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INTERROBANG



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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
 How often do you think about your mental health? Considering the fact that by age 25, approximately 20 per cent of Canadians will have developed a mental illness, odds are you're thinking about your mental health a lot more than the Roman Empire.

With the prevalence of mental illness in young people being so high today, it's no wonder Interrobang's Mental Health issue has become a mainstay annual issue, often overflowing with a broad range of topics that have evolved considerably over time, in line with our understanding of mental health and its impact on day to day life.

Our featured content explores how social media has helped connect those living with Attention Deficit /Hyperactivity Disorder (ADHD), how creativity can support our mental wellbeing, and even how to bounce back emotionally after a break-up.

Other articles in this issue look at the benefits of a yogic lifestyle, the intersection of technology and mental health, and how athletics can both help and hinder our mental wellness.

There is no easy answer when it comes to navigating the world today. There are constantly new strains and stresses being put on young people, from school to the cost of living. What this issue hopes to show is that no matter what, you are not alone, and even if the light at the end of the tunnel looks more like a train right now, eventually the way will clear and you will find your way.

Until then, happy reading.

Sincerely,



Letters to the Editor: fsuleters@fanshawec.ca

INTERROBANG

PRESENTS



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Fanshawe honours National Day for Truth and Reconciliation



Mauricio Prado (he/him)
INTERROBANG

On Sept. 29, Fanshawe College's Institute of Indigenous Learning recognized Truth and Reconciliation with a community lunch between A and E buildings from 11:30 a.m. to 2:30 p.m. in the courtyard.

The National Day for Truth and Reconciliation, recognized on Sept. 30 officially, honours the children who never returned home as well as the survivors of Canada's residential schools. People are encouraged to wear orange as part of Orange Shirt Day. This is intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters."

"Nothing is better than celebrating community through laughter and food in the spirit of Nish culture," said assistant manager and organizer Natalie Fletcher.

She said that in the last few years, they have had, "very emotionally heavy and draining events" given the circumstances of the historical background. She added that this event was, "more light in nature."

"This year, we just really wanted to have a different approach and kind of more of a celebration of our people and survivors," Fletcher said. "It is just to give back to our students and make them feel a little bit better on this day, as well as give respect to those we have lost at the residential school system."



CREDIT: MAURICIO PRADO

On Sept. 29, Fanshawe College's Institute of Indigenous Learning recognized Truth and Reconciliation with a community lunch between A and E buildings from 11:30 a.m. to 2:30 p.m. in the courtyard.

Fletcher said the Institute of Indigenous Learning at Fanshawe purchased tickets to send students to the Indigenous Music and Artisan Festival at the Western Fair complex on Sept. 30.

"The proceeds from the sale of these tickets will go toward helping the locals in Chippewas of the Thames save the last standing barn from the Mount Elgin Residential school, which will be converted into a museum," Fletcher said.

Indigenous Recruitment and Community Relations Advisor Daniel Kennedy said it was challenging to

discuss the topic in previous years, often leaving them sad and emotionally tired by the end of Orange Shirt Day.

"This year, we decided we do not want to be sad, we just want to celebrate who we are as Indigenous people and what better way to celebrate than with food," Kennedy said.

Kennedy stated that the community lunch represents and celebrates Indigenous people's resilience and honours what the day is about.

"We are going to honour everyone that came before us and honour what they went through by coming

together as a community, sharing laughter and food, and just being together," Kennedy said. "We hope to impact and encourage people to learn who we are as indigenous people in Canada and understand that we have a place here."

Kennedy said that there has never been a day in which they, as Indigenous people, do not remember what their ancestors had to go through. He added that knowing and accepting history can help prevent similar "horrifying and scary events" from happening in schools.

"We had a lot of our ancestors that

went to residential school. It was not an outstanding experience at all. Some of them did not come home, and it was something that changed our culture, our language and the way that we identify," Fletcher said.

Fletcher said they decided to do it outdoors to try something different this year.

"We love being outside grounds us," Fletcher said. "Many things we discuss today are sad, and we do not want to be sad. What better way to avoid being sad than enjoying a beautiful sunny day walking on Mother Earth with our bellies full."

Multi Factor Authentication coming for students



Hannah Theodore (she/her)
INTERROBANG

Starting Nov. 6, students looking to access Fanshawe resources off campus or through a VPN will be required to use Multi Factor Authentication (MFA) as part of their login process. Students will not be required to use MFA if they are using the college's wireless network or accessing Fanshawe resources on an on-campus device.

MFA is a method that requires users to use two or more verification factors to access a resource. Rather than simply using a username and password to access Fanshawe resources, students will also be required to verify their identity through the Microsoft Authenticator App. Students are encouraged to download the app onto their devices prior to Nov. 6.

The Fanshawe apps that will require MFA are:

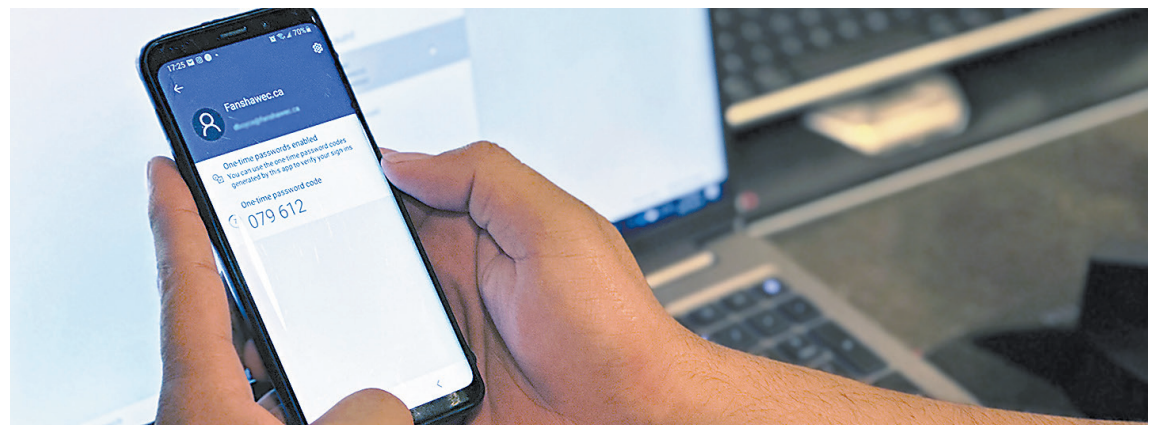
- FanshaweOnline (FOL)
- Page 1+ (library account)
- StarRez (Residence portal)
- WebCheckout (loans system)
- Global Protect (VPN)
- WebEx
- Apps Anywhere
- Microsoft applications and services (M365) including:
 - Word
 - Excel

- PowerPoint
- SharePoint (used to access this site and team sites)
- OneDrive
- Teams
- Outlook Email (any client or application that connects to your email)

- IMLeagues
- Cornerstone
- Archibus
- Salesforce
- People Admin

According to Craig Reed, Fanshawe's Senior Manager of Information Security, the decision to implement MFA came about because the college identified the need to strengthen its digital security. "It's a generally accepted tool that an organization can put in place to help strengthen their security, to safeguard not only the user's information, but also safeguard the college's information," Reed said. "If a cyber attack gains access through a more simplified security approach, they could have access to whatever resources that account holder would normally have access to. So we're not only protecting a person's information, we're protecting the college as well."

MFA is becoming more and more commonplace across various platforms, with Data Management and Communications Facilitator Tina Chappell calling it, "basically industry standard."



CREDIT: FANSHAWE COLLEGE

Multi Factor Authentication will soon be required for students attempting to access Fanshawe resources while off campus or from a VPN.

"Everywhere we go, we're being asked to do that," Chappell said. "It's just becoming a standard with any sort of technology and digital information."

MFA was implemented in waves for staff at Fanshawe over the past year. Chappell, who was a key member of the implementation team for staff, noted that there was some feedback regarding the change but that the extra step of MFA makes a big difference when it comes to protecting sensitive information.

"You can't say anybody will get excited, but they do say that it prevents 99 per cent of compromised accounts and so that one small, extra step that everyone has to take is well worth it for the gain," she said.

The team also spoke with other colleges who have already rolled out

MFA for students to learn more about best practices regarding implementation for students.

"They basically told us that students sort of handled it a lot more readily and easily than the employees did," Chappell said. "I think students are more used to doing a lot of things on their phones or their tablets, more so than some of the staff are."

Conversations about implementing MFA at Fanshawe began as early as 2022, with a pilot group testing the product and the process. Later in 2022, MFA was applied to the college's VPN service. Employees were brought on board beginning late in 2022 and in phases through 2023 ending in July.

Both Chappell and Reed confirmed that since the implementation of MFA for staff, the number of

successful malicious logins and login attempts to staff accounts has dropped "dramatically."

For Reed, who has been an active player in the MFA planning process since the beginning, watching the rollout finally begin is "rewarding."

"It's a huge team effort to make this successful, with support going right up the chain to the senior executives," Reed said. "And although [MFA] might not have been palatable or pleasing for everybody, it's certainly an element that is needed and it's something that we do so we can better protect ourselves."

Students can download the Microsoft Authenticator App to their devices from the Apple App Store for iOS users or the Google Play Store for Android users. To learn more about MFA, check out MyFanshawe.

Students fearful as tensions arise between Canada and India



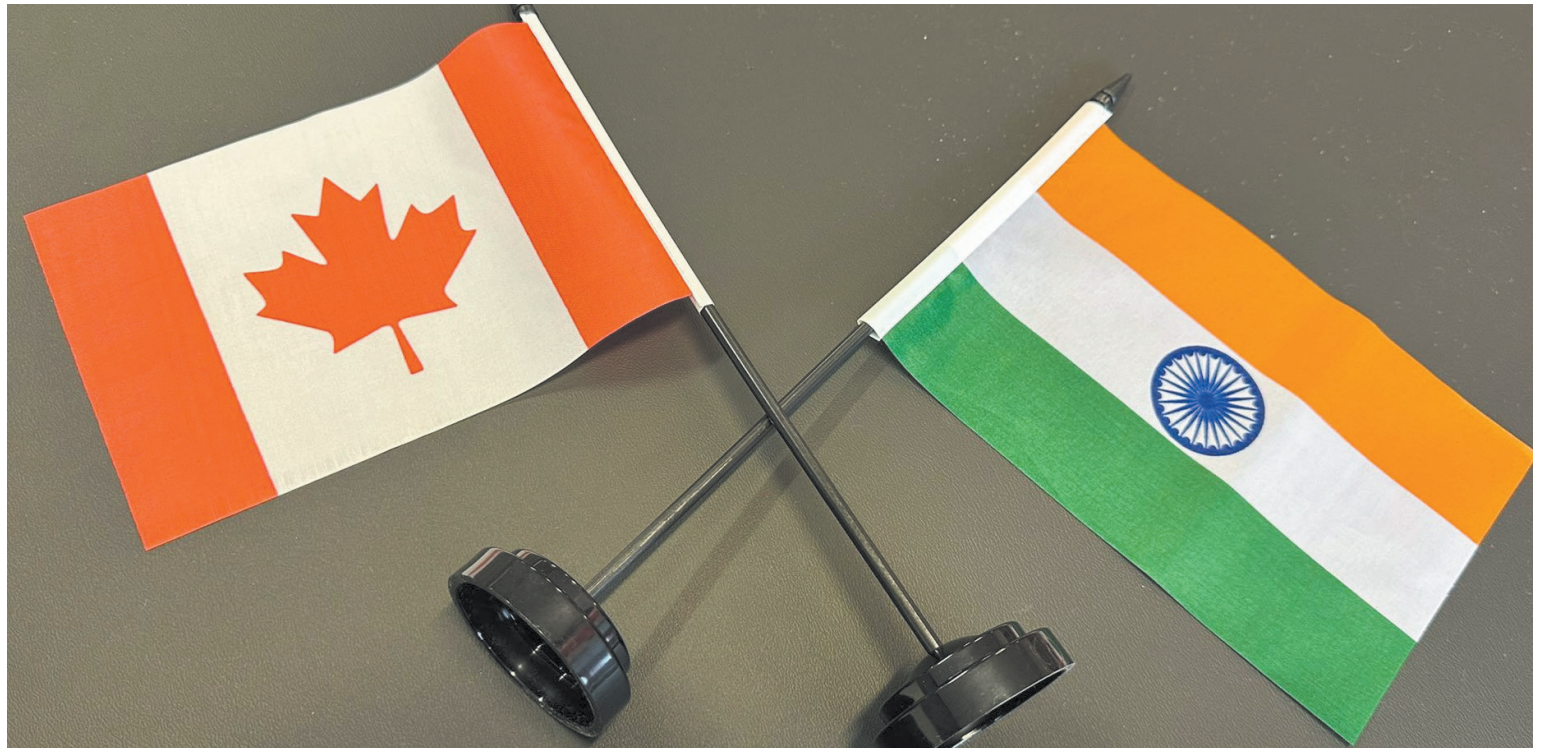
Mauricio Prado (he/him)
INTERROBANG

When Hardeep Singh Nijjar, a Sikh independence advocate, was killed outside Guru Nanak Sikh Gurdwara Sahib in Surrey, BC on Sept. 18 and Prime Minister Justin Trudeau accused the Indian Government of having a role in his assassination, it started a heated argument between the two powers of world politics.

A spokesperson for India's Ministry of External Affairs has labelled Canada a "safe haven for terror" and has halted the issuance of Indian visas to Canadian citizens. India has also issued an advisory for its Indian residents currently in Canada, urging them to remain safe and aware of their surroundings. On Oct. 3, it was reported that India had asked for the removal of 41 Canadian diplomats.

A word that is coming out repeatedly in all the heat is "Khalistan." So, what is Khalistan? An Indian student who asked to remain anonymous out of fear for their safety said it all started in 1984 in India.

"The Indian Prime Minister during that time, Indira Gandhi, launched Operation Blue Star on the Golden Temple, the most sacred place for Sikhs. The operation saw thousands of Sikhs killed in Amritsar, including Sikh leader Jarnail Singh Bhindranwale," the student said.



CREDIT: MAURICIO PRADO

A look back on the history between Canada and India as tensions continue to escalate.

He said that Sikhs were angry about what happened during that time, and as a result, two Sikh bodyguards of Indira Gandhi assassinated Gandhi during their duty. He added that the killing of the prime minister started Sikh riots in the whole nation; millions of Sikhs were killed in India, and it was deemed an attack on minorities.

The British used to rule India before 1947; they divided the Indian nation into two separate countries based on religion, India and Pakistan.

"After what happened in 1984, a group of Sikhs started a movement. They wanted a separate nation for Sikhs in India because they were done with all the discrimination against minorities in India. The movement is known as Khalistan," the student said.

He added that there were some Sikhs who were able to leave India and migrate to other countries like Canada, the United States and the United Kingdom.

"Although things went peaceful in India after 1993, there was still anger amongst Sikhs who had to leave their homes or had one of their family members killed. Some of them could never return to their homes," the student said.

Hardeep Singh Nijjar was part of a group of Sikhs who demanded the freedom of Sikhs in India and asked India to give a new nation to Sikhs. These groups are often called extremists and activist groups by the Indian government, who refuse to have common ground with each other.

In response to Canada's accusations, the Indian government has issued an advisory for its Indian citizens in Canada to be safe and aware of their surroundings. India has also stopped giving Canadian citizens new Indian visas for travelling. This has left many Indians,

including students at Fanshawe, worried. Even parents in India are concerned about the safety of their children in Canada and have a close eye on what is happening in both countries.

President of the Fanshawe Student Union (FSU), Stephin Sathya, said that despite this delicate situation, everybody must remain united.

"It is important not to bring hatred into our classrooms and to maintain a friendly and united stance during these challenging times. Things have escalated rapidly, and it is vital that we stay informed and updated," Sathya said.

He said that the safety and well-being of students are the top priorities for the college. He added that Fanshawe's International Centre and FSU are available to assist students in need.

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London MP Fragiskatos appointed to new role



Gracia Espinosa (she/her)
INTERROBANG

On Sept. 16, Prime Minister Justin Trudeau appointed London North Centre MP Peter Fragiskatos as Parliamentary Secretary to the Minister of Housing, Infrastructure and Communities, Sean Fraser. In his own words, there is a lot of work to be done because of a high demand for housing but limited supply.

“I’ll be helping Minister Fraser with the execution of his mandate, which he’s been given by the prime minister, to build more homes. And we can do that by partnering with the provinces, municipalities, private, and not-for-profit sectors,” explained Fragiskatos.

On the day of Fragiskatos’ appointment, Trudeau announced \$74 million to build 2,000 homes in London. It was also announced that permits needed for construction to begin will be released and approved more efficiently and faster.

“We’re helping the city upgrade how it supports permitting so that we can avoid these long delays that often cause real challenges in building homes,” Fragiskatos said.

London is also trying to move towards a position allowing four units to build a single property instead of three. For MP Peter Fragiskatos, if there are more housing options, it will become much better for the individual searching for a home, whether a student or someone else.

According to the September 2023 Rentals.ca report, the average rent for a one-bedroom apartment in London is \$1,800, and two bedrooms are \$2,133.

“It’s just the law of supply and demand. It will be expensive when you have a very high demand and limited supply. But if you help to increase supply, that will help to bring down costs,” said Fragiskatos.

But it’s not just about the high rents.

The latest poll from the Ontario Real Estate Association (OREA) reveals that over half of post-secondary graduates of Ontario have incurred student debt or loans to finance their education. Among those who have incurred debt, 53 per cent are still repaying. For that reason, they have less possibility to buy a house.

“We know that so many people are working, have gone to school, have worked very hard, and still need help getting a mortgage because of the high-interest rates. So, to help them helps us deal with that challenge,” explained Fragiskatos.



CREDIT: COURTESY OF PETER FRAGISKATOS
London MP Peter Fragiskatos has been appointed to work with Minister of Housing, Infrastructure and Communities.

Fraser has previously hinted that the Canadian government might look at capping the number of international students to ease the pressure on the housing market.

“I think that’s one of the options that we ought to consider,” Fraser said. “I think we need to do some serious thinking here.”

Fragiskatos said that most importantly, institutions should be making sure international students are able to live on campus.

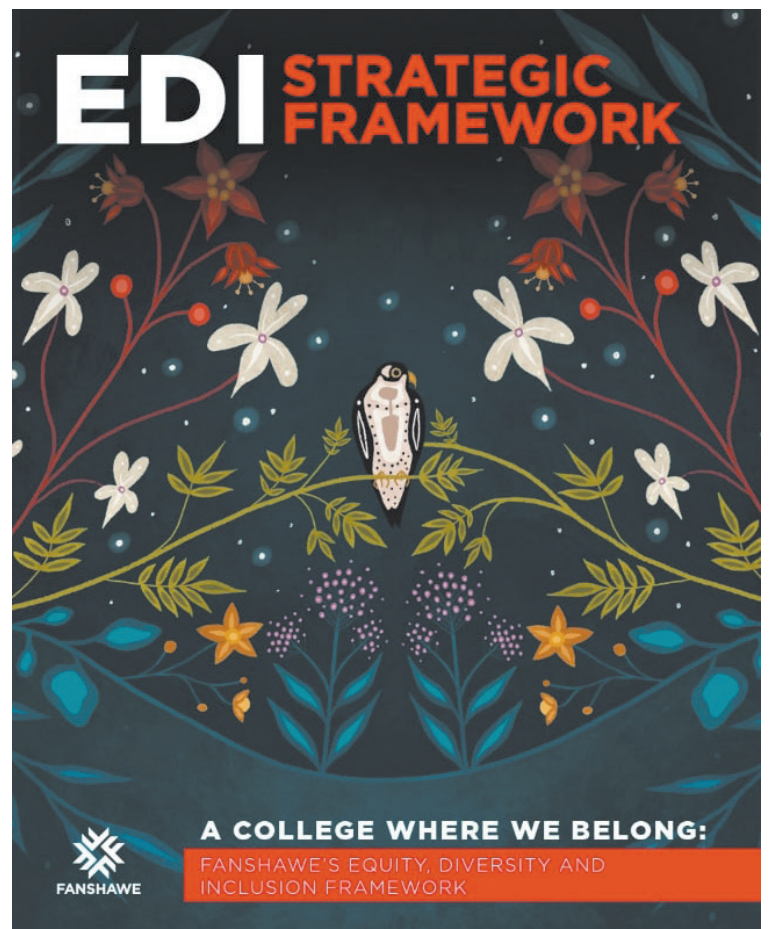
“When it comes to international students, we must ensure that they are treated well and that there is a priority placed on ensuring that they are housed, preferably on campuses.”

According to a recent report by The Smart Prosperity Institute, it is recommended that colleges and universities collaborate with governments to construct additional residential facilities. Additionally, sharing their five-year enrollment plans with municipalities and the private sector could aid in better growth planning.

“A lot of folks say that there needs to be more homes provided to students on campus so that they aren’t forced to go off campus and search for a place to rent or buy them. I understand that argument, and I know post-secondary institutions are looking at that more. It’s not always easy for them to build on campus, but I think they should explore that where possible,” Fragiskatos said.

Fragiskatos said that both Western University and Fanshawe College do an excellent job of ensuring housing options on campus. But, “some examples of colleges are not making housing options available. And unfortunately, the student experience at such colleges hasn’t been solid,” Fragiskatos said.

Fragiskatos was first elected as the Member of Parliament for London North Centre in 2015, and he most recently served as Parliamentary Secretary to the Minister of National Revenue.



CREDIT: FANSHAWE COLLEGE

The new framework for EDI at Fanshawe College identifies six core priorities.

Fanshawe launches new Equity, Diversity, Inclusion framework



Gracia Espinosa (she/her)
INTERROBANG

The new framework for Fanshawe’s Equity, Diversity, and Inclusion (EDI) team is titled, A College Where We Belong. The objective is to include those discriminated against within the educational community.

“This would be people of colour, Indigenous peoples, people with disabilities, members of the LGBTQ2S+ community, women, and non-binary folks. So, anyone experiencing an equity issue or oppression and thinking about the barriers they might face to that sense of belonging on our campuses,” said the Director of EDI, Joseph Pazzano.

The strategic framework identifies six core priorities:

- Belonging in our workplaces.
- Belonging in our classrooms.
- Belonging on our campuses.
- Belonging to our research teams.
- Belonging fostered by equity-informed supports.
- Belonging fostered by equity-informed leadership.

Each priority identifies the objectives that the educational institution should achieve, and they are based on EDI data collection, consultations, and evidence-based equity research. All this information has provided a better understanding of Fanshawe campuses’ individual, interpersonal, and systemic barriers and the opportunities to foster a sense of belonging.

“The trial around the murder of the Muslim family and the anti-LGBTQ2S+ march impacted our students and our staff because we live and work on these campuses, but we also live and work in the community where all this traumatic stuff is happening. So, we must break down and improve both things,” said Pazzano.

The department of EDI and the Anti-Oppression Task Force

group launched in 2022. Since the summer of that year, 30 equity-deserving members from around the college have regularly met to create a sense of belonging on campus. In May of this year, the working group approved the EDI framework for presentation to the Executive leadership team.

“We had excellent, sometimes emotional, and difficult conversations about the challenges we all were facing. And this framework is those conversations put on paper and thinking about the priorities as an institution that we should focus on,” said Pazzano. Those conversations have been instrumental in the development of this EDI framework.

College leaders, employees, and students will work with the EDI and Anti-Oppression Task Force to develop goals and projects that align with the framework’s priorities and create a multi-year EDI action plan.

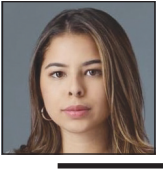
Fanshawe has added to its existing commitments to equality, diversity, and inclusion by adopting frameworks such as the Dimensions of the Federal Government Charter, the Scarborough Charter Against Black Racism, and the 50-30 Challenge.

“The 50-30 challenge is an initiative that the federal government aspires to gender parity for women and non-binary folks on boards and senior management teams and 30 per cent representation of other equity-deserving groups on the leadership team. So, the 50-30 challenge is about diversifying those highest levels of organizations and ensuring that leadership is diverse,” explained Pazzano.

As one of four regional English language centres in Canada, Fanshawe collaborates with Colleges and Institutes in Canada to provide leadership in EDI within the community.

According to Pazzano, “We have a fantastic team of advisors who are over in a building and on our London campus, and they have been having conversations with any business or organization who have signed on to this challenge and is seeking to diversify their leadership.”

How yoga helped my mental health



Zoë Alexandra King
(she/her)
INTERROBANG

Often individuals jump to conclusions when they hear the word yoga. In some cases, people believe that yoga is a religion-based practice, others may believe that it's simply a way of stretching the body or a way to lower your stress levels by focusing on your breath. To me, yoga is all of these things combined and more. This is what led me to lead a grounded and yogic lifestyle thus far, which in turn has boosted my mental health.

In 2019, I started to dedicate my time to yoga with leading professionals in Barbados. When I moved to Canada, I took my personal practice into my own hands and was able to connect much deeper with my intuition, my body, and most importantly, my gratitude towards everything in my life.

If you've ever taken a yoga class, you've probably heard the common reference that, "the intention is to take what is learned on the mat into your everyday life." Yoga incorporates balance, movement, and focus and is intended not only for your body but also for the way you deal with situations or challenges that arrive in your life.

Boosting mental health can look different for everyone. For some, it might mean exercising more regularly, it might mean meditation, it might mean spending more time on hobbies, eating healthier, or simply just doing what your soul is craving. Making an active choice of living a yogic lifestyle is what personally boosted my mental health. Living a yogic lifestyle spoke to me because all of what it entails had my name written all over it.

These are three elements that I love about living a yogic lifestyle:

1. Personal practice

Most yogis incorporate their personal practice at the beginning of the day. I really like the saying, "From bed to mat," to start your morning off. This has helped me create a morning routine that I'm proud of and helps me to set an intention for the day ahead of me. It also gives me a chance to deepen my practice and to move my body in a variety of different ways.

2. Healthier/cleaner diet

One of the many things that I took from my 200-hour yoga teacher training, was that the type of food you put into your body can help you feel more grounded. For example, living a yogic lifestyle means that you incorporate a lot of food from the earth to help feel more connected with your practice. Natural and unprocessed foods can promote both mental and physical health amongst many other benefits.

3. Living everyday consciously

One of the elements of yoga is breathwork or in Sanskrit, Pranayama. For me, in my meditative practices, I always incorporate

the focus of the breath and while doing so, set the intention of that practice. This allows my mind to focus on whatever areas of my life I want to be more present in or conscious of. Thus, taking the philosophy of, "From mat to daily life," I'm able to apply this practice in a variety of different ways.

Choosing to live a yogic lifestyle has boosted my mental health in more ways than one. Since making this change, I have identified how much happier I can be by simply dedicating time to the practice that I love.

One of the beautiful things about yoga is that you don't have to be this super flexible person to engage in this practice. Yoga is about acceptance of where you are in your life, in your body, and where you want to be and how you will get there.

All you have to do is make that conscious decision to attend a class and apply what you learn on the mat to your everyday life. Once you do this and make a commitment to yourself, the likelihood of your mental health enhancing, in my opinion, is high.



CREDIT: CALEIGH REID

Yoga has an a significant impact on reporter Zoë Alexandra King's life.



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SAY IT WITH A BANG SUBMISSIONS

How do you manage stress?

Chris Miszczak (he/him)
CONTRIBUTION

To state it clearly, life is not easy. We will all deal with different forms of stress during our lives. The question is how; the answer is in strategy.

The past year has not been easy for me. Thankfully, I turned to therapy to help with the stress. To state it clearly, there is nothing wrong with seeking out therapy. Strong emotional intelligence and resilience are developed over time. You can get to a peaceful place faster with the right tools to help guide you.

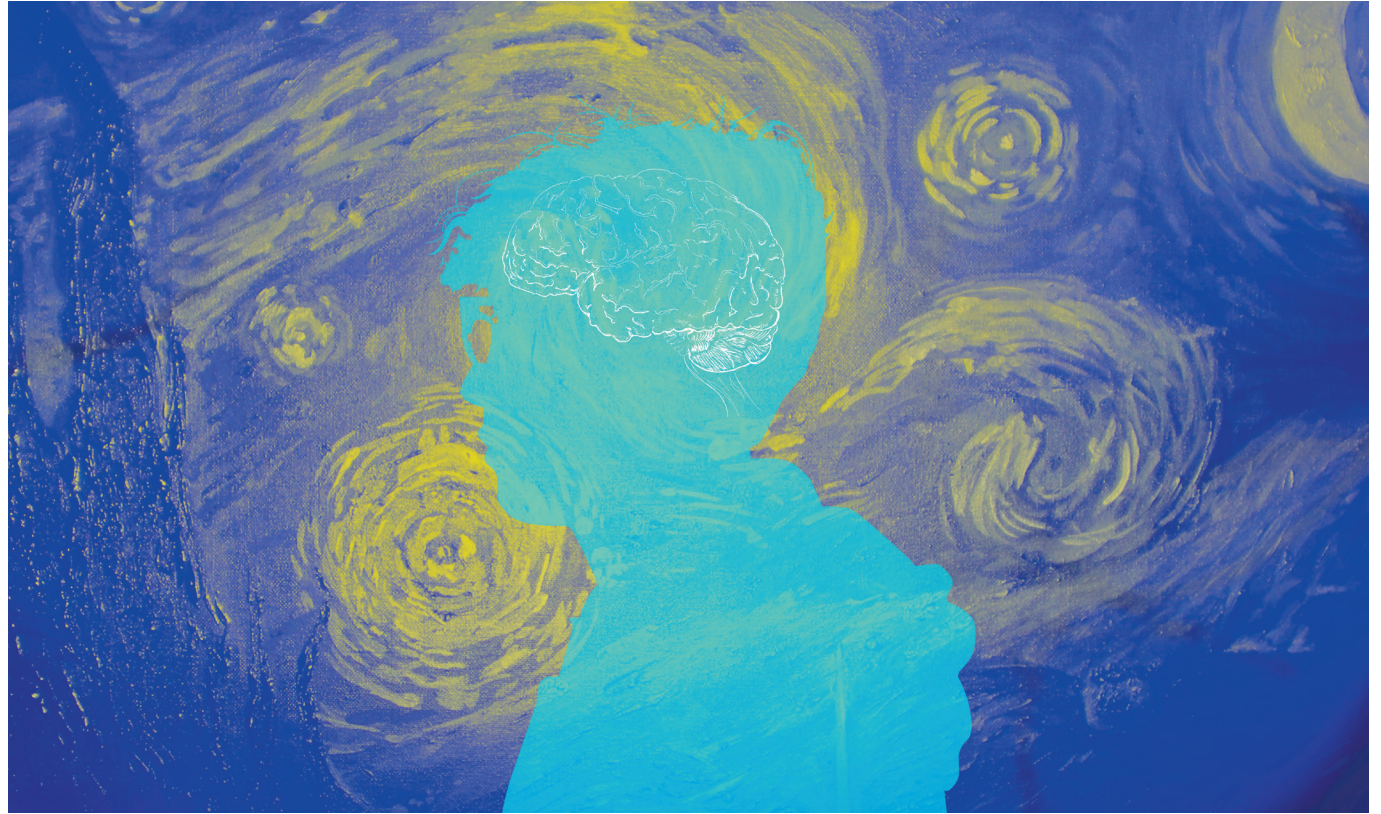
The biggest lesson I took away from those therapy sessions is so very simple that it is simply mind-blowing:

Give yourself permission to rest, relax, and unwind.

Like so many students, I am a lifelong learner. I am constantly trying to find a way to focus my passions and strengths towards specific goals. When I completed my college program, I could walk away with lessons that would stay with me for a lifetime. Admittedly, I have always retained that passion for learning and trying new things, and my mind still feels like a whirlwind of emotions, insights, and intellectual pursuits. Somehow, it all remains grounded by something so simple: To find that time to breathe, relax, watch some anime, or read a book.

Like many high achievers, I am my own harshest critic. Having standards for oneself is essential because it maintains quality in your work. It shows that you care and are engaged in your work. Sometimes, though, I am so hard on myself that I need to remind myself to be forgiving and gentle. Constantly, my heart and mind are in balance with one another.

While I would want to push myself to keep improving, at the same time, it is wiser to stop and reflect on the good and what has been accomplished. There is an ancient



CREDIT: CHRIS MISZCZAK

Take time to relax and breathe, your future self will thank you.

parable that some families still practice to this day. Parents will give their children about five jars to teach them how to budget appropriately. The same practice can be utilized for your mental health and taking a break. In this context, a fifth of the time to find the time to relax is OK. Whether in a day, on a weekend, a week, or whatever else. Budgeting your time and finding the time to unwind is an essential tool that will help you in the long run. Arguably it is an investment for your future self.

Fanshawe College employs certified counsellors through Health and Wellness for mental health, substance use,

relationships, and other personal concerns that might impact your academic success. The resources are available for you to use if you need it. This past year, I was shocked at where I found inspiration to remind myself of these lessons. There is a famous clip from *Doctor Who* when he brought Vincent Van Gogh to the future to see his paintings being admired. When the good Doctor asks about where Van Gogh stands in the history of art, the curator speaks highly of Van Gogh, but poignantly says, "He transformed the pain of his life into ecstatic beauty." This quote really pulls at my heartstrings for two big

reasons. First, it highlights the works and accomplishments of our lives that are not appreciated in the present but can be and will be appreciated in the future. Namely, highlighting the outcome of resilience. Secondly, to acknowledge the beauty in the now, appreciating both the pain and the beauty of the world around you.

So this year, find time for yourself to relax and breathe. Give yourself permission to feel the things that you need to feel. Do not feel afraid to reach out to those that can help you throughout your journey, and finally appreciate the here and now. Your future self will thank you for it.

Galahitige Hasanthie Lakshika Chandrathilaka (she/her)
CONTRIBUTION

What if someone asked you to start journaling when you find nothing works to fix your life or mood or when you are stressed or in a situation where you do not have a clear path toward your future?

Though mental health experts recommend journaling as a healing strategy, many doubt it. The reason for that may be that many people do not know how to do journaling and how to measure the progress made by engaging in journaling.

According to the American author Natalie Goldberg, journaling is, "Writing what disturbs you, what you fear, what you have not been willing to speak about."

Journaling is similar to writing in a diary, but you have more freedom regarding what you can write, how you write, the language, or what you draw or paste. The best part of journaling is that it is a safe place to share your feelings, not a place with judgment, or it does not embarrass you.

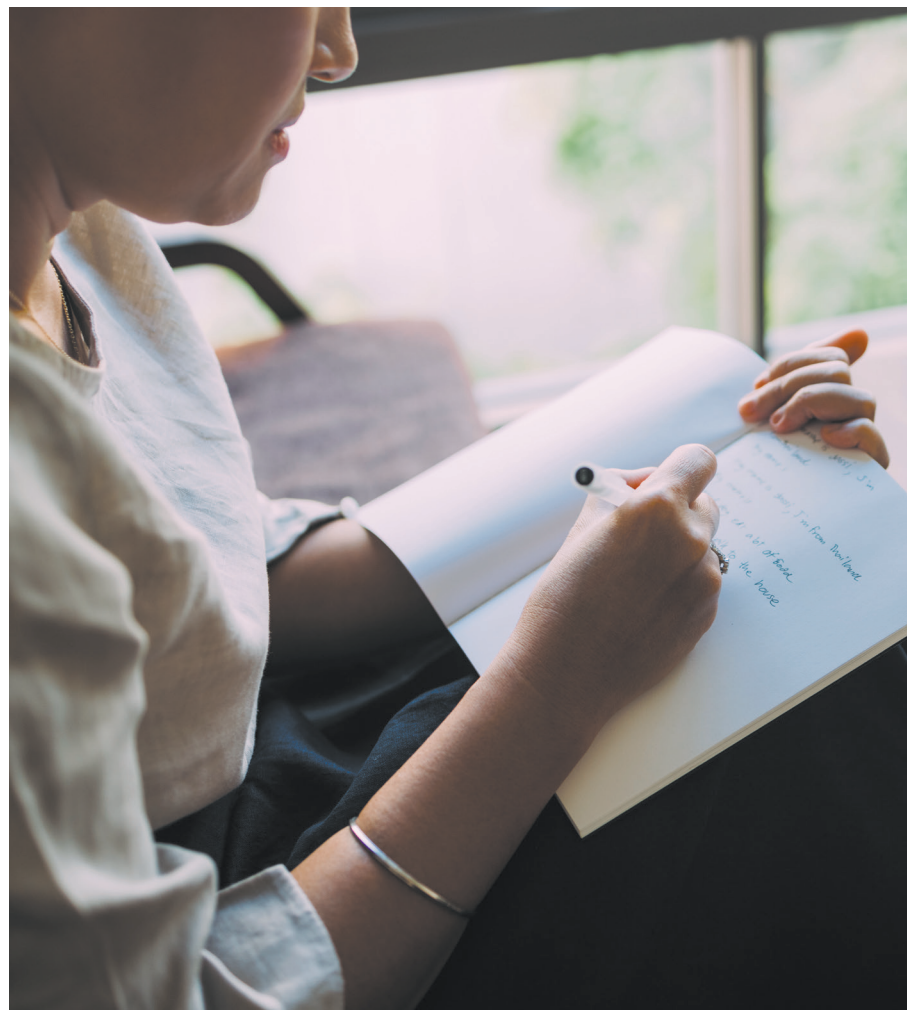
First, you have to select a book or notepad. There are books specifically designed for journaling. A spiral, hard-covered book is the ideal. If you can find something with an attractive cover or a body of your favourite thing, this will be more interesting. If you use a beautiful journal, you may feel free to keep it always with you. However, you can use a variety of digital options for journaling too. Then, it would be best to grab your favourite coloured pens, pencils, crayons,

and maybe a glue bottle to paste pearls, buttons, cloths, ribbons, and stickers.

There is no recommended time to write in your journal in the beginning because you may have a lot to write and that may be urgent. There is no page limit to the writing in the initial days. Just let your emotions flow. You can write anything from your dreams to your crush. For example, if you have nothing to write, listen to a song related to you or your feelings, then write the lyrics. It is a start, somehow. You can add the date, time, and the location also. Then, you can paste a sticker or two. That's it. This practice will tempt you to use the journal again and again.

You can keep a separate time to do journaling. Some people journal as soon as they wake up, and some do it just before bed. Also, you can limit the writing from one-third of a page to two pages. It is essential to fill the book without keeping a lot of space. Start journaling by writing a quote or lyrics of a favourite song on a typical day. Write three things you can be grateful about. Write the most memorable events of the day. Then, mention your three primary goals for the year. If you are not in a good mood, write what you feel or think. Listen to a song or meditate on such occasions before writing the journal. With time, you may feel your improvement. If you want, you can read back and see your progress once a month.

There will be a time you may find out that you have no more unnecessary feelings where you had one month before. If you feel that page is not worth keeping in the journal anymore, burn it. Experience the progress.



CREDIT: FRESHSPASH

Journaling can help you work through your emotions by putting your feelings down on paper.

Grief & Eugenics: An Ableist Horror Story, Part Four



**Adam D. Kearney
(he/they)**
CONTRIBUTION

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

Hand Cut Company

Previously on my so-called life, I lamented about how I identify with the myth of Sisyphus in relation to existing as a person with disability in our capitalist society. Particularly with my search for employment in a field I paid a college far too much to be a part of and coming upon one ableist roadblock after another. All in an attempt to escape the challenging life brought on by abysmal government assistance programs. Something I really didn't touch on in my last essay was my reluctance to exploit my disability for financial gain. Surely, I had more to offer this world than my stories. There are frighteningly few options available currently for people in my situation. The more I thought about what would be my breaking point for applying for MAiD (Medical Assistance in Death), the more time I spent thinking of ways to navigate using my disability to make money that didn't make me physically ill. I was really stuck on feeling like I was having to exploit myself by using my disability to make money.

During a rough patch of 2018, which I will get into more detail later on in this essay, I found myself in need of a creative outlet. I started a side hustle called Hand Cut Prints. The name is a cheeky take on the fact that I am a natural born klutz. Every time I would cut out a stencil to spray paint, or carved a lino block to print by hand, I always managed to accidentally cut myself. The name also worked because being a klutz and a wheelchair user I often smashed my hands off of doors, walls, chairs, and pretty much anything.

A good friend of mine got me in with the Punk Rock Flea Market crowd in London. I was moving through a lot of emotional stuff at the time, and so I went on to be the grumpy guy in the corner trying to sell felt pennants with stenciled curse words on them. Needless to say, the reception was lukewarm, and so Hand Cut Prints slipped into hibernation. Though, I still have a STACK of pennants in a plastic bin under my bed, so if you need one slide into my DMs.

Fast forward to fall 2021, having gotten sober during the pandemic and being bored to death I once again needed a creative outlet. This time when I brought back the side hustle I was making more than just prints so I "rebranded" to Hand Cut Company. Now because graphic design freelance work was hard to come by, the side hustle had become almost equally, if not more, financially important.

By late November 2022 I had vended at nine markets and I was stressfully preparing to be at two large holiday markets in one weekend. This was just the beginning of three back-to-back weekends of holiday market vending that I had ahead of me. I was stressed, nervous and anxious, but I was also really excited about how things were going. Over those nine markets, I really started connecting with folks and realized there was space for me to start bringing in some disability justice content. It started with Anti-Ableism stickers, then patches, then antifa wheelchair symbol with the tagline "this machine kills fascists." For the holiday season I partnered with a local fibre artist with disability and had a batch of red and black "Company Toques" made. The best part is I paid her what she would sell it for (not wholesale cost) in cash so her ODSP wouldn't be affected. Hand Cut Company was becoming a proud company with disability.

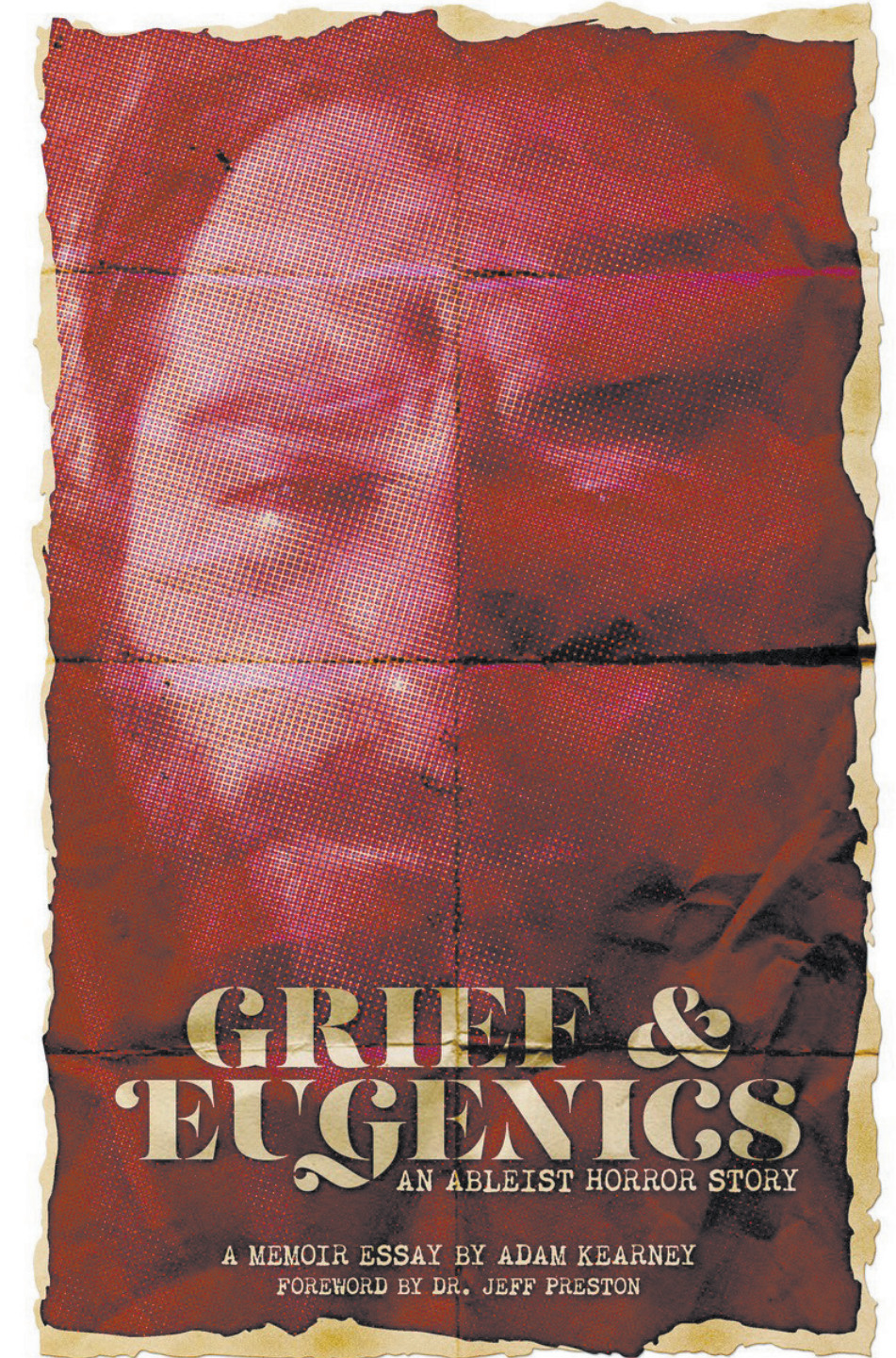
The biggest piece I had prepared for this holiday string of markets was my zine *The Myth of Sisyphus with Disability*. It was the first time I had written something so open, honest and specific about my experience with disability. My anxiety was through the roof about how it might be received, even though my friends who edited it had nothing but fantastic things to say about it. Lost in a world of mixed emotions, a Facebook message instantly cut through the noise and stopped me in tracks.

"Hey, sorry for the very abrupt message. Josh is not doing well health-wise it is anticipated that he may die this weekend. If you were interested in sending him a final message, his sister would read it to him or play an audio message. Here is the phone number..."

JOSH

Josh and I met at a very early age as campers at Woodeden Easter Seals camp just outside of London. Recently, when I watched the Oscar nominated (robbed by that damn octopus movie) *Crip Camp* on Netflix, I was shocked to see just how similar my experience of camp was...minus the crabs outbreak and social justice revolution, of course. The counsellors were there to help with personal care and they also often became friends of ours. I learned about George Carlin, Noam Chomsky, Propagandhi, Carl Jung, Karl Marx and my guitar playing kept getting better and better all thanks to a handful of counsellors that truly left a mark on my life. Though, it was the connections I made with my fellow campers that were most important – even though I didn't realize it until 30 years later.

I don't remember exactly how we met, or what nonsense we initially bonded over, but it was very much that stereotypical camp friendship that is often depicted in books and movies. We ate breakfast, lunch, dinner and snacks together. Josh, and his younger brother David, were diagnosed with Duchenne muscular dystrophy which is a genetic disorder where the body's muscles slowly degenerate. This really didn't mean anything to me at the



CREDIT: COURTESY OF ADAM D. KEARNEY

This section of Adam's essay touches on the origin of Hand Cut Prints and their relationship with childhood friend Josh.

time, just that I would often lend Josh a hand reaching for things or filling his plate. We had a pact that whoever arrived first at camp would make sure our beds were on the same side of the cabin so we could stay up and talk all night. We would talk about what boys talk about, what we thought boobs felt like, celebrities we had crushes on, and who we wanted to ask to go to the dance with. We would eventually plan elaborate ruses so we could sneak off from the watchful eyes of our counselors to get our

first kisses from our girlfriends. Disability was rarely the focus of our conversation, because it was just part of our shared life experiences. There was just an unspoken understanding between us that was lost on other people.

To be continued...

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

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The adaptability and science of MEDITATION with mental health

KONSTANTINOS DROSSOS (HE/HIM) | INTERROBANG

Meditation is more than just sitting cross legged on a rock with your eyes closed in complete silence. It's a therapeutic and spiritual practice that acts as a reset for the mind and soul, which makes it such a valuable tool in life.

According to a study conducted by the research group, Caddle, 69 per cent of Canadians believe that regularly meditating could improve and balance their lives, especially in younger generations. To help alleviate the hindering feelings of stress and anxiety, people rely on various methods as a means to re-centre and ground their focus and clear their minds.

How does meditation work in the mind? Ben Switzer, founder of the social enterprise True Focus said that the way stress is perceived in the brain and body is mediated by the nervous system.

"As you're practicing meditation, there's two things that happen," he explained. "The first is you become more aware of stressful stimuli, and that awareness actually allows you to better manage how you relate to that stress. That's the mindfulness component of meditation. The second is through actual changes in the brain that happens through prolonged, repeated training sessions using meditation."

Switzer said he has seen a huge transformation in the last decade of people now also using yoga as a means of mediation.

"Particularly among young people," he added. "So it used to be the case, you know, 10 years ago, nobody knew what meditation was and now, it's not only that people are familiar with the concept, but many people are for this concept. They are also familiar with the notion that they should be doing it, and then it's good for them."

Looping back to the beginning point, meditation is not defined by a single definition or practice. It can be anything which makes it a personal and reflective experience, while in addition, builds an intimate relationship with your mind and body. The key aspects that play a role into the function of the activity is self-awareness and focus, which is what makes it meditation.

"It comes into this question, what is meditation exactly? And you can think of meditation as focused on awareness as in its simplest form," Switzer said.

Going for walks, a bike ride, or even playing video games is a way to help clear your mind and detach yourself from whatever feelings are bothering you. Switzer talked about how walking meditation helps people by fixating on points in a person's field of view when walking.

"One of the techniques that I teach is a walking meditation where, as you're walking, you pinpoint different focal points in your awareness, which could be visual phenomena in your field of view. It could be body sensations that you feel that you're having inside of you or it could be thoughts and feelings. But the key technique is being aware of where that point of focus is and intensifying it on purpose. So as your mind is wandering, as sort of a meta layer of awareness."

Meditation offers a super-ability for people as a way to power their mind into overdrive and enhance their cognitive ability. By channeling the energy built up from meditation, it allows the mind to strengthen its focusing ability which allows people to complete tasks with more ease, like completing assignments or studying.

You can almost think of your brain as a CPU of a computer for your body. You overclock your mind and can do the unimaginable.



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THE IMPORTANCE OF CREATIVE FLOW ON OUR MENTAL HEALTH

Dee-Dee Samuels (she/her) | Interrobang

There is a saying: Comfort is the death of creativity.

Perhaps that's the reason the entire planet seemed to simultaneously tap into their inner artist during one of the worst periods in recent history. COVID and creativity seemed to coexist and feed off each other. The pandemic almost strategically amplified the shortcomings of our society. This unnatural isolation forced us to confront dormant issues that had been swept under the carpet and forgotten. Our relationships and mental health were hanging by thread. Was it this uncomfortable prolonged isolation that had us all erupting with untapped creativity and rushing to put pen to paper, learn the guitar or start a DIY YouTube channel? Was it therapy?

Grammy-Award-winning music producer and coordinator of Fanshawe's Music Industry Arts (MIA) program, Dan Brodbeck said that some of the greatest artists and some of the best music is made when someone is "not doing well."

"I think a lot of true emotion comes out that way," Brodbeck said. "I believe it can sometimes be like your therapist, because there's times when you don't necessarily need anything but an outlet, a distraction."

We as humans consume some form of creative expression daily. We listen to music, watch a movie, or read a blog; it is vital to our identity and development. Creativity, it's one word that encompasses: originality, pleasure, values, focus and imagination. It's no wonder it can have such an impact on our well-being or lack of thereof.

Brooke Johnson, an Organizational Effectiveness Consultant here in London, Ont. and someone who also studied Fine Art at Guelph University believes that being creative daily in some way is akin to going to the gym.

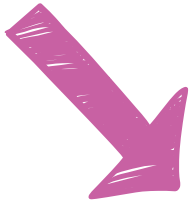
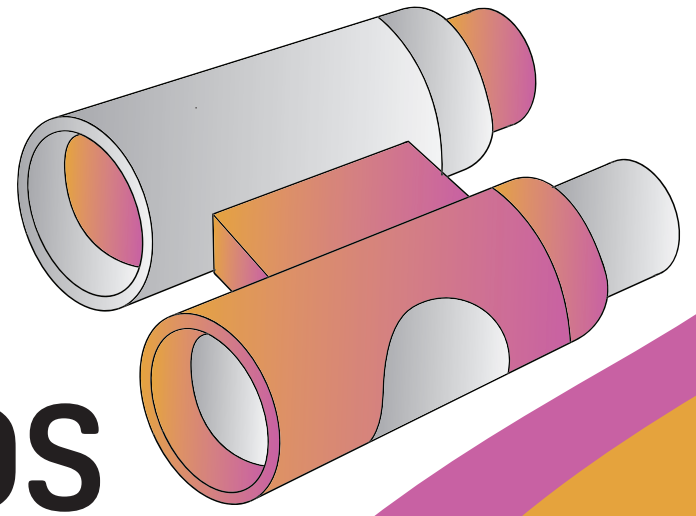
"I need to move. It's calming to turn on some music see how things come together...the final product is satisfying," she said. "There is a process of putting on different layers that is energising and brings you joy. The days that I don't get to do it, I don't have as much energy."

Society seems to be actively participating in understanding and tackling our mental health to improve our community, home and work life. Creativity no matter how you look at it is or at least should be at the center of that process. In a world where the cost of living is unattainable, society is at risk of disregarding paying attention to our own well-being. It's a hefty price to pay.

"I've known some people that got into drawing, painting, playing instrument and they're terrible," Brodbeck said. "They just want to do it. That's amazing because it gives them that outlet. I love cooking, I love building stuff. A lot of people that have ADHD, like myself, are like that, I just focus on it until I'm like, OK, I think I'm better. Now I'm gonna move on to something else. People need an outlet to do something that's not normal to them every day. Being creative is natural to us as humans, it's our curious creative thinking that has probably got us to where we are today. It cost nothing and belongs solely to you, so be curious. Create."



THE MENTAL STRUGGLE OF FINDING FRIENDS



Mauricio Prado (he/him) | Interrobang

Adapting to a new environment can have a serious impact on our mental health. It is no mystery that coping with a different culture can be difficult and international students know this all too well.

“I am from India, and being an international student in a new country, with new rules, new currency and new language, has been overwhelming,” said Fanshawe student Achshah Japheth. “I felt alone, but I knew every beginning was hard. The problem was that I did not even know where to start. It was tough to cope with all the changes in my life and even tougher to cope with the loneliness.”

Japheth stated that she learned how diverse Canada was when she arrived. She said that even though she was feeling lost at the beginning, she met many friends from India and that helped her to adapt a little faster.

According to Statistics Canada, since the middle of the 2000s, the number of international students in Canada has steadily increased, reaching 638,300 in 2019. In 2020, there were 528,200 international students in Canada, a 17 per cent decrease from 2019 and the first annual decline in the number of international students in Canada in 20 years due to the COVID-19 pandemic. In 2021, the number of international students reached 621,600.

“When international students first arrive in the country, they tend to gravitate towards people they may already know or people from their culture and language. That can sometimes limit their options for making friends,” said Fanshawe International Student Transition and Engagement Facilitator Laura Taron. “It can be difficult to make friends in a foreign country because sometimes you are not meeting with people who share the same interest and culture as you.”

She stated that some other students tend to interact only with the people in their programs, which limits the pool of people they can meet with even more.

A study published in the Journal of Experimental Social Psychology found that people often refrain from talking to strangers because they have pessimistic expectations about how such conversations will go. People believe they will be rejected or not know what to say.

Taron said that the language barrier could contribute to pessimistic expectations, leading to students feeling like they’re not going to fit in with a group of friends.

“In Fanshawe, there are people from all over the world. So there is a place for everybody. There is no reason to fear new interactions,” Taron said.

She said that every student would eventually enter the workforce, which is why they must know how to interact with people of multiple backgrounds.

“It is also a great networking opportunity because it is a chance for students to learn to work through some of those personality challenges. Fanshawe offers many ways people can build their networking. One of them is the Fanshawe Friends Program,” Taron said. “If a student is concerned about some of their soft skills, that program

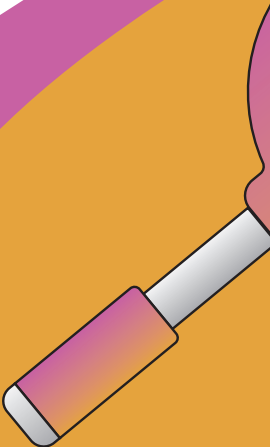
is an excellent opportunity to build them in a social environment while interacting with a diverse population.”

Taron said that international students are often more outgoing, friendly and energetic than some domestic students. She said that international students can make friends, interact and socialize with people quite well.

“They are risk-takers because they are willing to change their lives and embrace the challenge of moving and studying abroad,” Taron said.

She said that the best way to meet new people is by attending events that are related to something that they may be interested in or finding communities or networks within the college that will get them in touch with like-minded people.

“When you are sharing experiences, that helps you build these solid foundational friendships,” Taron said. “Finding those opportunities to have meaningful experiences together rather than just passing by in the classroom is key to building a strong and long-lasting friendship.”



HOW TO NAVIGATE YOUR MENTAL HEALTH POST-BREAK-UP

Zoë Alexandra King (she/her) | Interrobang

Going through a break-up is something almost every person experiences throughout their lives. The initial phases of a break-up can be painful for most. As time moves along, perspectives tend to shift which allows us to move on. It's important for students to understand the importance of feeling their feelings fully and not burying them because it might be the easier thing to do.

Registered psychotherapist and founder of Be Well Therapy Studio, Nicole Lobo, said that navigating break-ups is a common theme in her line of work.

"Often, break-ups are unexpected and a really emotional time," Lobo said. "It's not something a lot of my clients consistently feel prepared for."

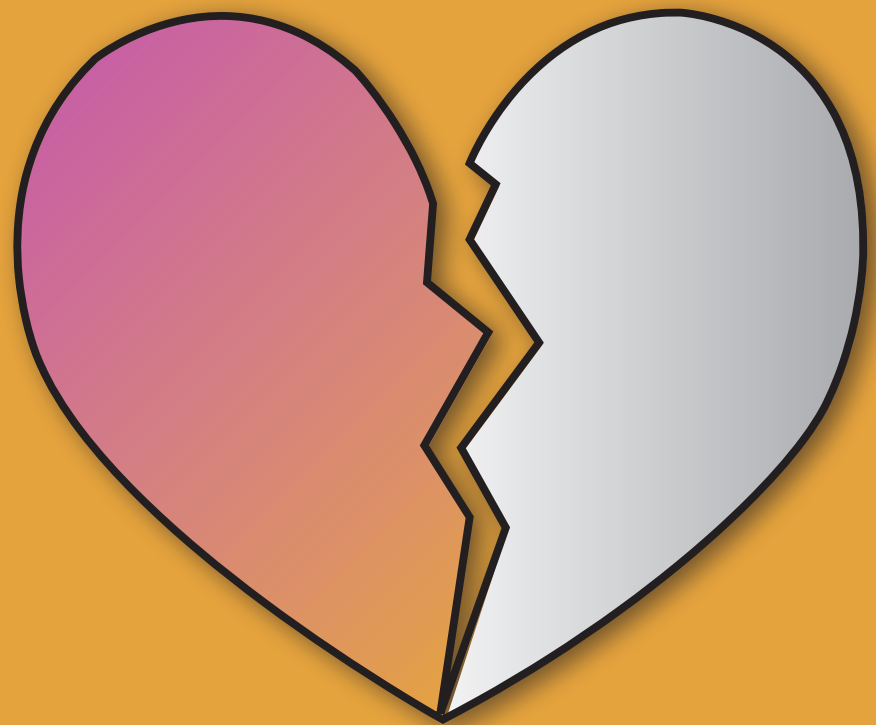
While not all break-ups are the same, one of the more common factors is the loss of another person. Lobo said that sometimes break-ups can relate to the "grief and loss process." Whilst someone isn't actually dying, you are removing them from your life which can often feel the same.

Unfortunately, going to therapy for a break-up is still somewhat stigmatized, which can result in people not getting the help that they need. However, break-ups can have a strong toll on one's mental health and should be addressed when appropriate.

"Therapy is often helpful for a person to understand the process of what has happened, come to terms with their needs and even understand the next steps moving forward," Lobo said.

One of the tips that Lobo shared was to "let yourself feel your feelings without shutting them down or avoiding them." For some, the thought of facing the situation at its facts and head on can be quite a daunting idea. Truthfully, setting aside your feelings for the convenience of hurting later, will only do more damage than good.

"It's so important to actually process and understand what it is that's going on for us in those moments so we don't get lost in the spiral of that grief and loss process that we can feel our way through it and accept our way through it so that we can still attend to life as it needs," Lobo said.



It's also important to remember that just because someone else might have a specific way of processing their feelings in a similar situation, it doesn't mean that it will be the way that works for you. Listening and trusting yourself is the key to recovery in a break-up. This can also relate to timeframes in which a person should recover from a break-up.

"Everyone's needs and experiences are super unique and so putting a timeline sometimes constricts people and makes people feel bad if they haven't moved on within a month or two," Lobo said.

A third tip that Lobo shared was to take up journaling as a coping method. This activity can be seen as another way to understand and process what is going on internally.

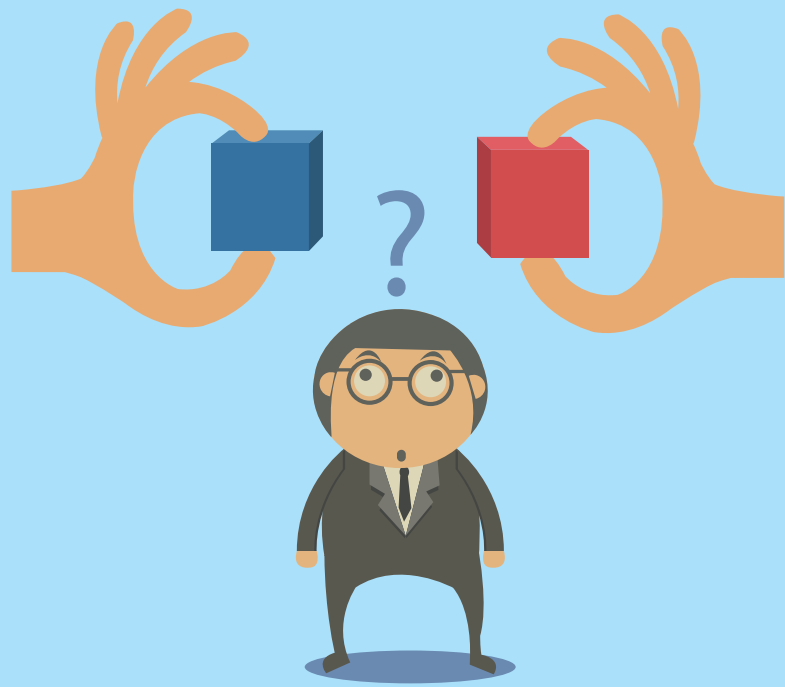
"Journaling is also a great practice to reflect on what it is that you are feeling," Lobo said.

For college students who already have such a heavy workload, going through a break-up during that time can be difficult. With the stress of school and work for some, can be quite overbearing when you add a break-up into the mix. Lobo indicated that it could trigger a lot of "distress" and "anxiety" for students.

It's important for students to understand that if a break-up is putting a strain on their mental health that there is no shame in seeking professional help. Counselling services are provided to help individuals overcome hard times in life and teach individuals coping strategies. Students who are experiencing a break-up while reading this, are reminded that they are not alone in the journey and that there is no calculated answer to your recovery. Your healing process is your own, don't let anyone take that away from you.

Another tip that Lobo shared was, "checking in with yourself," by asking yourself questions such as:

1. How am I doing?
2. What do I need right now?
3. What kind of support do I need right now?



SOCIAL MEDIA DIAGNOSIS: HOW TO TELL FACT FROM FICTION

ALEX ALLAN (HE/HIM) | INTERROBANG

There are a wide variety of influencers on social media nowadays that will discuss certain topics to the public. If you've ever been on TikTok, Facebook, or Instagram, you might have come across an influencer talking about how they deal with Attention Deficit Hyperactivity Disorder (ADHD) or even a video about what ADHD might look like in a day to day scenario. As much as these posts can help raise awareness of ADHD, some of the content can be misleading to symptoms that individuals might have with ADHD. Member of the College of Psychologists of Ontario and accessibility services counsellor, Frank Walsh said that it's always wise to be skeptical about what you're seeing online.

"As with any information on social media, it's very important to consider the source and how accurate the information may be," Walsh said.

According to the Centre for ADHD Awareness Canada (CADDAC), ADHD affects approximately 1.8 million Canadians. Individuals can be diagnosed by a qualified psychiatrist, physician, nurse practitioner or psychological associate in Ontario. Frank said that this would include a comprehensive review of the individual's developmental, educational and personal background. Some of the attributes a person with ADHD might display according to CADDAC are difficulty staying focused or being over-focused on a certain task at hand that might be interesting to the individual, or even difficulty switching focus – especially when the individual might be hyper-focusing at that moment.

Videos on TikTok often show influencers highlighting their struggles with ADHD, showing them getting distracted while attempting to clean their desk, only to end up so far removed from the task at hand they find themselves at a movie theatre.

This might seem relatable, but it might not show all the proper symptoms that you have ADHD.

"There's lots of information online about ADHD and its characteristics, but it's important to have an accurate diagnosis in order to treat it effectively," Walsh said.

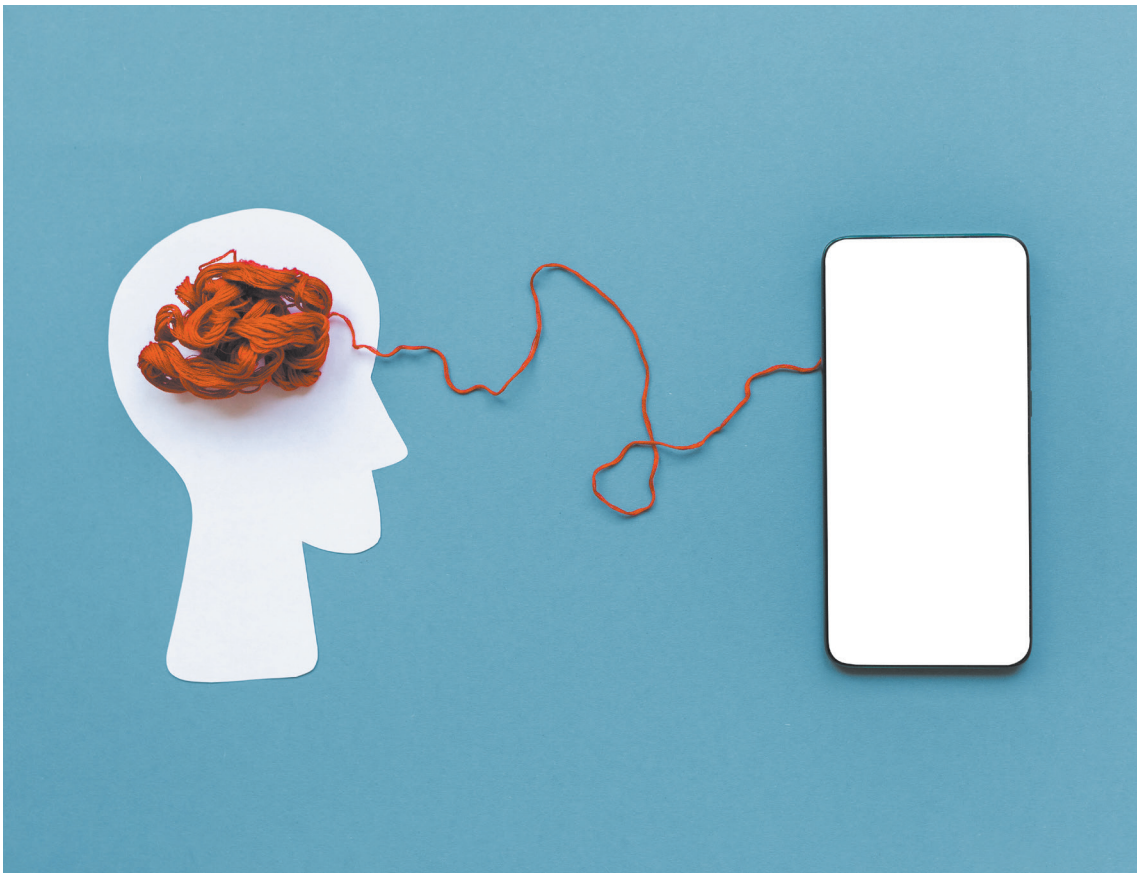
There are some reliable sources you can check out online that can help understand ADHD on a better level. One of these sites is The Centre for Addiction and Mental Health (CAMH), which does research and provides expert training to professionals and scientists to better understand how to help individuals with their mental health. It is important to know that there are sites that can help us better understand our symptoms rather than being misled by an influencer online.

It can be tricky to understand our minds but it's important to know that you are not alone. It might be why people feel a source of comfort when they see a certain individual opening up and talking about their mental health online. Plus, it's definitely something to remember that it is okay to open up and speak to your family physician or the qualified staff in the wellness centre here at Fanshawe if you are a student.

"Even without a formal diagnosis of ADHD, Fanshawe offers a range of student services which can help manage the symptoms and characteristics that are a concern. We're here to help," Walsh said.

The counselling and accessibility services department at Fanshawe can help provide further screening for ADHD and other associated conditions which might be affecting academic progress and social interactions.





CREDIT: ILDAR ABULKHANOV

There are pros and cons with letting AI track your mental state.

iOS update comes with new mental health tracker



Konstantinos Drossos (he/him)
INTERROBANG

Since the dawn of the creation of iPhones, every new iOS update has had some interesting features and new applications come with them. In the most recent update, iOS 17, Apple has released a new feature in its health and wellness app where the user logs mental health levels throughout the week. It's one of the first steps Apple is taking to help owners of their products keep a record of their mental health in this specific way.

How the app works is very straightforward. In the health app, users can open a tab that brings them to the mental wellness tracker, where they use a slider to input how they're feeling at that very moment they are using the app, which then adds the data to a chart that shows the information from the given week. In the second portion, users then can pick from a selection of reasons that contributed to the way they are feeling. The thought behind this feature seems quite interesting, but leaves many wondering if it actually works and helps someone's overall mental state improve.

Owen Chevalier, a research associate from Western University who works in mental health and media, tested out the new iPhone feature for himself to see what outcomes could come about from using it

daily. He talked about the positives that come from writing down your feelings and the ease of accessibility the app gives the person using it.

"I know there is some evidence to suggest that tracking or journaling changes in moods can be beneficial to helping out with mood disturbances, so keeping a log throughout the day of how you are feeling, what life events might be leading to that way," Chevalier said. "This could be a really easy way to track. It's automatic, it's on your phone, so it's something you're doing every day."

For the past few months, he used the application and found there were some propitious factors, like how detailed the response the log gave at how you felt and what the contributing factors were at that time when looking at the chart.

"What I thought was interesting about it was how much it feels like the device is telling you what you're feeling rather than reflecting what you might actually feel if you hadn't used it. So for example, you might not remember how you felt a week ago but now you have this graph that is telling you that you were happy this number of days or sad this number of days and then it's correlating that to other factors like exercise minutes, how much you slept. It's kind of inviting you to draw conclusions in a way it is telling the story for you."

Chevalier went on to explain that after using the application, he didn't really feel different but that he was surprised at the number of

days he rated positive outweighed those that were negative.

"I didn't feel like it completely changed my life, but I didn't expect that I was rating my days as highly as I was, so if I look back, I'm more likely to say that the day was more positive than negative and I tend to be someone who focuses on the negative, so I'll say that I did appreciate that."

Apple has created a global bridge into the future of Artificial Intelligence (AI) therapy where AI is capable of tracking the moods of people. This is quite uncharted territory as it's such a new thing and there are many underlying pros and cons.

"I think that there's a double-edged sword here," Chevalier said. "On the one hand, it can be really helpful to have something that can track your life all the time. The negative is more conceptual or philosophical as it crosses a lot of concerns with AI and one of them is that, 'Well, how much is your mental state a real thing in the world? And how much of it is something that you just tell yourself?'"

He also explained that although this is a good thing, it's important to keep in mind that this is an early concept of binding mental health with technology and there's more research that needs to be done.

"Apple cites some studies that they used with mental health and they don't really give links to those studies. So, it's hard to tell whether or not it's valid or if the results are peer reviewed."

The Beaches' *Blame My Ex* sends strong message to listeners



CREDIT: BECCA HAMEL

The Beaches dropped their latest album on Sept. 15.



Konstantinos Drossos (he/him)
INTERROBANG

On Sept. 15, The Beaches dropped their new album, *Blame My Ex*.

When I first heard about The Beaches, I never really gave it much thought to get into their music. My one friend, from Toronto, introduced me to them by showing me their song "Let's Go" with Canadian artist Lights and that's what put them on my radar.

The Beaches are an all-girl band from Toronto that has been jamming together since 2013. The band consists of sisters Jordan and Kylie Miller with friends Leandra Earl and Eliza Enman-McDaniel. They started to gain traction when they were chosen to open for Rock legend David Grohl and the Foo Fighters in 2017. The band also performed for the first time at the world-famous music festival, Lollapalooza, this past summer. They released their first studio album in 2017 and are now back again with another banger.

It wasn't until this past summer when scrolling on TikTok that I reacquainted myself with the band's sound, this time with new music. From that point forward, my For You page was flooded with new content featuring snippets of their new album *Blame My Ex*. When listening to a new song, the instrumental components always grasp my attention first and it all started with their first release, "Blame Brett."

The sound of this particular song that caught my ear and interest was the guitar patterns, that bring a sense of nostalgia from the earlier 2000s. You can really see the talent come through with Kylie Miller's musicianship and the simplistic yet

symphonic chord progression which pairs perfectly with the bass and drums. All four members have some great moments throughout the album harmonizing, especially on the song "Everything is Boring." The album as a whole is an easy listen as the overall feeling is very relaxed due to the coherence between the members which clearly translates into the final product of each song on the album.

Lyrical, this album really paints a solid feeling of what life feels like post break-up, and the one song that stood out the most to me was "What Doesn't Kill You Makes You Paranoid." It heavily emphasizes the patterns and habits people pick up in the aftermath of a break-up. The song talks about someone overthinking and becoming overwhelmed by a lonely reality that is foreign. Doubting the feeling of love existing, she tries seeking validation from other people or by changing her appearance as a fix to make herself feel happy.

What makes it stand out is the message it sends to the listener, as it acts as a parable they could follow if they ever find themselves in a similar situation. It says that if the voice at the back of your head is being annoying by telling you something you don't want to hear, it's best to trust your gut instinct and act on it as it's a possible warning sign of a bad thing yet to come.

As sad as some of these songs can be, the album also features other songs that give off a nice summer feeling with some 50s surfer sounding riffs or more of a hip-hop vibe. This album serves as a great look into what this band has to offer. It surely goes as far to say that there aren't just one or two good songs, but all of the songs are quite enjoyable and as a musician, I wouldn't mind learning a couple.



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

Tel: 519.452.4458
BOG.student@FanshaweC.ca

Tyler Harcourt

Student Representative to The Board of Governors



Students attend a Barbie-themed dance party at The Out Back Shack with DJ Deon Carter on Sept. 28, 2023.

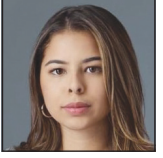
CREDIT: KAITLYN HOOPER



Students celebrate the start of the fall season with pumpkin carving and more in the D Courtyard on Oct. 3, 2023.

CREDIT: ALLEN GAYNOR

The Phantom of the Opera is inside my mind



Zoë Alexandra King
(she/her)
INTERROBANG

Do you remember the 21st night of September? Well, I do, and not just because of Earth, Wind, and Fire. On this night, I was mesmerized by the outstanding performance of this year's High School Project at the Grand Theatre, *The Phantom of the Opera*. I found myself constantly having to remember that the performers were high school students simply because their talent was beyond profound. It's been nearly a week since I was at The Grand and I can still hear the echoes, the melodies, and the instruments of the music that came from the Spriet Stage. A running time of 140 minutes and I still can't stop thinking about their angelic voices!

Out of the many times I've ventured to The Grand this year, I don't think I've ever seen it so packed with patrons. *The Phantom of the Opera* is quite an iconic production and the mere fact that The Grand is considered an "old, haunted Opera house," according to Director Andrew Tribe, added to the many reasons why this was a must-see.

The opening scene is set at an auction house and throughout the performance it switches to an opera house accordingly. If you've already had the opportunity to watch *The Phantom of the Opera*, you will know the plot of the story. If you're like me, seeing this show for the first time, you'll have the chance of not only being transported to the late 1800s in Paris but also learning a story that's both passionate and heart-breaking all at the same time.

The Phantom of the Opera is about a young girl, Christine, who becomes possessed by the Phantom, the previous owner of the opera house as well as the owner of the music that they sing. Legends always said that the space was haunted, and that trouble would be the consequence of anyone sitting in his reserved seat, Box Five.



CREDIT: DAHLIA KATZ

The students of this year's High School Project put on incredible performance of this iconic musical.

Spoiler alert! Only the true legends know that the Phantom had never really died.

Heartstrings are pulled as a love story unravels between Christine, Raoul (the love of her life,) and of course, the Phantom himself.

Early in the musical, the Phantom makes his first appearance, but not physically. He sends letters to the opera house, confusing the singers, scaring them. The Phantom requesting that his seat be kept empty on performance night gave me shivers. The scene starts with his letter being read by one of the cast members and as the opera house rotates on the stage, the music becomes dark and eerie, when suddenly, we

get to hear the Phantom's voice reading the letter he wrote. As the Phantom reads his letter, his voice echoes through the entire theatre and creates a very movie-like effect. There were other features like this that really made me second guess whether I was in a live theatre or in a movie theatre.

In the first scene where the Phantom is physically revealed, we can only see half of his face as the other half is covered with a white mask similar to what you would wear to a masquerade ball. He appears in a mirror and pulls Christine into this fantasy world as they sing *The Phantom of the Opera*. There is a suspenseful feel to the lyrics and

the melody as their voices sing this song. Christine sings how "...the Phantom of the Opera is there, inside my mind," telling a story of how the Phantom is real and how she's connected to him. He holds her hand in one of his, and a lantern in another whilst the stage spins. As he rows the boat, and they sing together, there's no doubt that you will feel the connection between Christine and the Phantom.

There's so much more to this story to tell. For me, by the end of the performance, my emotions were heightened. Finding out the truth about the Phantom, why he was the way he was, why he wore a mask, and why he was so infatuated

by loving Christine, caused some teary eyes.

Unfortunately, this production has now come to a close, having run from Sept. 19 to Oct. 7. Needless to say, if I ever can watch *The Phantom of the Opera* again, I will 100 percent be going. If you missed it, I hope this review compels you to watch should you ever have the chance to do so.

I think the standing ovation that took place at the end showed the high school students that their performance was more than praiseworthy. I feel confident in saying that the students who took part in this have gained an asset to their future theatre careers.

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Sleep, anxiety, and meditation: The best mobile mental health apps



Justin Koehler
(he/him)
INTERROBANG

According to a study conducted by the *Canadian Journal of Psychology*, nearly a quarter of students report having received a past-year diagnosis of anxiety or depression, with 16 per cent reporting a dual diagnosis.

With increasing cases of depression, anxiety, and stress in the lives of young people across the country, there's no doubt Fanshawe students are dealing with this too.

It's important to find ways to cope and relax whenever possible to avoid panic attacks and overall burnout.

One of the most convenient options nowadays are meditation and sleep-based phone apps.

With the increase in need and demand for these apps, the amount of available options has increased as well. This has made it increasingly difficult to find which potential option would work best for you.

The main front-runners in the space as of right now consist of Calm, BetterMe: Mental Health, Headspace, and Balance. Each of these apps are unique in their own way, so let's lay out some of the major pros, cons, and differences of each.

Calm:

This is probably one of the most heard-of apps on the list, with ads currently circulating on Spotify talking about the app. While it is one of the most popular, it's also one of the toughest to get into.

The interface is pleasant, everything is well laid out, and it even has some popular voice actor contributions including from *Critical Role's* Matthew Mercer.

That being said, this app offers one of the least in terms of free-use availability. Users hit a paywall from the first time they open the app, with only a handful of available options for free.



CREDIT: PROSTOCK-STUDIO

Meditation has continued to become a growing way that students are managing their stresses in college.

This makes it incredibly difficult for those looking to experiment with app options or those looking for the odd hit of relaxation without a subscription.

To try: seven-day free trial, \$15.99 per month or \$76.99 per year.

BetterMe: Mental Health:

This is one of the secondary apps off of their main BetterHelp app, which provides therapy options and counselling. That does make it reassuring that they know what they're doing.

For their mental health app, when it comes to meditation and relaxing during the day, BetterMe: Mental Health is one of my favourite available options.

While it's a bit limited when it comes to sleep options and general long-term potential, it has a great amount of sound options and breathing exercises.

This makes it one of the best choices while studying, working, and generally trying to calm down while awake.

To try: \$26.99 per year.

Headspace:

This one is fairly similar to Calm, with a very prevalent paywall limiting availability for free users. That being said, Headspace offers even less.

You will struggle to find even a single app that doesn't have a lock symbol beside it, heavily pushing their paid services.

The app does have plenty of options ranging from breathing exercises, sleep guides, stories, options for families, and more.

The plans themselves are quite nice, and the app itself is very well laid out and easy to navigate. For those looking for a well-made and polished app, this is a great option.

You just might find it tough to want to fork over a subscription fee for an app that limits your usage from day one.

To try: seven-day free trial, \$17.99 per month or \$89.99 per year.

Balance:

This has become my go-to option. Balance has everything from single relaxation exercises to longer term, multiple day plans. There are different

voice options available to customize the experience as well as different colour noise sounds to use. While the app is not technically free, it makes itself readily available to try and use, offering new users a free year of use rather than the standard seven-day trial.

To try: one-year free trial, \$11.99 per month or \$69.99 per year.

Everyone is different and not everyone will like and enjoy these apps the same way. Trying each and testing your preferences is a great option to make sure you're finding the best app for you.

In any case, finding ways on your phone or in life to cope with life and relax when possible is one of the best things you can do for your long-term mental well-being.

Find your ancestors with the London Public Library



Gracia Espinosa
(she/her)
INTERROBANG

If students want to discover their family's history, they can now do so with the London Public Library. Since August, a room has been available for all those who wish to use FamilySearch, a free database that facilitates the search of relatives who lived a long time ago in Canada or other parts of the world.

According to its website, FamilySearch is the world's largest shared online family tree. At the same time, those who start a family tree on FamilySearch are not only reconstructing their family history. They also contribute to creating a global, unified family tree for humanity.

Although anyone can use FamilySearch free of charge from home, certain functions, such as viewing marriage, birth, and death certificates, can only be viewed from library computers.

"London's library is one of the 40 places in Ontario that have affiliate status with this website," said librarian, Mark Richardson. "We

have 400 million more records and many more scanned images of the documents."

"You can come, you get on the terminal. And whatever you find, you can download, you can print. You can email it to yourself. So, you don't need me except to get you started. You know, we don't do this family tree for you," said Richardson.

That's why, "If you're doing your family tree and want more information, you might want to join the group and get insights from people who know you well," suggested Richardson.

Students can learn tips and tricks at the library's in-person, one-hour sessions hosted by Ontario Ancestors every third Saturday at the Central Library from 2 p.m. to 3 p.m. It's not all online; there are also in-person sessions on Oct. 21, and Nov. 18 at 251 Dundas St.

However, if someone is interested in exploring the family tree for the first time, perhaps that person should register for the Ancestry Library Edition for Beginners event. Available for use in any library branch, Ancestry Library Edition has almost all the capabilities of Ancestry.com but none of the costs.



CREDIT: GRACIA ESPINOSA

Learn your family history through the London Public Library. Pictured: Mark Richardson.

Ancestry.com is a genealogy company from the United States that operates a network of genealogical and historical records and genetic genealogy-related websites.

Richardson said students should consider looking into their family trees because it's better to start young.

"If you leave it too late, you may no longer have a father or mother to

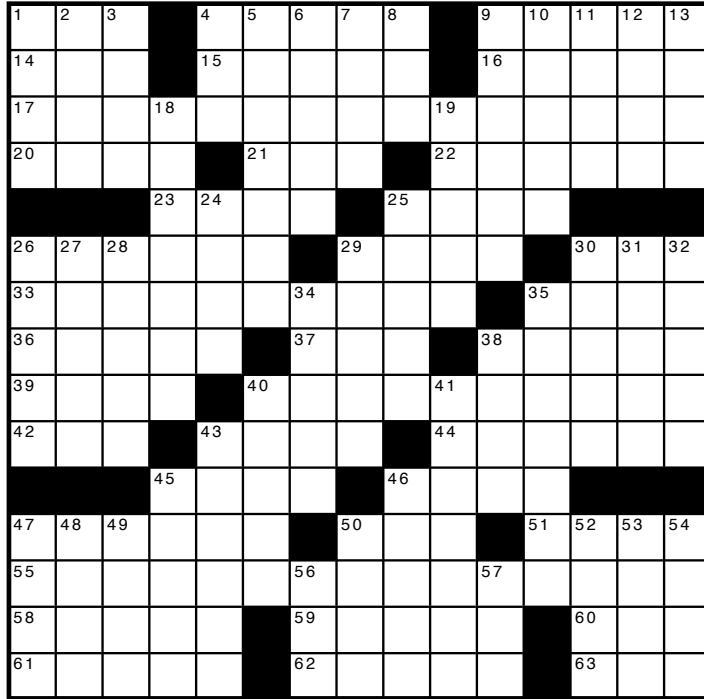
talk to about history. Students, you still have a chance to talk to your parents or maybe even your grandparents about your family tree. And so, it's a lot easier if you start younger."

CROSSWORD

"Bullhorn Message" by Mark McClain

ACROSS

- 1. Air gun ammo
- 4. Incurred, as debts
- 9. Home of the Flyers (abbr.)
- 14. Pale or red quaff
- 15. Licorice flavor
- 16. Weather forecasting device
- 17. *Daily arrangement?
- 20. Talk effusively
- 21. Little chap
- 22. Farm outputs
- 23. Hilarious time
- 25. Feline warning
- 26. For the ___ (readily available)
- 29. Mobility aid
- 30. "Yee-___!"
- 33. *Advice for those seeking a fresh perspective
- 35. VP before Cheney
- 36. Some exercise regimens
- 37. Sis's sib
- 38. Sharpened
- 39. Leather punchers
- 40. Milwaukee Brewers star for 20 years
- 42. Creator of Jekyll and 38-Down, initially
- 43. Quilting events
- 44. Augments
- 45. "Iliad" figure
- 46. Rolex feature
- 47. Like an old circus tent
- 50. Luau staple
- 51. Admiral's helper
- 55. Police bullhorn message to a holed-up fugitive (as illustrated in three *clue answers)
- 58. 5-hour ENERGY alternative
- 59. Early times, in poetry
- 60. A little work
- 61. Patsy enshrined in Nashville
- 62. Yawning pit
- 63. The slightest



DOWN

- 1. Firecracker sound
- 2. French flag color
- 3. Does some quilting
- 4. Music genre
- 5. Kind of comparison
- 6. Attack, puppy-style
- 7. Not new
- 8. According to
- 9. Speak highly of
- 10. US president 1877-81
- 11. Matinee ___
- 12. Speak highly of
- 13. Crafts' partner
- 18. Gets smaller
- 19. Not being honest
- 24. Signs, as a contract
- 25. Southeast Asian capital
- 26. Locked in conflict
- 27. Rectangular garment
- 28. Vetoes
- 29. They parallel gutters
- 30. Baseball Hall-of-Famer Wagner
- 31. "We ___ alone!"
- 32. Sold on, as a concept
- 34. Some wind instruments
- 35. "Roseanne" actor John
- 38. See 42-Across
- 40. Some wind instruments
- 41. Mali and Malta
- 43. Gentle wind
- 45. City south of Cleveland
- 46. Pitiful
- 47. Coordinate, informally
- 48. Implement
- 49. Autobahn vehicle
- 50. "No ___!" ("Glad to help!")
- 52. Mental "germ"
- 53. Laura or Bruce of cinema
- 54. Trend-setting
- 56. Thurman in the movies
- 57. Destroyer letters

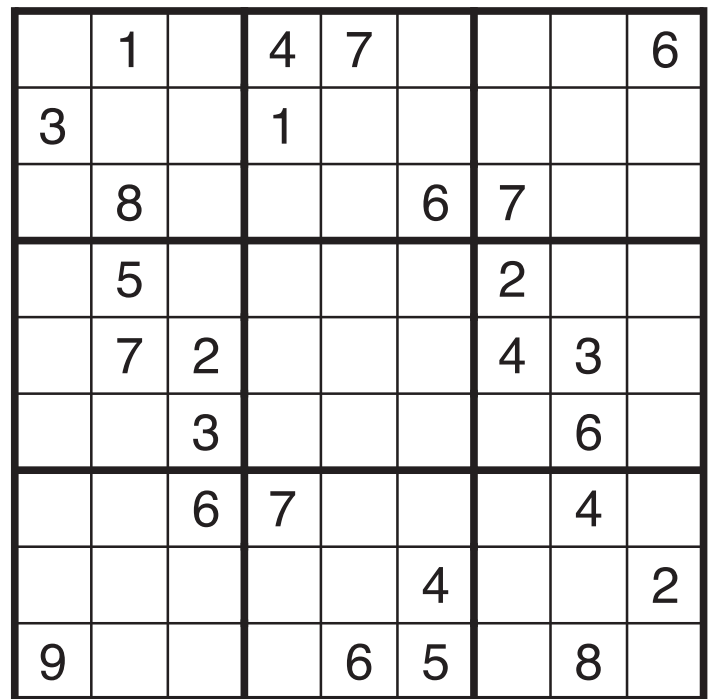
WORD SEARCH



MENTAL HEALTH & WELLBEING

- Personality
- Emotions
- Bullying
- Anxiety
- Appreciated
- Wellness
- Problem
- Help
- Symptoms
- Harmful
- Support
- Depression
- Stress
- Useful
- Warning

SUDOKU



Puzzle rating: Medium

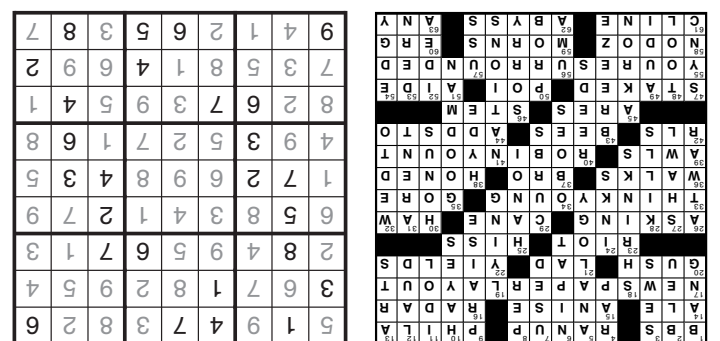
Fill in the grid so that every row, every column and every 3x3 contains the digits 1 through 9. That means no number is repeated in any column, row or box.

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
16	1							7					3			26									

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 18 23 20 26 20 7 22 23 17 9 20 20 11 20 3
 15 23 20 3 10 17 24 26 1 26 16 7 3 18 20 4 4 22
 10 17 24 18 23 20 26 20 7 22 3 18
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PUZZLE SOLUTIONS



"There is hope, even when your brain tells you there isn't." — John Green

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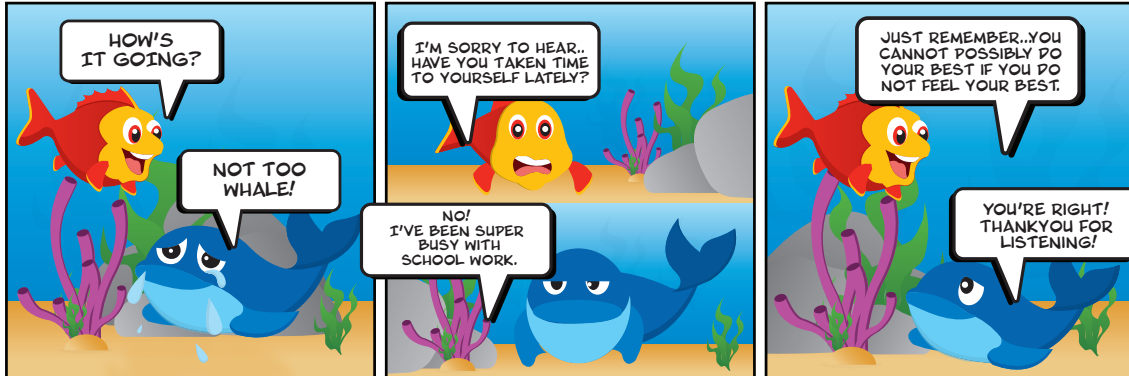
FSU INTERROBANG

By Christopher Mischczak © 2023



Keep Whale at Fanshawe

Created by Briana Brissett

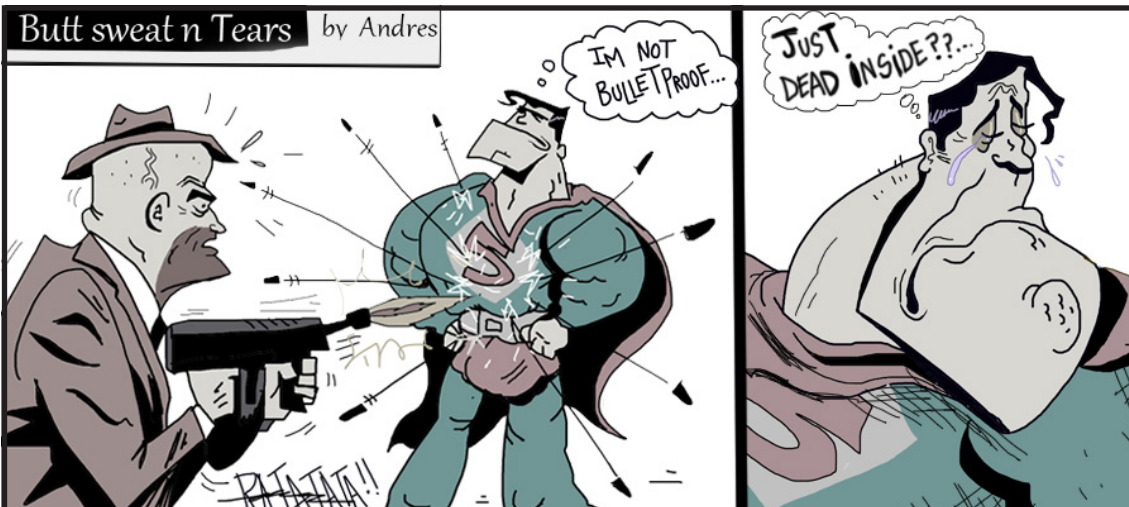


Freshman Fifteen



By Alan Dungo

Butt sweat n Tears by Andres



Editorial Cartoon by Mauricio Franco

Horoscopes

Aries

Take the initiative and follow your heart. Your dedication and hard work won't go unnoticed, but you can expect someone competitive to challenge you. Keep an open mind but don't believe everything you hear. Someone will try to push you to get involved in something that can lead to an emotional setback. Do your own thing and put your energy where it will spotlight you. Expect someone to use force or manipulative tactics to take advantage of you. Personal growth, updating your appearance, fitness, and health are favoured.

Taurus

Stop thinking about your goals and get working on them. Live your dream, explore the possibilities, and grow into your aspirations. A reserved attitude will help deter others from taking advantage of you. Make it clear that you are in control and will only implement practical changes, adding to your comfort, convenience, and personal growth. Refuse to let emotions get in your way. Waffling will raise a red flag. You'll gain inside information if you listen carefully, verify what you hear, and take a practical approach to any change you make. Keep your emotions hidden and your intent a secret.

Gemini

Consider your options before jumping into something questionable. Don't let your emotions take over and lead to decisions that put you in a vulnerable position. Be aware of the costs involved before you sign up for something. Handle domestic difficulties with finesse, truth, and compassion. You'll have a better handle on what's unfolding and can go head-to-head with anyone trying to persuade you to go in one direction when you know you want to go in the other. Show your strength by using your voice to advocate on your behalf. Let your uniqueness shine through.

Lee

Proceed cautiously if you want change. Consider how what you want will affect others and how you can compensate to gain approval. A show of good faith will help sway the popular opinion. A heart-to-heart talk with someone you respect will help you gain perspective regarding what's possible. Be prepared to put some muscle behind your words and plans to show your dedication and interest in finishing what you start. Leave nothing to chance and prepare to go the distance. Choose your words wisely and think outside the box to ensure you hold the interest of those with something to contribute.

Virgo

Know your target market and voice your thoughts and you'll gain insight into something that can hinder your plans. Alter whatever is necessary to fit current situations before you proceed. Someone will mess with your mind if you let emotional manipulation get to you. Make yourself clear and dismiss anyone interfering with your plans. Change is your best way forward, even if that means heading in the direction of choice alone. Reach out to someone who shares your sentiments and you'll discover you have more options than you realize. Promote a change that offers something out of the ordinary.

Libra

Keep your plans and personal information to yourself. Someone will be eager to take advantage of any vulnerability you disclose. Concentrate on getting along with like-minded people, and living a healthy, fit lifestyle. Learn as you go, and you'll fill in the blanks with current information that will keep you ahead of any competition. Put your energy into getting what you want, making a difference to those less fortunate, and protecting what you've worked hard to achieve. Someone you least expect will try to take advantage of you if you are too forthcoming regarding your goals.

Scorpio

You'll gravitate toward forward-thinking people eager to bring about positive change. Ask questions, and you'll find common ground and an opportunity to offer your service and skills. If someone doesn't agree, it is best to move on. Don't limit what you can do because you let someone stand in your way. Share your thoughts and you'll find out where you stand. Don't hesitate to make a move if someone lets you down. Be honest and do what's necessary.

Sagittarius

Refuse to let the changes happening around you throw you off guard or cause you to make a mistake or a compromising move. Put your head down, do what you do best, and avoid interference. Put your emotions aside. Don't let anyone meddle in your affairs. Put more thought into your next move and surround yourself with people who share what makes you happy. Love is in the stars. Someone will take advantage of you if you let them. Being too accommodating will put you in a vulnerable position. Make it clear what you expect and what you are willing to give in return.

Capricorn

Take control and don't let anyone disrupt your agenda. Make changes at home that are subject to your happiness. Refuse to let anyone put you in a compromising position regarding your health. Someone will use temptation and persuasive tactics to push you to do something that is more likely to benefit them, not you. Don't be fooled by an exaggerated look into someone else's world. Your happiness is dependent on doing what's best and suitable for you. Refuse to let someone push you into an emotional scene. Be honest, blunt, and quick to walk away from disputes.

Aquarius

Keep your eye on the ball and determine what others are up to before you get involved. Your best effort will come from physically taking control of your life and building good relationships. Take inventory and tally up what you've done for yourself lately. Make your health and emotional well-being your priority and your relationships beneficial. Say no to anyone offering a toxic environment. Refuse to be sidetracked by what others are doing or offering. It's time to declutter your life and control your future. Choose health and fitness over temptation.

Pisces

Ready, set, engage. Your dedication to positive change and building a solid base to house your dreams will pay off. Be aware of anyone using emotional means to push you to make a fast decision. Recap what's in it for you and them, and adjust your thinking to support what's best for you. Be smart and not afraid to do your own thing if it makes more sense. Move forward with an open mind and honest opinion. Plan to have some fun but don't fall for temptation filled with indulgent and excessive behaviour. Focus on being unique, creative, and dedicated to self-improvement.

The game changers: How sports transform mental health

Eseoghene Mary Akpojivi (she/her)
INTERROBANG

In the realm of sports, where athletes strive for physical excellence, there's a hidden champion that often goes unnoticed, and that is the profound impact of sports on mental health. Stress and anxiety can take their toll on students and beyond the arena, the power of physical activity emerges as a game changer in mental well-being in reducing stress, boost confidence, and foster a profound sense of mental well-being.

Physical activity has a remarkable ability to reduce stress according to a study published in the *Journal of Sports and Exercise Psychology*. Exercise stimulates the release of endorphins, which are natural mood lifters. Engaging in sports can lower cortisol levels, reducing symptoms of anxiety and depression.

Patti Broadfoot, a registered social worker and therapist, said she has worked with athletes in the past and that several studies have been conducted over the years looking at physical activities and mental health outcomes.

"Physical activities decreases stress hormones, it increases your endorphins which are your 'feel-good chemicals' and increases your serotonin," Broadfoot said.

Participation in sports, whether team-based or individual, often also leads to a boost in self-confidence.

Achieving fitness goals, mastering new skills, and overcoming challenges in sports contribute to improved self-esteem. According to research published in the *Journal of Paediatric Psychology*, there is a positive impact of sport on self-worth and body image.

Broadfoot said that engaging in sport related activities doesn't necessarily have to be at the gym, stressing that a simple walk, yoga, dancing around the house, biking, gardening, and swimming can all be great ways to begin. Stating further that these activities can assist with mental health relieve and distract you from your world.

Sports not only enhance physical fitness but also promote mental well-being according to a study in the *Journal of Applied Sport Psychology*. Athletes learn to handle stress, setbacks, and failure, translating these lessons into improved mental fortitude.

Participation in sports, especially team sports, fosters a sense of belonging and social connection. Research published in the *Journal of Sports Science and Medicine* suggests that team sports can reduce feelings of loneliness and enhance social support networks. These connections are vital for maintaining mental health.

There are challenges that come with balancing athletics and academics, however, and these bring about their own mental health issues. Balancing sports commitments and



CREDIT: RAPIDEYE

Physical activity plays a major role in our mental wellbeing.

academics is no easy feat but very advisable through strategic planning, discipline, and well-constructed time management skills makes it all possible. From conquering anxiety through yoga to finding inner peace in long-distance running through physical activities impacts your mental health well-being.

"It brings a kind of burn-out for students which if not properly handled, their mental health gets affected trying to strike a balance as a student and athlete with a part-time

job on the side but with strategies, the window of tolerance becomes slim," Broadfoot stated.

Balancing sports commitments and academics is no easy feat but very advisable through strategic planning, discipline, and well-constructed time management skills makes it all possible. From conquering anxiety through yoga to finding inner peace in long-distance running through physical activities impacts your mental health well-being.

Sports have a transformative

effect on mental health by reducing stress, boosting confidence, and fostering overall well-being.

Engaging in physical activity, especially in a social and goal-oriented context, offers a holistic approach to mental wellness. These benefits are supported by various studies and research findings, demonstrating the significant role of sports in improving mental health. Whether as a participant or a spectator, sports can truly be game changers in the quest for mental well-being.

Women's soccer team turns their season around



Justin Koehler (he/him)
INTERROBANG

The Fanshawe Falcons women's soccer team got off to a rough start, beginning their season on a three-game losing streak.

Those games included all shutout losses to the Mohawk Mountaineers, the Humber Hawks, and the St. Clair Saints.

"It's always gonna be a tough start," said the team's Head Coach Anthony Vassallo.

"With the scheduling and the way our pre-season works along with how players from all over come out to campus, you don't really get your full squad until a few days before the first game. You don't get that proper preparation that you really want until a couple games in."

Now the team has shifted directions. Since the three-game streak to get the season going, the Falcons have now gone 3-1 over their last four games.

"Players get to know each other, know what I and the coaching staff are looking for, and to just know what the levels are like. It was a tough start for us, but they're really coming together and showing that those first couple games were just them finding their feet."

The recent victories for the Falcons include shutouts of their own including two over the Lambton Lions, with one being a 6-0 victory, as well as a 4-1 win over the Sheridan Bruins.



CREDIT: FANSHAWE FALCONS

Midfielder Madilyn Michienzi (left) and the rest of the Falcon women's soccer team is bouncing back after a rocky start to the season.

"I think we were really at our best with Sheridan. That first half they played some really good stuff, scoring some really great goals. We were really impressed with that."

He added that the team is now on a roll, now getting comfortable with each other and newer players coming up from the high school level getting used to the changes into college level play.

"Everyone on the team is still fairly young, there isn't a big difference in age from last year's team. You have very few players

over the age of 20, so it's a young team," said Vassallo.

"As far as the returnees, some of them are still from the group that won the provincials a couple years ago, so bringing in that experience of winning at the OCAA level and being able to pass that on to the new players."

Vassallo said he's proud to see where the team has gotten, adding that he's happy with the changes and adjustments that have been made.

"All the games have been played really well, over the last four games

we've been able to see those final touches come together a bit better."

Now heading into the final few games of the regular season, Vassallo said the team is doing well and is hoping to finish the year out strong.

"I think we just continue to build, continue to climb in the standings," said Vassallo.

"Hopefully, with the performances we've been putting in, we're hoping we keep getting results. Really push for a good spot in the standings to finish the best we can to pair up against a side where we can

hopefully push through the playoffs to make it to the OCAA Championship and go from there."

The team has three games remaining in their regular season, getting ready now to face the Niagara Knights, the St. Clair Saints, as well as the Redeemer Royals.

"The next three games will be tough, but if we work hard and put those performances in, we should get some really good results."

The regular season wraps up with a home game against the Royals on Oct. 14.

More Fuel teams back in action



CREDIT: ALEX ALLAN

Teams have been finalized and games are soon to ramp up throughout the month of October.



Alex Allan (he/him)
INTERROBANG

Captains and managers from Fuel Esports have finalized their rosters for the fall 2023 semester. The *Call of Duty* (CoD) team has moved onto their fourth match of the season already. While *Rocket League* just started their first matches on Sept. 25. Other games will also be starting their first league matches within the first couple weeks of October.

Here's what we know so far:

Call of Duty (CoD)

The Fuel team is on a hot start with a four-game winning streak. After the match on Sept 27, against Iowa, Kings University forfeited their upcoming match on Oct. 4. The Fuel team is hoping to keep this momentum up throughout this season. Each match-up is a best three out of five face off and Fuel have not conceded one loss so far.

Kay "KMC" Carney from Business Marketing can't believe how well the team has been performing out there.

"Coming into the team, I was quite nervous but try-outs went well and we have a great squad," Carney said.

She also mentioned that there is a lot of team chemistry and chatting with each other before the matches have helped a lot.

"The first week for me felt like I was the new kid since everyone else seemed to know each other a bit and I really wanted to do well to show I can do well on this team," she said.

Carney used to play for St. Clair College's academy team and had a successful journey competing there. She hopes to activate that same passion here for the Fuel team. Next match is on Oct. 11 against Conestoga College who are also a top team that Fuel will be fighting against for First place.

Rocket League (RL)

All teams are looking strong this fall semester for Fuel RL. They have three teams put together and here are the rosters for each.

- **Fuel Varsity:** Sistane (Captain), Nero and Nxzy as

starters and Leopard as a substitute.

- **Fuel Academy:** Leopard (Captain), OfficialPaper1 and Wiseyslides as starters and RustyG as a substitute.
- **Fuel Rising:** Wagon (Captain), Bryden and Greely as starters and Perc31 as a substitute.

All of the teams had their first match on Sept. 25 and started off well. Ralph "Leopard" Constantin said that all teams played great out there. Fuel Varsity faced Manchester University and won their first season match. The Academy team faced Rochester Institute of Technology and lost 3-0 in the best out of five match-up. The Fuel rising team lost three to two in their best out five matchup series but fought strong until the very last second.

"Rough start for our Academy and Rising teams but we will bounce back," Constantin said. "I feel that all players shined with their individual and teamwork skills. Every player is talented and popped off when needed."

Counter Strike: Global Offensive (CS:GO)

Here is the final roster the CS:GO team:

- Jayvee "nylander" Macapugay (In-game leader)
- Tyler "TylerS" Steenberg (Entry/awp)
- Brayden "Cario" Grills (Support)
- Jonathan "Dawner" Wheeler (Lurk)
- Sage "cemyteri" Baeck (Flex)
- Siddharth "Orochimaru" Keshwani (Sub)
- James "Purzaa" Perez (Sub)

Macapugay mentioned that the roster is different from what he imagined it to be. He had to change the roster around unfortunately due to a player not able to compete anymore this semester.

The team will be competing in the National Association of Collegiate Esports (NACE) Varsity Plus division. Macapugay said they will be playing against other fellow Ontarian schools. St. Clair College and Conestoga College will be in their division.

"I'm excited to play St. Clair on Oct. 27 because I nearly moved

to Windsor to attend school for business before choosing Fanshawe College," Macapugay said. "I have met many students that have attended or graduated from St. Clair and have yet to cross paths with them within CS:GO. This opportunity will let me play against an old high school friend that is currently enrolled at St. Clair and funny enough used to be Steenberg's roommate back in the day."

Macapugay is not too familiar with any of the players from Conestoga College. He has two friends that attend the school for basketball.

"It's kind of surreal that a small town like Woodstock has members making such impacts across schools in Ontario and even the states."

Macapugay is happy that Fuel was able to pull together a team this semester. They had a few players leave that were some key players in roles. Macapugay is hoping to pull the strings together and attempt to bring another trophy to Fanshawe Fuel's cabinet.

The team was supposed to play their first match of the season on Sept. 29 but got postponed. CS:GO recently updated their game to *Counter Strike 2* (CS2) now which has caused some confusion. NACE put this season together for CS:GO but this game is no longer active since the company made the update to CS2. More information will be provided in the next upcoming weeks about what will be happening to this league.

More information is soon to come as other teams start their first matches of the season in October. The *Valorant* team has their rosters finalized. FUEL *Valorant* manager Adam "Boyc3" Boyce mentioned that the varsity team got put into the top division other than legends for academy.

"Right now, the Academy team is playing higher competition than the Varsity team," Boyce said. Fuel *Rainbow Six Siege* played their first match of the season on Sept. 28. They faced Marietta College and won two to zero in the best out of three series match.

Make sure to join Fuel's Discord and follow their socials for the latest news and announcements!

BI-WEEKLY STANDINGS



Women's Softball

OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	20	18	2	36
DURHAM	20	18	2	36
HUMBER	20	17	3	34
FANSHAWE	18	7	11	14
MOHAWK	18	6	12	12
SENECA	16	5	11	10
SHERIDAN	18	5	13	10
LAMBTON	16	3	13	6
CONESTOGA	18	3	15	6

Men's Baseball

OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	13	12	1	24
HUMBER	13	11	2	22
DURHAM	14	11	3	22
LAMBTON	12	7	5	14
GEORGE BROWN	14	7	7	14
FANSHAWE	14	7	7	14
CENTENNIAL	15	7	8	14
SAULT	16	5	11	10
SHERIDAN	16	2	14	4
SENECA	13	1	12	2

Women's Soccer

OCAA West Division Standings

Team	GP	W	L	T	PTS
MOHAWK	7	6	1	0	18
HUMBER	7	4	0	3	15
REDEEMER	7	3	1	3	12
ST. CLAIR	6	3	1	2	11
CONESTOGA	7	3	3	1	10
FANSHAWE	7	3	4	0	9
NIAGARA	6	2	3	1	7
SHERIDAN	7	1	4	2	5
LAMBTON	8	0	8	0	0

Men's Soccer

OCAA West Division Standings

Team	GP	W	L	T	PTS
CONESTOGA	7	7	0	0	21
HUMBER	7	5	0	2	17
FANSHAWE	7	4	1	2	14
ST. CLAIR	6	4	1	1	13
SHERIDAN	7	3	4	0	9
MOHAWK	7	2	4	1	7
REDEEMER	7	2	5	0	6
NIAGARA	6	1	5	0	3
LAMBTON	8	0	8	0	0

Printed standings are reflective of October 4, 2023.

Visit www.ocaa.com to keep up-to-date on all OCAA stats.

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Mindful MONDAYS

Self-Growth
October 10th | 11am-2pm
in the Student Centre

Adopt a Plant Swap & Trade
Pot Painting & Decorating | Wall of Wisdom

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Cereal and Cartoons

Thursday, Oct. 12th
8am to 11am

Wear your PJ's!

Alumni Lounge
Student Centre

FREE

THIS IS A LICENSED EVENT.
ALL AGES WITH FANSHAWE ID. 19+ WITH GOVERNMENT ID.

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DRAG SHOW

THURSDAY, OCT. 12TH

THE OUT BACK SHACK
DOORS OPEN 7 PM | EVENT STARTS 8 PM

IN PERSON & LIVE ON FSU.ca/stream

FUEL

SUPER SMASH BROS.™

GAME NIGHT

Monday, October 16th
Alumni Lounge

6pm Friendlies | 7pm Tournament Start

FREE EVENT
Connect with us @fsu.ca/discord

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TOP 3 PRIZING



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Tuesday, October 17

Student Centre
12pm-3pm

Join Clubs.
Create Your Own.
Make New Friends.

CLUBS Day

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IS YOUR BIRTHDAY IN OCTOBER?
Come get treats and all the warmest wishes from us!

October Birthday Month!

Wednesday, October 18th
Student Centre
12pm-3pm

Proof of birth month required.

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COMEDY SHOW

ON TOUR
YUK YUK
STAND-UP COMEDY

WEDNESDAY OCTOBER 18TH

The Out Back Shack
STARTS 8 PM | DOORS OPEN 7 PM
FREE EVENT

Headliner: DAVE BURKE
With: MC Danish Anwar
Featuring: Ernie Vicente

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TWO MAN EXTREME CIRCUS

THURSDAY, OCT. 19TH
8 pm | Oasis | Free

DOORS OPEN AT 7 PM



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FANSHAWE AT THE KNIGHTS

\$20 STUDENTS
\$22 GUESTS

LONDON KNIGHTS VS ERIE OTTERS

FRIDAY, OCTOBER 20TH

7:00 PM BUDWEISER GARDENS, DOWNTOWN LONDON
Tickets available at the Biz Booth

Costumes, Games, Prizes & Candy

Alumni Lounge, Student Centre

Children's HALLOWEEN PARTY

SATURDAY, OCTOBER 21st
2:00 pm - 4:00 pm

\$2 per child
Ages 2-10 only

with special guest

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SUBMIT YOUR STORY ON THIS TOPIC:
What is your album of the year and why?

You could be featured in our upcoming Arts & Music Issue!

SUBMISSION DEADLINE IS
NOV. 10

SAY IT WITH A **BANG!**

theinterrobang.ca/submit-letter

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Student Services

myFanshawe.ca/HereForYou

