the beginning of a new habit.

WHAT ARE THE SIGNS OF ADDICTION?

Usually the addict's personality will noticeably change. Common traits are losing sleep or having anxiety about said addiction, lack of interest in old hobbies, missing important obligations such as work or school to participate in their addiction and neglecting loved ones in order to separate themselves from real life.

Their existence becomes alienated. Reliable friends are replaced by others who share the same addiction and settings that promote their new habits. It can be easier to notice the physical changes, such as extreme fatigue, change in complexion such as pale or yellow skin (jaundice), a developed aggressive personality and many more that are associated with obsession or excessive substance use.

HOW CAN I GET HELP FOR MYSELF OR SOMEONE I KNOW?

There are baby steps leading up to an individual recognizing that their habit is harmful to them. Admitting to yourself or others that there is an addiction in place is a great start. The realization that the problem is the very thing that brings intense relief isn't easy.

It's courageous to finally take hold of the situation. Addiction requires treatment, just like any other mental illness that negatively impacts lives. In order to successfully treat addiction disorder, the easiest method is to detoxify, seek behavioral counselling and do long-term follow up to ensure the habits don't start again. Everyone heals differently; some require the support of medical professionals and some may be able to get through it with the support and supervision of their peers, but it all depends on how serious the initial addiction is.

If you are looking for treatment for yourself, the first step is always admitting to yourself that you have an addiction and that recovery is possible. There are sources in London if you seek immediate treatment, such as the Addiction Services of Thames Valley (ADSTV). From there you'll be recommended different methods of counselling, treatment and coping strategies to get you on the right track.

If you know someone who is going through treatment, the best way to support them is learning about their specific addiction, providing safe and trigger-free environments, encouraging them to go to support group meetings or even offering to go with them.

The consequences of allowing an addiction to take over can be severe, sometimes fatal. If you notice symptoms in yourself or others of potential addiction, don't ignore it. Care for yourself and care for others goes a long way and even saves lives.



To learn more about addiction services, go to ADSTV's website at adstv.on.ca. You can also visit the Mental Health and Addictions Crisis Centre at 648 Huron St., or check out their website at cmhamiddlesex.ca.

Fanshawe counselling services go virtual amidst COVID-19 pandemic

Hannah Theodore
INTERROBANG

Fanshawe College has always offered a myriad of mental health services, whether it be private counselling sessions or group workshops. But how have counselling and accessibility services adapted amidst new social distancing guidelines?

The good news for students is that nearly all of the services provided by Fanshawe College will continue to be made available in a virtual manner. Counsellor Shirley Porter said that students can now access counselling sessions over the phone or via video chat, rather than by coming in person to room F2010.

“So they can still call our receptionist...or email our office and they can request a session with a counsellor,” she said.

As fall classes kickstart, however, two counsellors will now also be on campus between the hours of 10 a.m. to 6 p.m. for urgent in-person matters.

Porter said that it’s a win that most services are still available, despite the challenge of accommodating a global pandemic. Even group sessions and workshops including ‘BE Well’ will still be available online.

“The services are still there,” she said. “I’ve been doing this kind of virtual counselling since March, so it’s very different. But it works.”

She added that, even from afar, counsellors are still able to establish working relationships with students and help them create coping strategies.

“We’re still doing the work and able to help them get through it,” she said.

As one might expect, giving and receiving counselling over a Zoom call does come with its difficulties.

“It feels weird,” said Porter. “I’m used to seeing people and being in the same room, and you can kind of sense energy and pick up non-verbal cues.”

Porter conceded that video chat can sometimes be better than a phone call, because it allows for more visual cues. This helps the counsellor get a better sense of what the student might be feeling.

Students and staff alike are facing unprecedented mental health complications this year, as social isolation becomes a necessary part of public health. Restrictions caused by the COVID-19 pandemic mean that students are more separated from their social circles than ever. Porter said that virtual counselling sometimes might not be enough to help students who are seeking the comfort of talking to (and being with) another person.

“Students who are feeling isolated, it’s harder on them because it’s still not the in-person contact that they might want or long for,” said Porter. “But there is the opportunity, nonetheless, to be heard.”

The fall semester usually sees the largest intake of student clients, as classes get underway and the stresses of being back at school kick in. As Porter’s calendar starts to fill with students seeking help, she said it’s clear the COVID-19 pandemic is taking an added toll on students’ mental health.

“For all of us, as human beings, we have certain people and places that involve socializing, that are part of what helps keep us all anchored and motivated and energized,” she said. “And so when all



CREDIT: HANNAH THEODORE

Many of Fanshawe’s counselling services will now be offered in a virtual manner, with two on-campus counsellors available between 10 a.m. to 6 p.m. for urgent matters.

that was shut down, people were feeling all the opposite: disconnected and lonely and unmotivated...so it’s been hard on a lot of people.”

She added that students living far from home might be feeling that distance more than usual.

But the help is here. It might feel weird, or different, but the services that Fanshawe has always provided

are not going away. There are still ways to reach out and get the help you need, as we all navigate this new and, at times, scary reality.

“For a lot of us, the new normal means we wake up and we feel like we’ve been hit by a truck,” said Porter. “That’s counsellors, that’s students, that’s faculty...it’s a normal response to the pandemic.”

If you or someone you know is

seeking help, contact counselling and accessibility services at 519-452-4282 or by email at counseling@fanshawec.ca.

While two counsellors will be available on campus for urgent in-person matters, almost all other services will be available virtually. Office hours are Monday to Thursday from 8:30 a.m. to 7 p.m. and Friday from 8:30 a.m. to 4 p.m.

Emotional burnout: resistance is futile

Angela McInnes
INTERROBANG

I’m writing this article on the night of the first 2020 Biden-Trump Presidential Debate.

I’ve never watched a presidential debate live, before now. Admittedly, I did not pay close attention to U.S. politics until 2016, when shit got real — and continued to get more and more real over the past four years. And now, with everything coming to a head, I know I’m not alone in saying: I am emotionally burnt out.

Even before COVID-19 hit, post-secondary students and recent graduates like me were on the brink of burnout. Unfortunately, the constantly moving target of personal and professional societal standards led us to believe that claiming as such was a sign of weakness or defeat. If we couldn’t meet these standards, we had no one to blame but ourselves and our poorly budgeted love of avocado toast, or so the mythology went.

So, when BuzzFeed News Reporter Anne Helen Peterson called a spade a spade in her 2019 article, “How Millennials Became the Burn-

out Generation,” we let out a collective sigh of relief. We had been seen. Perhaps, with Peterson’s acknowledgement of the insane pressure we were under to work multiple jobs and pay off absorbent student loans while still leading mentally healthy lives, we could finally drop the façade that everything was OK when indeed, it was not. Something had to give.

And then, come March 2020, something did give. But not in the way we hoped.

Suddenly, our world expanded beyond keeping up appearances on LinkedIn. Of course, the world at large has always been there, but after COVID-19 we were forced to look up from our algorithmically personalized feeds and confront the reality we’d been programmed to avoid without even realizing; the reality that life is inevitably and uncontrollably followed by death.

It’s been almost seven months of adjusting our mindsets to a global pandemic, all while trying to go on with our lives (because what other choice do we have?). Come October, our student loans will continue to accumulate interest, and thanks to an even less stable economy, our career plans continue to hang

in the balance. How, we wonder, will we come out clean on the other end of this long, dark tunnel?

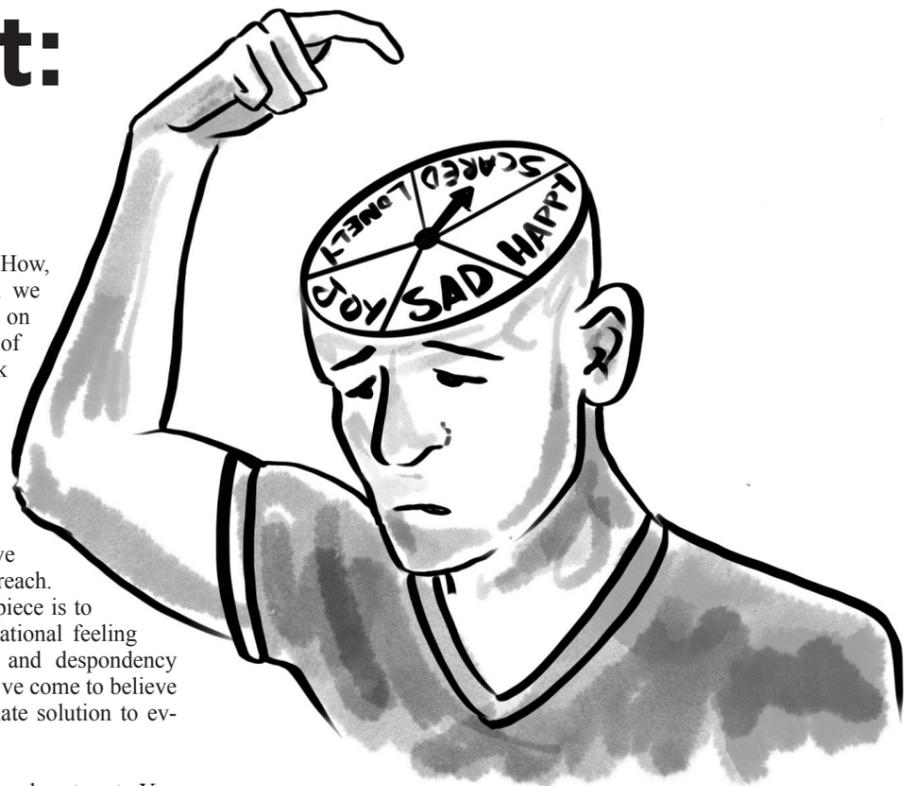
This article isn’t instructional. It isn’t a clever, well-researched listicle, and its motive isn’t exactly to preach. The aim of this piece is to pinpoint a generational feeling of hopelessness and despondency and share what I’ve come to believe is the only ultimate solution to everything.

Accept it.

Accept you are burnt out. You have a right to be. Anyone in this situation would be. Accept that the world is chaos and there’s nothing you can do about it. Accept that these times are unprecedented and there’s no playbook for starting out your adult life during a pandemic.

Accept the unknown and accept your feelings towards it.

All we can do is handle reality one day at a time, just as our ancestors did during many a crisis before us. All we can do is our best concert-



CREDIT: LANCE DAGENAIS

Many of us were on the brink of burnout even before the pandemic. Go easy on yourself.

ed effort to get enough sleep; do our work; eat right; get fresh air; express love and compassion; seek counselling, and whatever else we need that will make us feel even the slightest bit better and healthier in the moment. But denying the difficulty of this experience will only weigh you down even further, so I heartily recommend giving in and letting go

of any impulse to ignore your own emotions.

Forgive yourself for feeling burnt out and trash the olden myth of weakness and defeat. Like the rest of us, you’re merely a human being, having a human experience. We have a ways to go yet, but eventually, we will pull through. One day at a time.

Healthcare heroes coping with mental health amidst pandemic

Salma Hussein
INTERROBANG

Healthcare workers all over the world are doing their best to keep populations safe and healthy in this virus-ridden time. Day in and out, patients are admitted to the hospital with severe symptoms of COVID-19. Healthcare professionals, like nurses, physicians, technicians, support workers, and many more become the only hope for these people's survival.

But what about the health of our healthcare heroes? How are they doing in this crazy time, where they find everyone relying on them? Risking their lives each day by working in a place visited by many people with illnesses, and potentially encountering and caring for those with COVID-19, can really take a mental toll on all healthcare workers.

Hospitals are not the only COVID-19 hotspots; the testing centres are where screeners, RPNs, RNs, and other volunteers risk their health to test the health of others. All healthcare professionals are doing their part, and as a result of the virus, more jobs, like COVID-19 screening positions, are being made to adapt to the changes the pandemic has caused.

While it is a delicate and demanding time, the health of our heroes is still important during this pandemic. Usual mental health management routines and practices have been put on hold in order to cater to the emergency this virus has presented, but if this continues, burnout is the only outcome. Coping and finding new ways to approach the day is important in this time and crucial for the mental health of healthcare workers.

There are students in our London and Fanshawe community who are working in healthcare settings and

doing their part during this Pandemic.

Students, who wish to remain anonymous, describe how they felt mentally going into an environment where they were exposed to COVID-19 on a daily basis. One student who works as a porter in one of the hospitals in our community recalled how she felt when she first started her job.

"At the beginning it was pretty overwhelming and getting used to wearing the mask all the time was a little challenging," said the student. After asking her how she coped with her mental health, she continued to say that "talking with the other people at work and having lighthearted conversations made a difference for me. Being able to chat and laugh and develop work relationships helped ease any stresses that I had earlier on while working," she recounted.

Another student shared their experience working at a home this past summer as a personal support worker during a COVID outbreak and recounts the mental strain the environment had posed.

"I found the mental strain to be very tough at the start, however, I would say that most people including myself at my workplace were the most mentally exhausted closest to the end of our outbreak," they said. "You find yourself just begging for it to be over because you have gone so far beyond the breaking point. There was a solid week where not a day went by without someone at work having a breakdown. The mental strain is something very hard to describe without going through it yourself. The toll it takes on you to put your own life at risk while also trying to protect not only the sick patient, but the other residents from getting sick, and your own family is a feeling like no other. I would say having to isolate myself from friends and family took a huge toll

on me as well. Being forced to separate from the people that are usually the ones able to restore your mental health is extremely difficult."

The biggest part about infection control is isolation and making sure you do not spread the virus to others. However, when you have to isolate yourself from your loved ones, many coping mechanisms and comfort that is needed in crucial times, are stripped away for the safety of those you care for.

This is the normal for our healthcare heroes at the moment. They are isolating themselves from everyone. They are caring for us and putting their needs second.

A lot of these healthcare professionals have amazing teams and co-workers that get each other through the day. However, developing and creating independent mental health coping mechanisms during this new environment is imperative to the health of healthcare workers.

Whether it is having a moment to debrief about your day to someone, doing a recreational activity at home, or simply stealing a few moments to yourself each day doing something you love, try to fit it in your busy schedule. Mental health is just as important as our physical one. Both holistically work together to keep us alive each day.

A much needed thank you to the students in our community who are working on the front lines and doing Fanshawe proud. Thank you to all healthcare workers for everything that you do!



CREDIT: SALMA HUSSEIN

But what about the health of our healthcare heroes?

A pharmacy for the community of Fanshawe located in the Wellness Centre.

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Adding COVID-19 to our already complicated lives

Salma Hussein
INTERROBANG

We all have moments of anxiety in our lives, but some of us live with mental health issues constantly. So, how are we doing mentally during this crazy time, and more importantly, if we already deal with mental health issues, how are we managing now?

Routines and mental health management that were set in place in our lives have been bulldozed by an unexpected global virus. The world has been shaken up by a microscopic organism, and a lot of people are suffering physically, emotionally, and mentally.

As students, the past few months have been a rollercoaster as we tried to figure out how schools would resume and how to balance our socially distant lives with the upcoming pressures of academics. All of us are walking on eggshells, trying to keep ourselves safe, but at the same time making sure we're taking parts of our day for ourselves.

But what about those of us who were always suffering from mental illness? Life before the pandemic was hard enough, so what does life look like now for those with mental illnesses, and how are they coping?

People living with all types of mental health illness, such as anxiety disorders, depression,

post-traumatic stress disorder, schizophrenia, and many more, all take a toll on a person in an "average" day. Regular coping mechanisms and any recreations that helped manage mental illness during quarantine were put on hold and down on the priority list while the virus was at work.

While it is understandable and mandatory to ensure the safety of the populations, it is inevitable that feelings of isolation, loneliness, and anxiety over the implications of what quarantine really entails, is going to be experienced.

In addition to feelings of isolation and loneliness, the stress of either the possibility of losing a job, or for some, having to be let go from their jobs, is a great source of worry that plagued much of the Canadian population. Financial issues in an unprecedented time, in addition to all the other worries of infection control during the pandemic has definitely been one of the biggest hurdles for many these past few months.

Many people have been restricted to their homes for the past six months, only leaving the house to secure groceries and essentials. Due to the limited activity, people were, and still are (myself included) neglecting physical activity and indulged in one too many walks to the kitchen. In other cases, alcohol, substance abuse, and online gambling have been increased to pass



Life before the pandemic was hard enough, so what does life look like now?

CREDIT: SALMA HUSSEIN

time since the limitations of the pandemic have been set in place.

According to an article from The Lancet titled "How mental health care should change as a consequence of the COVID-19 pandemic" by Carmen Moreno, the coping mechanisms and management for mental health had to change, and continue to change in order to maintain it in one of the most life changing times of this decade.

Emergency funds like CERB have helped a lot of the population with the financial issues of this pandemic. Other services like virtual mutual support meetings, commu-

nity conversations, help lines, and more virtual resources have been a great way to keep our mental health in check.

Although it is still unsafe to visit recreational centres and other public settings regularly, taking walks and engaging in other outdoor activities in your neighbourhood is recommended.

Reach out to the resources that have changed and adapted to this pandemic. The Canadian Mental Health Association (CMHA) has laid out tips for managing mental health during the pandemic and provided resources and programs to

help with this stressful time.

Visit their website ottawa.cmha.ca/tips-to-manage-mental-health-during-covid-19 for more information.

I want each and every one of you to take a look at your day and reflect. Ask yourself if you feel overwhelmed, stressed or anxious. I know there will be at least one "yes" to one of those things, it's inevitable, but if so, take a few minutes away from your busy schedule and do something for yourself.

Stay safe and stay healthy from the outside as well as on the inside!

Scrolling endlessly through TikTok won't make you less stressed, but exercise will

Catherine Danko
GAZETTE

It's no surprise that exercise is essential for good health, yet many people struggle with making it a habit.

One in four adults and 80 per cent of adolescents worldwide do not get the recommended amount of physical activity, according to the World Health Organization. Lack of exercise is one of the main causes of disease, including a number of health conditions such as heart disease, cancer and diabetes.

But lack of physical activity is not only detrimental to physical health — it also has profound effects on psychological well-being.

Frequent exercise — no matter what kind or intensity — decreases muscle tension and changes brain chemistry. This reduces anxiety levels and increases availability of neurochemicals, like serotonin and endocannabinoids, which promote positive emotions.

However, many people lead sedentary lifestyles, leaving them tired and unmotivated to engage in physical activity. The coronavirus has shifted many of our lives online and it's predicted that screen time for leisure such as social media scrolling, watching TV and playing video games increased considerably during quarantine, not to mention online lectures and work.

But all of this screen time — for work or recreational purposes —

can have extremely negative effects on our mental health and well-being.

If you want to mitigate high stress and anxiety levels, some reduced screen time and exercise might be your answer.

Consider these five tips that will have you feeling better both physically and mentally.

1. Get your steps in

If you live within walking distance to a mall, coffee shop or even the grocery store, consider throwing on some headphones with an entertaining podcast and walking instead of taking transportation. Five minutes of aerobic exercise can reduce anxiety — and you won't have to spend half your day waiting around for a bus.

2. Make YouTube your personal trainer

If you're hesitant about leaving your house to go to a gym, YouTube has thousands of free workout videos that require little to no equipment. Grab your yoga mat, make a space in your living room and start sweating — working out with a professional trainer has never been easier! The Western Student Recreation Centre will also continue virtual programming as the gym shut for the season.

3. Take a study break

Even though you might think you're being more productive by forcing yourself to sit at your desk all day, in reality, you actually may just be wasting valuable time look-



CREDIT: KYLE PORTER (GAZETTE)

Feeling stressed? Look up from your phone and instantly notice the difference.

ing at internet memes and scrolling through Facebook. You're much better off going for a walk, run or bike ride between workloads to get some fresh air that will clear your head and realign your focus.

4. Find a workout buddy

Exercising with a friend that holds you accountable could motivate you to be more consistent in your workouts. Make sure that you do your best to remain socially distanced when choosing a workout buddy — a park or a trail are both great options — or pick someone in your bubble.

5. Practice mindfulness

If you're not feeling an intense workout, mindfulness exercises are another great way to relax and de-stress. Many studies suggest that

exercises like yoga decrease the key stress hormone, cortisol, which has been associated with depression. Yoga is a great way to clear your mind, reflect and even improve your flexibility and balance, which will help you perform better in more strenuous workouts.

Even before the coronavirus hit, it was hard to stop scrolling through our feeds and stay active. But you don't need to do anything crazy to add some activity into your day — it's as simple as stepping outside for a walk around the block. The next time you're feeling stressed, sad or anxious — consider giving one of these activities a try. You may just surprise yourself.

Originally published on Sept. 28, 2020.



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

Tel: 519.452.4458

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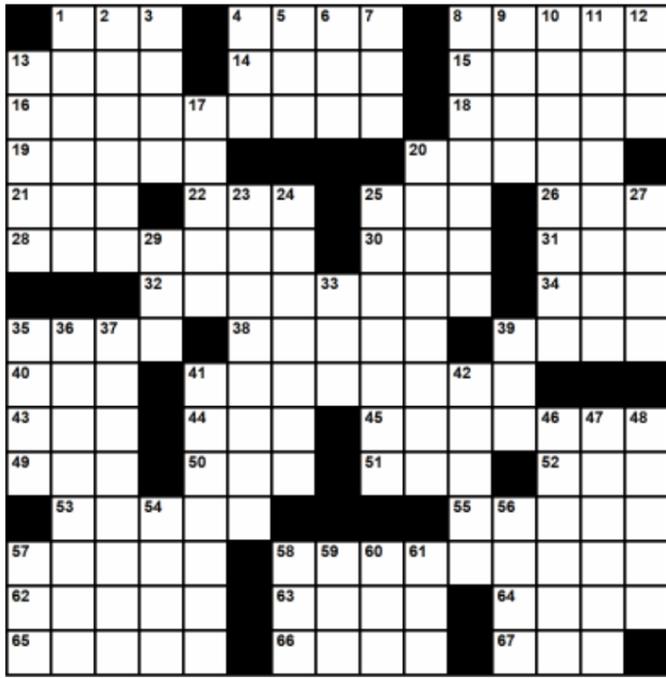
Tom Hutchison-Hounsell

Student Representative to
The Board of Governors

CROSSWORD

ACROSS

- 1. Crash site?
- 4. Got bigger
- 8. Take the plunge
- 13. stiff hair
- 14. 100 cents
- 15. Auspices
- 16. Local official record-keeper
- 18. Had a shot
- 19. Dickens's ___ Heep
- 20. Feather, zoologically
- 21. Goose egg
- 22. Shade source
- 25. "Absolutely!"
- 26. Excavated
- 28. Italian astronomer
- 30. Picnic invader
- 31. "___ we having fun yet?"
- 32. Mewing passerines
- 34. Masefield play "The Tragedy of ___"
- 35. Ostentatious
- 38. Electron tube
- 39. "Cast Away" setting
- 40. "Fantasy Island" prop
- 41. Like spreadsheets, e.g.
- 43. Miscellany
- 44. Stun
- 45. Land measure
- 49. Radioactivity unit
- 50. Lt.'s inferior, in the Navy
- 51. Big Apple inits.
- 52. Half of XIV
- 53. Magnetic induction unit
- 55. Correct, as text
- 57. Anklebones
- 58. "No man is an island ... " poet
- 62. "Farewell, mon ami"
- 63. ___ O's (Post cereal)
- 64. One involved in litigation
- 65. Sphere of influence
- 66. Be inclined
- 67. "Hazel" cartoonist Key



DOWN

- 1. Bradley University site
- 2. Freely
- 3. "Two Years Before the Mast" writer
- 4. Coagulate
- 5. Feel sorry for
- 6. Be mistaken
- 7. Chinese frypan
- 8. They enjoy being cruel
- 9. World's largest particle physics lab (Abbr.)
- 10. Dwellers along Lake Victoria
- 11. Having two ears
- 12. "Don't ___!"
- 13. Attacked by a bee
- 17. Crab's claw
- 20. Waiting for action
- 23. Disappointments
- 24. Like some homes
- 25. Train employee
- 27. Characteristic carrier
- 29. Aloof
- 33. Debtor's note
- 35. Apple spray
- 36. Benedict Arnold, for one
- 37. Premium liqueur
- 39. Anger
- 41. most electropositive element known
- 42. Like a rainbow
- 46. Line on a map
- 47. Removed seeds from cotton
- 48. Downy duck
- 54. Addict
- 56. Lion's share
- 57. Toni Morrison's "___ Baby"
- 58. Bit
- 59. Bonanza find
- 60. Biddy
- 61. Affirmative action

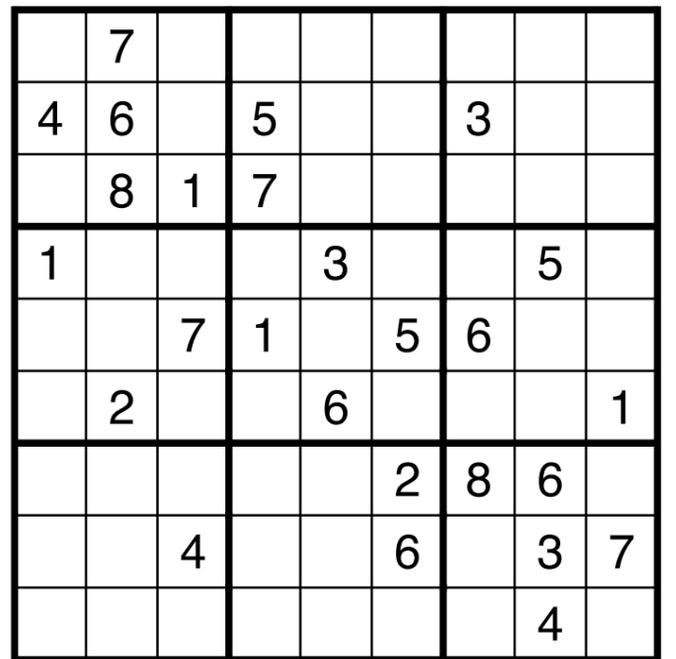
WORD SEARCH



COVID-19

- Caremongering
- Elbow Bump
- Ageusia
- Bubble
- Mask
- Lockdown
- Respirator
- Coronavirus
- Quarantine
- Face Covering
- Death Rate
- Swab
- Hand Hygiene
- Outbreak
- Pandemic
- Wave
- Zoonosis

SUDOKU



Puzzle rating: Hard

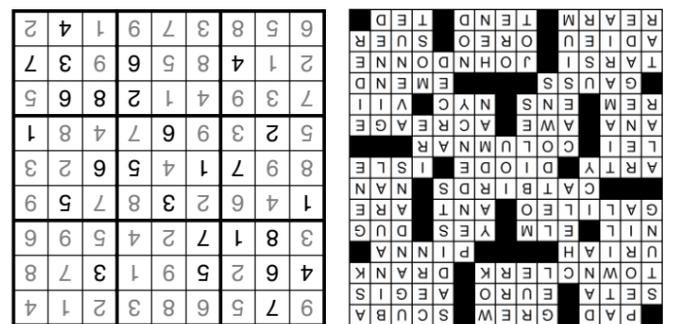
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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“
 19 12 15 22 15 24 19 21 9 13 14 8 19
 1 24 9 6 21 9 13 24 19 12 5 14 8 26 12
 — 5 14 22 15 5 19 11 5 14 24 19
 ”

PUZZLE SOLUTIONS



"The best way out is always through." — Robert Frost

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Not Neurotypical

Hey, it's ok. You'll be fine. Just breathe.

Sometimes you feel overwhelmed, like you're falling and the world is spinning out of control.

Breathe in slowly for a count of 4, hold for 2, then breathe out for 4. Repeat.

Name 5 things you can see, 3 you can touch, one you can smell.

This will help ground you, and help you get your feelings under control.

comic written and drawn by chris miszczak 2020

Excited for the new school year?

Oh Yeah! I'm sure that I will not stress out at all this year. I can manage anything!

one week later

Are you in there?

... I don't know!

Freshman Fifteen

THANKSGIVING 2020...

scalpel...

scalpel...

By Alan Dungo

FOR TOO LONG I'VE LET MY FEAR & ANXIETIES MAKE MY DECISIONS FOR ME!

BUT FROM NOW ON, I'M GOING TO LISTEN TO MY GUT.

PLEASE DONT.

@FilbertCartoons

Butt sweat n Tears

by Andres Silva



Aries

Look over your financial and you'll find a way to cut your overhead. Put your time and effort into something constructive. Arguing will lead to restrictions. Personal growth, enlightenment and physical changes that will ensure better health are favoured. Romance is on the rise and will enhance your own life. Be realistic regarding your goals and the time frame you have to live up to your promises and expectations.

Taurus

Strategy will be required if you plan to make a change that will affect you personally or physically. Jumping into something without preparation will be a chilling experience. A romantic encounter will help you decipher if you've been making the best decisions or if it's time to take a different path. You'll find your comfort zone if you align yourself with someone who shares your values, beliefs and interests.

Gemini

Stick to the truth. If you colour information to make what you have to say entertaining, someone will correct you. Put your energy into nurturing relationships, not shattering your ties. Don't leave anything unfinished. Listen to your heart, not what someone leads you to believe. Slow down. Be precise and do things according to instructions and rules, or you will end up falling short and facing complaints and criticism.

Cancer

Be creative. Use your imagination, and you will come up with a plan that will change the way you think and live. Strive for improvements that will lead to superior home life and better health. Problems regarding roommates will surface if you don't verify facts. Anger will end up being costly emotionally. Think before you say something you'll regret. You'll have too many options. When in doubt, opt not to make a change or a statement.

Leo

Keep moving forward. A steady pace will help you reach your destination with the least amount of interference. If you stop to take on an emotional dispute, it will result in an unexpected turn of events. Spend time with your loved ones. Discuss your plans, and make adjustments that will allow you to enjoy quality time with your family. A debate over something you cannot change will leave you emotionally challenged.

Virgo

An emotional moment will lead to a decision you've been labouring over. Trust your instincts, and proceed with your plan. An unexpected opportunity will alter your life. Focus on health and stop anyone who tries to disrupt your plans. Set goals and stick to the pursuit you want to achieve. You'll be able to put matters to rest that have been uncertain or causing you grief. The trick is not to share your thoughts, but to take action and do what's best for you.

Libra

Put more emphasis on personal care, grooming and physical fitness and less on trying to persuade others to see things your way. You'll accomplish the most if you work alone. Extend a helping hand to someone who has something to offer in return, and you will accomplish what you set out to do. Romance is on the rise and will bring you closer to someone you love. Emotions will swell. Think before you act.

Scorpio

Being observant will help you avoid a situation that is risky or not a healthy choice. Change begins within, and thinking and doing for yourself is the right way to go. Consider how you earn your money and how you can up your chance to bring in more cash. Update your skills and use your imagination, and you'll come up with a viable solution. Be receptive to learning or trying something new. A partnership will need restructuring if you want to live life your way.

Sagittarius

Don't share secrets or you will stir up trouble that will leave you in a precarious position. Stick to the truth, and question anyone who makes false statements. Make personal gain, knowledge and fitness priorities. An energetic pursuit that will lead to a better you will lead to good results and compliments. A change concerning housing will bubble up. Go directly to the source to determine where you stand and what you have to do to avoid a loss.

Capricorn

Don't rely on others to tell you the truth. Do your research and only get involved in projects that will benefit you or a cause you want to support. A financial opportunity is apparent. Consider your options before you decide to commit to something new. Ask for a written agreement first. If you crave change make some adjustments that will add to your comfort and convenience.

Aquarius

Stay put until you feel comfortable making a move or change. If you act impulsively because someone else does, it will lead to stress and regret. Do your best and you will excel. Take the time to look your best, and compliments will come your way. A relationship will bring you joy and encourage you to turn your intentions into a reality. Documents will need to be updated if you want to follow through with your plans.

Pisces

Take the initiative to do something that will make a difference. The way you go about your business will reflect how others treat you. Play fair, and you'll avoid setbacks. Someone will use the personal information you've shared to get ahead. Keep your opinions, feelings and secrets to yourself. Work hard and show your worth. Reconnect with someone you have collaborated with successfully and it will help you round out your ideas.

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How can gaming improve your mental health?

Skylar McCarthy
INTERROBANG

We're in the most unprecedented time ever in our lifetime.

COVID-19 has changed the world, which has put tons of stress on everyone, including us students. With the future being uncertain, and currently, the surge in rising cases we're all stressed and feeling down about this time in our lives. We all want this pandemic to disappear so we can go back to a normal life, but with the likelihood a vaccine won't be available until next year, we are stuck in this "new normal" for a while.

So, what can you do to relieve the stress? Well, one of my ways of relieving stress after a long workload of a day, is to play a few hours of video games. Some of the fun video games I play are competitive, like *Rocket League*. But there are also times where I just want to play a game because of a good story, like *Batman: Arkham City*. It puts you in a different world, and it's always fun to just play a casual match of *Rocket League* with your friends or play a game that puts you in a story.

Tyler Hetherington, the head coach for the Fanshawe esports team, was asked why people love video games so much.

"I think humans are just naturally competitive, but it's also kids nowadays, instead of playing road hockey after school, they go home and meet each other on *Minecraft* or *Fall Guys*, then they play together on there. It's just like, that's what your friends are doing. So, you're going to do it too," said Hetherington.

Hetherington also said that students need to take a break from all schoolwork and forget about the world we live in, especially right

now.

"Sometimes we play games because we just need to like escape what we're thinking about during the day, we need to escape schoolwork," Hetherington said. "Especially this year, with the COVID stuff happening, the community aspect of gaming can help students with their mental health because it's going to be tough to do everything online, you're going to need to have friends and people you can lean on."

However, is there an issue with being addicted to video games. Joe Rogan, a famous host from the podcast called "The Joe Rogan Experience," made some controversial comments on his podcast about video games earlier this year.

In one of his episodes in July, Rogan went on to compare video games to jujitsu, pointing out that jujitsu can create more opportunities like opening a gym and making money, while with gaming for the same amount of time, wouldn't get you those same opportunities. Rogan concluded that video games are fun but were a "real problem" and a "waste of time." This caused widespread backlash from the gaming community including popular streamers like Ninja.

Hetherington responded to these comments by Rogan by saying that a lot of people took the context wrong and feels like Rogan was talking about how gaming addiction is bad.

"It wasn't an attack on video games. A lot of people took it as an attack on video games, but it wasn't. It was an attack on addiction and doing anything too much is bad for you. If you drink too much, it's bad for you, so same here with games," said Hetherington. "One of the big things about video games and especially esports, we focus on



CREDIT: CHEYENNE DOCKSTADER

Sometimes, you can relieve stress in your life by just grabbing a game controller and playing some your favourite games.

mental health now. We know that you can't be gaming for 17 hours a day, it's just impossible."

So, if your feeling stressed one day, maybe you didn't have a good day at school, pick up a controller

and find a game you like and play it with your friends. Trust me, you won't regret it.

Professional athletes are humans, too

Skylar McCarthy
INTERROBANG

If you're a sports fan like me, you know who your favourite athlete is.

When you watch your favourite athletes play in a game, it's like your seeing your idol. We have a world where athletes are also big celebrities too. All the major sport icons like LeBron James, Tom Brady, Serena Williams and others have thousands to millions of people looking up to them. But it can be very hard for some athletes to be a role model and like humans, athletes as well do carry a lot of mental demons with them.

Dak Prescott, quarterback for the Dallas Cowboys, recently needed some mental health help after his brother, Jace Prescott, took his own life in April this year. In an episode of "In Depth with Graham Bensinger," Dak discussed the topic about his brother. "I mean, I sat there and tried to gather what had happened and wanted to ask why for so many reasons," Dak said. "As much as you want to ask why as much as

this, I mean, I know my brother, and as we said, he had a lot of burdens on him."

But it's not just professional athletes; any athlete may have mental burdens, especially if you're a student-athlete in your first year. While sports have been canceled on campus due to the COVID-19 pandemic, choosing which college you go to is difficult for anyone. Nathan McFadden, the manager of Athletics at Fanshawe said that with being a student-athlete comes added expectations.

"Certainly, sports competition at our level comes with a lot of pressure without a question," said McFadden. "As soon as you choose to come to Fanshawe and make one of our teams, there are very high expectations that come with that, we make that very clear right from the get-go to our student athletes."

McFadden added when student-athletes have issues they will help them find immediate assistance.

"When we have student athletes that come to us, it usually comes to our head coach first, they're usually the first point of contact," McFadden says. "We make sure we

have those alignments, which are already in place for us to be able to get in touch with the appropriate people in counselling and be able to provide immediate assistance to the student athlete."

With McFadden's experience as a manager of operations for the Toronto Marlies, McFadden has evolved the Fanshawe Falcons program since he took over the job eight years ago. In his first year, he performed an analysis of Fanshawe's varsity teams and called it as a whole, mentally weak. He made a lot of changes in that first summer, which has led the Falcons to many provincial championships and national championships as well. The Falcons minimum standard is now to get a playoff berth in every sport.

But one key reason why McFadden thinks the Falcons are now known for their mental toughness all across the country is because Fanshawe was the first college in Canada to have a sports psychologist as part of the program.

"Our mental toughness is one of the things our teams are known for across the country," McFadden said. "We were the first college in



CREDIT: SKYLAR MCCARTHY

An empty basketball court at Ed Blake Park in London, Ontario, where normally local athletes would gather to blow off steam.

Canada to have a sports psychologist, and Charles [Fitzsimmons] is a great mental skills coach and does an amazing job with the student-athletes."

So, whenever you see your fa-

vourite professional athlete who might be your idol, or if your best friend who is on the Falcon soccer team, just remember that they are probably going through a lot, and that athletes are also human too.

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 OCTOBER 5TH - 9TH

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 8PM
 TUESDAY
 OCTOBER 6TH
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DRAG QUEEN STORY TIME
 THURSDAY
 OCTOBER 8TH
 8PM
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LEAH MARSHALL,
 Fanshawe's Sexual Violence Prevention Advisor
 lkmarshall@fanshawec.ca

- Believes and supports students who have been subjected to sexual violence.
- Provides information on available options on and off campus.
- Academic accommodations.
- Provides referrals to medical care, counselling services, community services, as well as information about legal and reporting options.
- Services are confidential.

Anova
 (Sexual Assault Centre and Shelter)
 Phone: 519-642-3000 (24/7 Support and Information Line)
 Website: anovafuture.org

Regional Sexual Assault and Domestic Violence Treatment Program,
 St. Joseph's Health Care London
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