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INTERROBANG

**MAKE SURE YOU
HAVE PROTECTION**

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**FROM THE
EDITOR** Angela McInnes

SEX!!!

Now that I have your attention, welcome Fanshawe and Western to Interrobang's latest issue — the Sex Issue.

As you're all aware, sexual health awareness has become a bit more complicated recently, as if it wasn't enough to begin with. I remember the good old days when "wearing protection" meant preventing the horrors of STIs and unwanted pregnancy. Ah, the simpler times. These days it's all we can do to not sneeze near each other without having an outright panic attack.

But still, we are all of us human, with human needs and desires, so there's no point in pretending sex isn't on our minds. In this issue, our writers explore what safe sex looks like in 2020, along with how the pandemic has affected the way we go about romantic relationships in general.

From masturbation as an act of self-love to why students are using dating apps more than ever, we're going to keep this necessary conversation going as best we can. The world around us may be changing, but the facts of life will always remain the same.

Our next issue comes out on Oct. 30. Until then, keep tabs with us on Facebook, Instagram, Twitter, as well as our websites westerngazette.ca and theinterrobang.ca. Don't forget to check out theinterrobang.ca/podcast for new podcast episodes, too.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca



TERRY KELLY



Ignite

CAREER CONFERENCE

Tuesday, November 3 - Thursday, November 5
Hosted virtually via Zoom conference

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Keynotes: Terry Kelly - MindSight
Paula Morand - Striving for Awesomeness

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Fanshawe students place first in worldwide Google challenge

Angela McInnes
INTERROBANG

When it comes to online marketing, Fanshawe students mean business.

That's why a pair of student teams from the Lawrence Kinlin School of Business have placed first in two categories — Global overall winner and first place in the Americas — in the 2020 Global Online Marketing Academic Challenge (GOMAC).

The international competition sees student teams work with an industry client and compete to create, run, optimize and report on digital marketing campaigns that include Google Ads and any other digital advertising platform.

The Global Winner team includes Sonam Walmiki, Chioma Bernice Udeogu and Josephine Aiteobhor. They worked with WES for Youth Online, a non-profit and free on-

line counselling service for youth dealing with mental health issues in Ontario.

According to GOMAC's website, the team stood out to the judges for its digital marketing strategy and attention to detail. The team experimented with regional campaigns targeting key cities in Ontario so that local language could be used in keywords and ad copies, ultimately exceeding their KPIs.

Their campaigns resulted in 59 new registrations on the website — an all-time high for WES for Youth Online.

The Americas Regional Winner teammates are Gustavo Pettinato Lucio, Kate Seliverstova, Nicolas Herrera and Sergio Luis Ramos Martins. They worked with the Better Business Bureau of Western Ontario, a non-profit website providing information for consumers to help them make good buying decisions.

The judges praised the team's

data visualization skills and specificity of their report. They were also impressed with the cost-per-clicks that the team was able to achieve.

Both teams were supervised by Professor Liz Gray.

"Fanshawe students involved in this competition worked very hard to bring awareness to 16 great non-profit organizations this semester. Our winning team connected more than 50 Ontario youth directly with the free, online counselling they were seeking. I'm so proud that we were able to help WES for Youth Online, a 20-year-old organization founded to teach young people that it's OK to have problems and it's OK to ask for help," Gray told Interrobang in an email. "Congratulations to all of the graduate level Marketing students in the Lawrence Kinlin School of Business who were involved in the Global Online Marketing Academic Challenge and who brought invaluable exposure to



CREDIT: PTASHA
Two student teams from the Lawrence Kinlin School of Business have won big in the 2020 Global Online Marketing Academic Challenge (GOMAC).

their non-profit partners. Thank you to Google who generously funds NGOs from around the world with free Google Ads and thank you to the GOMAC organizing committee and judges."

Western says London Hall students must quarantine at home post-Thanksgiving

Hope Mahood & Emily Tayler
GAZETTE

Western has asked all students in London Hall who traveled home for Thanksgiving to not return for at least two weeks, as the health unit confirms a COVID-19 outbreak in residence that spans multiple floors.

The university said they will work with students unable to isolate at home to "find an appropriate location to quarantine."

Those on affected floors who remained in London Hall for the Thanksgiving weekend will be tested Tuesday and were asked to quarantine in their rooms, according to Chris Alleyne, associate vice-president of Housing and Ancillary Services.

Students living on non-affected floors in London Hall can continue using the cafeteria in Essex Hall and attending in-person classes, but have been told to self-monitor for symptoms and limit their social circles.

Four students in London Hall are currently linked to the outbreak. None are hospitalized, though the Middlesex-London Health Unit (MLHU) would not clarify if the students are asymptomatic.

At least 74 Western University students have tested positive for the coronavirus, five have been cases in residence buildings. This is Western's third outbreak since the start of classes last month — the first two outbreaks were not linked to campus.

The MLHU has not identified the source of the outbreak as the rising number of cases in London makes tracing the source of infection challenging, according to Dr. Alex Summers, associate medical officer of health with the MLHU.

"We know that there has been a general increase in cases among post-[secondary] students," said Dr. Summers. "We think this is just likely related to that general in-



CREDIT: TAYLOR LASOTA (GAZETTE)
London Hall residents who left town over Thanksgiving weekend have been advised to stay away for at least two weeks.

crease."

The outbreak comes as London is reporting its largest single-day increase of cases since the pandemic began, with 25 new cases Monday and 20 cases the day before.

While Western has the highest reported case count among universities and colleges in the country, Dr. Summers said the university does not need to change its operations.

"The policies that are currently in place have worked very effectively at Western," said Dr. Summers.

Western said 358 students are currently living in London Hall's 10

floors. The suite-style residence has single bedrooms and students share bathrooms and a kitchenettes with one or two "suitemates."

Students quarantining are expected to make academic accommodations with their professors if they have in-person courses. Western also asked students to contact housing if they left "academic necessities," like a computer or textbooks, in residence.

Western will deliver meals to students on affected floors. The health unit says those students can interact with their suitemates, if they also

remained in residence for Thanksgiving.

The MLHU is currently reaching out to close contacts of the positive cases, as the four infected students and their immediate contacts are already quarantining off-campus.

"For any students who are returning to the London region it is absolutely critical that as you're returning, you limit your close contacts to only your housemates or only your dormmates," said Dr. Summers. "If you start to expand your close contacts beyond this we will continue to see transmission and the likeli-

hood that you will get sick goes up."

Western and London are anticipating a spike in cases after Thanksgiving, as some students travelled out of the city for the weekend, potentially to "hot zones" like Toronto, Peel region and Ottawa.

Western's testing centre reopened Tuesday at 9:30 a.m. after closing for the Thanksgiving weekend. Only staff or students with symptoms of the coronavirus or direct exposure to a positive case can get tested.

With files from Kirat Walia, News Editor.

Fanshawe special constables now carrying naloxone kits

Hannah Theodore
INTERROBANG

Fanshawe College is making moves to target the growing public health concern of opioid overdoses.

On Sept. 29, the College announced that its special constables, who provide security services for the College, will begin carrying naloxone kits.

Naloxone is a life-saving medication used to reverse the effects of an opioid overdose. All 11 of Fanshawe's special constables will now be carrying the medication.

Shawn Rutkauskas, assistant manager of Campus Security Services, said the decision was made after discussions between student services, campus security and members of the College's joint health and safety committee.

"The group wanted our community to have the same access to this life-saving tool available to community members in the London region," said Rutkauskas.

The Middlesex-London Health Unit (MLHU) was also consulted on the initiative. According to the Health Unit, 5,289 naloxone kits were distributed in the Middlesex-London region in 2019, with 690 being administered that year.

Ed Pimentel, head of Fanshawe College's security services team, said the decision was also made in response to the increase in opioid overdoses in the region.

"With the ongoing opioid overdoses, we just thought it was a good

thing to do," he said. "It was probably the most prudent thing to do."

There has not been a need for a naloxone kit on campus before, but Pimentel said it's worth it to be prepared.

"If we can save a life by having that medication with us, then that's always a great thing."

Although paramedics are often equipped with the overdosing-reversing kits, Rutkauskas said that Fanshawe's special constables are often the first responders to a scene.

"Like our security officers, special constables respond to medical emergencies on campus and are often on the scene before paramedics arrive," he said. "That time is often critical for a victim experiencing an overdose."

Pimentel agreed that as Fanshawe's campuses grow throughout the community, it's important that campus security be prepared to handle any situation.

"We started to think about what else we can do in terms of enhancing our service," said Pimentel. "...our physical campus environment is growing and there's going to be times where someone who is being called out (the ambulance or the fire department), they may not know where to go exactly. And so, with our first responders, we're usually there first, and, you know, with this kind of medication, time is always of the essence."

The special constables received training on how to administer naloxone through the Canadian Police Knowledge Network, the same train-



CREDIT: HANNAH THEODORE

Naloxone is a readily available medication used to reverse the effects of an opioid overdose.

ing tool that police services across Canada use.

"We undertook that training through online," said Pimentel. "And it was a fairly quick and easy process."

Staff and students can contact campus security services if they suspect someone on campus is experiencing symptoms of an opioid overdose. Signs of an opioid overdose include loss of consciousness, unresponsiveness, vomiting, changes in skin tone (bluish purple for lighter skinned people, grayish or ashen for darker skinned people), and troubled breathing.

Naloxone kits are also available at most off-campus pharmacies for students who want to equip themselves with the life-saving medication.

Advertising/marketing scholarship open to students

Angela McInnes
INTERROBANG

Students in Fanshawe's marketing and advertising-related programs, take note.

The annual Ad Standards Scholarship of \$1,500 is open for applications until Feb. 28 from post-secondary students enrolled in an undergraduate advertising or marketing program at a Canadian university or college. Successful applicants must display a commitment to volunteerism, a record of academic excellence and an interest in pursuing a career in advertising or marketing.

"At Ad Standards, we're committed to supporting the next generation of Canadian advertisers and marketers," said communications manager Christian Campbell. "If you're interested in a career in those fields, and are enrolled in an advertising or marketing program, we encourage you to apply!"

Ad Standards Canada is the industry's self-regulating body created to ensure the integrity and viability of advertising in Canada. The scholarship honours Robert E. Oliver, first president of the organization and a pioneer of Canadian



CREDIT: FABRIKACR

Successful applicants will receive \$1,500.

advertising self-regulation.

According to Campbell, applying for this year's scholarship is easier than ever.

"Recently, we've made the application process much more simple and cost-effective, by now asking for only one accompanying essay (instead of two) and no longer requiring an official transcript with the initial submission. We'd really like as many students as possible to take advantage of this opportunity," he said.

The application submission deadline is Feb. 28. Go to adstandards.ca/scholarship for information on how to apply.



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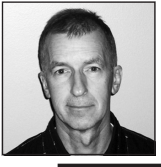
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Tom Hutchison-Hounsell

Student Representative to
The Board of Governors

Sex outside the Matrix



Michael Veenema
RELIGION

As recently as 50 years ago, being sexually active in Canada without being married to one's partner was a matter of controversy.

On the one hand, popular music of the 1960's and '70s celebrated sexual freedom as part of a healthy life.

"When the truth turns out to be lies / And all the joy within you dies/ Don't you want somebody to love / You better find somebody to love" (Jefferson Airplane). And similarly, "If you can't be with the one you love, love the one you're with" (Crosby, Stills, Nash and Young).

On the other hand, conservative people saw much of sexual liberation as immoral. The Christian communities in the country were particularly opposed. Churches had for centuries taught that sex was meant for straight married people. We should remember that until around 1970, most Canadians went to either a Catholic or Protestant church. The Catholic Church was the most firm on sexual matters. It refused to separate sex from marriage and the procreation of children.

Churches however, were swamped, their views swept aside by popular culture. Suddenly women had control of their own reproductive abilities. Contraception, abortion, homosexual liberation, sex education in public schools, portrayals of sex in films, and the unrelenting message of sexual abandon in the music of bands like The Rolling Stones, Cream and their imitators, all ensured that no one failed to get the message.

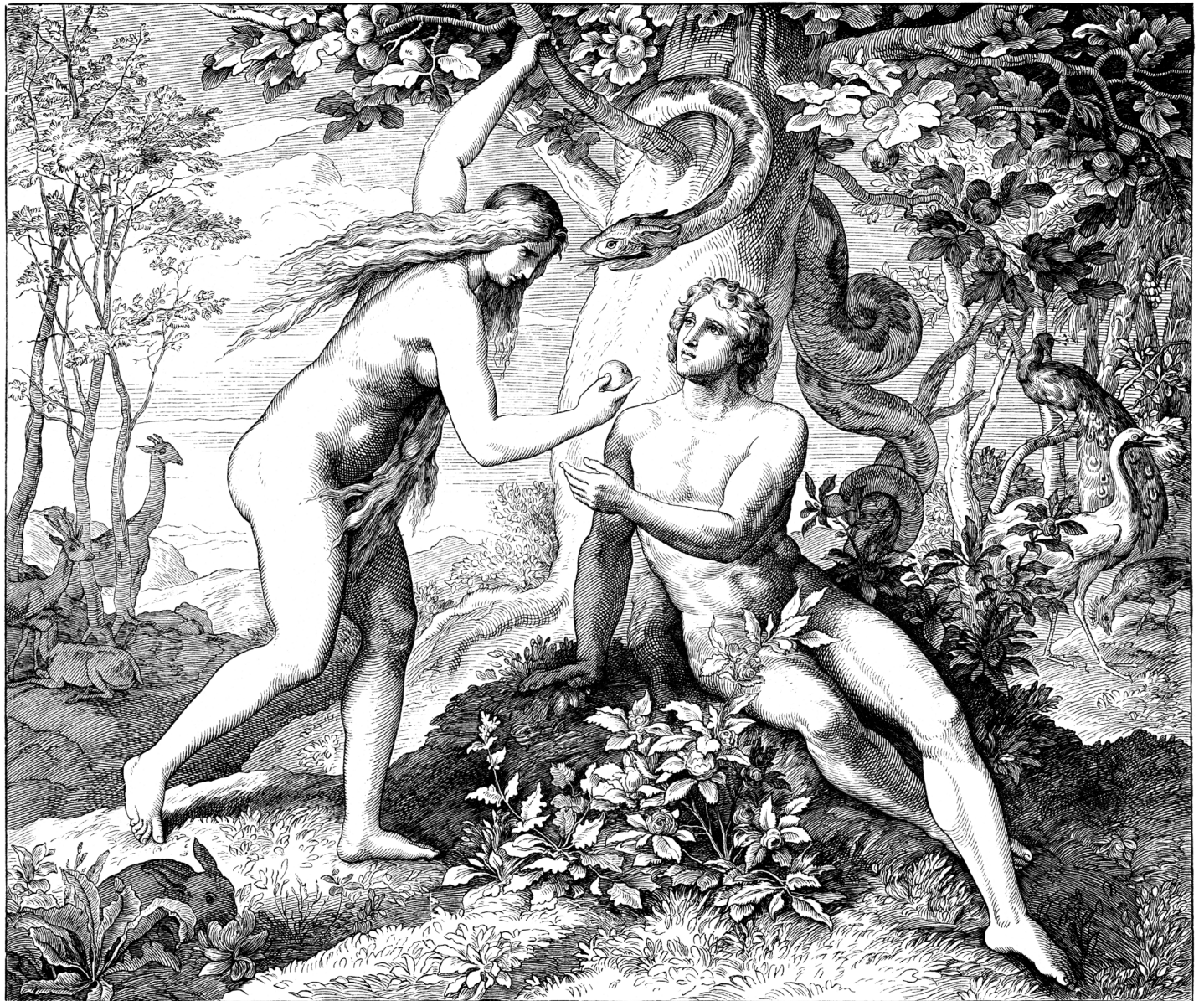
It was a new day. The way was open for the widespread acceptance of recreational sex and porn. And most people have not looked back.

Yet, although the number of people involved in their churches is not what it was before the late 1960's, the proportion of Canadians involved in their churches remains significant. Many churches are thriving. Conservative views on sex, then, have not disappeared.

At the same time, the country has become more diverse, and with that diversity has come new conservative views on sex. New-to-Canada religions and people groups are frequently at odds with Canadian permissive attitudes to sex. Here we can count Muslim communities. Other traditional world views such as Hindu and Baha'i do not support the freewheeling approach to sex that readers can find almost anywhere, including probably in this issue of the Interrobang.

Aboriginal and native groups around the planet generally have moral codes about sex and marriage, in contrast to the mildly, but largely, hedonistic approaches Canadians many take for granted today.

Were the churches wrong in their conservatism on sexual matters? To some extent, their negative approach was rooted in the



CREDIT: IVAN-96

Opinion: The Christian tradition may be at odds with the sexual revolution, but it doesn't necessarily condemn sex either.

long-standing influence of ancient Greek philosophers. The most famous of them all, Plato, held that the immortal soul was trapped in an unworthy physical body. This easily led thinkers, including Christian philosophers over the centuries, to feel that ultimate good was connected with the life of the mind, contemplation on eternal Truths. That went hand-in-glove with a view of the body that made sex unseemly, not worthy of a thinking, cultured, or heroic person.

When thinkers conflated the Platonic attitude toward sex with the Christian Bible's condemnation of adultery (cheating on your spouse, or with someone else's) and sexual promiscuity, the result was formidable. Sex became, in the minds of many, bad. Chastity became a sought-after virtue far beyond the biblical understanding of that condition. Sex was to be kept out of sight and out of mind.

That is why the sexual revolution can be seen as, in part, a rejection of the way that many churches hid sex.

However, are the views that churches have about sex, and that are supported by the Bible,

merely irrelevant and obsolete?

Consider first that the Bible sees sex as created by God and, therefore, terrific. On page one of the Bible, human beings are encouraged to grow in number and enjoy the whole world as a gift from God. That makes it quite difficult to condemn sex as beneath human beings. The first humans, represented in the Bible by the figures Adam and Eve, are originally naked without shame. *The Song of Solomon*, a long poetic section in the Bible, has more than a few erotic lines.

Second we can note that the Bible portrays sex as part of a brilliant matrix. That matrix includes children and healthy families. It includes the virtues of fidelity, trust, care and honesty. The matrix is held together by a community of people who trust God. This means that fundamentally, sex is not about you and me and our self-expression and enjoyment, although it *is* an expression of ourselves, and it *is* sometimes intoxicatingly enjoyable. Sex, marriage, child rearing and community — the church has, at its best, presented those as blessed things that should be supported by

prayer, trust in God and the hard work of love.

Third, one can question the changes in society since the sexual revolution of the 1960's. Divorce rates have increased greatly. Single parent homes have become common. Almost always that has meant the absence of fathers. This, many argue, increases the chances of poverty, lower brain functioning, and other negative tendencies.

Many now see marriage, if they give it any serious attention at all, as an obsolete institution. They tend to consider traditional Christian marriage vows and commitments "tell death do us part" as unrealistic. Consequently, for many relationships the back door is always open, either to let someone else in, or to exit. Does this not have severe negative impacts on the well being of kids — on each new generation?

If sex is just an autonomous act in the moment between people who consent to genital contact for a period of time of their own choosing, that is one thing. But if it is part of a matrix created and favoured by the Creator — that is another.

Cuties: Cannes or cancelled?

Ilhan Aden
INTERROBANG

Disgusting, inappropriate, inspiring, influential, encouraging and propaganda.

These are some reactions describing the confusing response to Maïmouna Doucouré's debut film, *Cuties*.

By now, most have heard about the controversial film, the coming of age story of a young Senegalese girl living in France as she embarks on a journey of self-discovery through sexual liberation, or so she thought. The film highlights the complexities of finding an identity — sexual included — in the era of social media.

Like most coming-of-age stories, there are heartwarming, corny, and emotional moments peppered throughout the film. However, what

sets this one apart is the in-your-face, uncomfortable sexual expression of children.

In the predominately religious world we live in, coupled with the immediate access to voice our opinion, the pushback against *Cuties* was unsurprising.

I get it, no one wants to see 11 to 13 year-olds gyrating on a stage in skimpy outfits or the promotion of said behaviour — I'm looking at you Netflix — but does that mean this film should not have been made?

If art is meant to imitate life, this film needs to exist.

Social media has changed what childhood looks like and that change needs to be reflected in the art we consume.

This forced attempt to reserve childhood by removing any possible growth through experience will only prove to be detrimental.

There is no hiding our new hypersexual re-

ality nor would it be beneficial to pretend it does not exist.

Sex sells, it always has and always will and with its continued commercialization, children are exposed to it at a much earlier age.

We may not be able to stop this early exposure, but it is our duty to allow them the space to make sense of the world. Otherwise, it pushes children to feed their natural curiosity elsewhere which is exactly what *Cuties* explores.

The provocative imagery present throughout the film is meant to force an uncomfortable conversation with ourselves and society about children's navigation of the new online world we've built. Instead what we see is misguided anger, and boycotting.

Netflix is facing felony charges in Texas for "[depicting] the lewd exhibition of the genitals or pubic area of a clothed or partially clothed child who was younger than 18 years of age."

And for the "prurient interest in sex," according to USA Today.

We have the director, Doucouré being called a pedophile for her choice in using child actors.

It's not uncommon to have actors of age play younger children especially in films with a mature subject matter, but Doucouré did not want to ruin the authenticity of her film. Instead she opted to have a psychologist on set through the entirety of filming to ensure both the actors and their parents could debrief in a safe and healthy way. To better understand Doucouré's mind, I recommend reading Kovie Biakolo's Slate Magazine interview.

All in all, *Cuties* attempt to hold a mirror up to today's society may have backfired but my hope remains the same; with time comes the understanding we have to be the change we want to see.

Rethinking relationships is not a bad thing

Angela McInnes
INTERROBANG

I say this purely in the spirit of much-needed levity, with all due respect to the seriousness of the situation at hand: It took the life-threatening reality of a global pandemic for me to finally demand more for myself in my personal relationships.

In the “before times,” as I like to call the days before COVID-19, I was unconsciously ruled by an urgency to tick the boxes of conventional life accomplishments. Graduate university — check. Find a career path and get my first job in the field — check. Next up on the list was to find a life partner.

However, those first two feats had taken up the bulk of my twenties. Looking back at it, I hadn’t had a chance to really truly slow down and ask myself what I wanted in the long run not only from a partner, but also from myself. The responsibility of school, finances, career and maintaining mental health in the moment were always in the forefront, with my vision for the rest of my life persistently on the backburner.

I know I’m not alone in this one, so I’ll be among those to declare it publicly — our lives in the before times were on the go-go-go. And if we didn’t have this break in the routine, unprecedented as it may be, frustrating, sad and horrendous as it is...some of us would continue to go-go-go until we were gone-gone-gone.

My partnerships in the before times suffered because of this. I think a lot of ours tended to for this reason. I was too preoccupied thinking about how my relationships looked on paper (Does he have a similar religious/cultural

background? Is he around my age? Same level of education?), that I would dive headfirst into an arrangement without getting to know him or myself relative to him. I pressured and rushed myself to settle down, maybe because I felt pressured and rushed to do everything else.

During the initial lockdown, there was nothing to do but pause and confront this truth. For the first time since I was a young child, the cycle of work-study-sleep-repeat was on hold, and I remembered that I’m more than my LinkedIn profile. I’m more than my degrees. I’m more than my career aspirations, I’m more than my f**king student debt, and a partnership is not another life accomplishment.

Thanks to the threat of contracting a serious illness of which the long-term impact remains largely unknown, we are now forced to take great care and consideration in our interactions, personal or otherwise. As other articles in this issue can attest, many of us are continuing to date while taking the risks into account. If anything, our need for personal connection has grown stronger.

The upside for me is that I look at relationships differently. I cherish them. I cherish myself within them. I take more time to speak my truth, and listen to that of others as well (although I’ve found my listening skills still have a long way to go).

Life is precious, and there’s a lot more to the human experience than I ever imagined. The world is a mess. So I may as well be who I am really am and develop some good relationships while I’m here.

Learning to slow down has probably been one of the best lessons I’ve ever had. And that’s a life accomplishment I’m proud to check off the list.



CREDIT: CHEYENNE DOCKSTADER
Opinion: COVID-19 has forced us to take our time in getting to know each other.

Opinion: Academic accommodations aren’t enough in a pandemic

Bella Pick
GAZETTE

The pandemic has torn apart the lives of students everywhere, but academic advising has made few concessions to accommodate our new normal of bereavement, illness, isolation and depression — this is only adding more stress to students.

Even as most aspects of university life are changing drastically, academic accommodation appears to remain the same. Students face more unknowns now than they likely ever will and yet, are still expected to meet the same deadlines as before the pandemic.

In fact, many profs are assigning more work than before this year in order to “make up” for missed in-class time, which means students could have more assignments that make up smaller portions of their final grades on top of mandatory participation. This means that students must attend every class and contribute to the overall discussion, which is much more cumbersome than in-person mandatory attendance, as students fight to be the first to hit the “raise hand” button on Zoom.

Academic accommodation operates on a few key principles: they tend to only provide accommodations with a doctor’s note or for assignments with a grading value of over 15

per cent. This typically does not include missing a lecture in a course with mandatory attendance. While academic advising does offer a “compassionate grounds” accommodation, it is rarely granted and often requires excessive documentation.

Academic advising should temporarily lift its strict rules for providing accommodation; they should allow students compassionate grounds more frequently and provide accommodations on assignments worth less than 15 per cent and for missing classes with mandatory attendance until the pandemic truly comes to an end.

Students should not be forced to disclose their personal travesties in order to receive appropriate accommodations. Self-reported absences should be expanded beyond two small assessments — worth less than 30 per cent of a grade — as students now have more small assignments and a constantly changing world around them.

If students were to take advantage of a new system, they would only be hurting themselves. If students opt to postpone deadlines and exams throughout the term, they’ll be left with a massive workload at the end of the semester and no knowledge of their standing in a course until it’s too late. They’ll have to learn how to meet deadlines in an ever-changing workplace and they’ll have to deal with the

Assignment Title	Status	Open	Due
Project 2	Not Started	Sep 4, 2020 12:00 pm	Nov 10, 2020 9:00 am
Essay 2	Not Started	Sep 4, 2020 12:00 pm	Oct 25, 2020 9:00 am
Quiz #2	Not Started	Sep 4, 2020 12:00 pm	Oct 15, 2020 9:00 am
Essay 1	Not Started	Sep 4, 2020 12:00 pm	Oct 9, 2020 9:00 am
Project 1 - Part 2	Submitted Sep 30, 2020 3:22 am - late	Sep 4, 2020 12:00 pm	Sep 29, 2020 9:00 am
Reading Discussion Questions	Submitted Sep 25, 2020 9:01 pm - late	Sep 4, 2020 12:00 pm	Sep 24, 2020 9:00 am
Quiz #1	Submitted Sep 20, 2020 7:36 am - late	Sep 4, 2020 12:00 pm	Sep 19, 2020 9:00 am
Project 1 - Part 1	Submitted Sep 10, 2020 2:41 am	Sep 4, 2020 12:00 pm	Sep 11, 2020 9:00 am

CREDIT: ANASTASIA FEDOROVA (GAZETTE)
Opinion: It's 2020. Give students a break.

consequences of wasting the opportunities that university offers to learn time management and work ethic. Let them make that decision.

Students are already undergoing severe stress associated with losing loved ones, facing the risk of being infected with the coronavirus or combating mental illness — they should not have to jump through hoops to save their marks in the middle of a global pandemic.



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

MEET THE 2020/2021 EXECUTIVES



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

EXECUTIVE TEAM

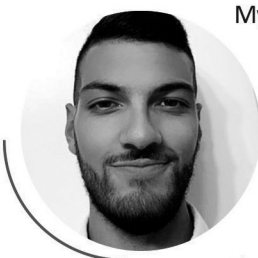
The Executive team is comprised of the President, elected by the students, and three hired Coordinator positions; Advocacy & Communications Coordinator, Finance Coordinator and Student Life Coordinator. All of the positions are responsible for representing students on a variety of College-wide committees and oversee the day-to-day operations of the FSU.

Coffee with the Executive Team!

The Executive team will be answering your questions!

Submit your questions at
www.fsu.ca/questions

ANUAR ISSA FSU FINANCE COORDINATOR



My name is Anuar Issa and I have the pleasure of serving you as the FSU Finance Coordinator for the great 2020/2021 school year!

I am an Accounting student serving proudly in the Canadian Army and I am

going to make it my mission that YOU have access to the right tools, while providing guidance, to set yourself up for an excellent financial future.

I get it, being a student is not easy to manage sometimes, but trust me when I tell you that becoming financially stable will improve your mindset and help you achieve more in life.

My goal is to help you become someone better than who you were yesterday. Please contact me if you are looking for financial resources or need someone to talk to about and/or answer financial-related questions.

My door is always open! Let us make this socially distant year a good one!

a_issa@fanshawec.ca
519.452.4109 ext. 6303

RICARDO DE SOUZA FSU ADVOCACY AND COMMUNICATIONS COORDINATOR



Hello Fanshawe!

My name is Ricardo De Souza, a Business Human Resources student, and your FSU Advocacy & Communications Coordinator for 2020/2021.

Having graduated from Social Communication and holding a Masters in Linguistics, I believe the human essence lies in improving ourselves and transforming, through language, the society in which we live. That is why I am here, to lend students voices and to help to create positive experiences for all students at Fanshawe.

I believe that incredible things that can be built when you work collaboratively, especially in an academic environment that values their students and understands that the College overall will be stronger working together.

I am thrilled and honoured to be on-board with the incredible FSU team and I look forward to meeting you soon.

My door is always open, please feel free to say hello or stop by to chat.

r_desouza110240@fanshawec.ca
519.452.4109 ext. 6341



KATYAYINI THAKUR FSU PRESIDENT

k_thakur@fanshawec.ca
519.452.4109 ext. 6314

I am Katyayani Thakur, the President of the Fanshawe Student Union, for the 2020/2021 academic year.

Born and brought up in New Delhi, India, I am a physician by profession. I went to medical school in China, where I was elected as the Cultural President, AHMU (2010-2011). At Fanshawe, being elected as a Director on the Student Administrative Council last year, helped me gain invaluable insight and perspective on what the FSU can do for students.

My primary goal for this year as President is to increase accessibility to the Fanshawe Student Union and enhance communication channels between the College Administration and the students. Additionally, other areas of focus would include; improving student involvement in FSU events as well as creating more job and volunteering opportunities on and off Campus.

I am passionate about serving people and like to stay actively involved in the community. I will dedicate my heart and soul into providing all of you with a fun and meaningful student experience here at Fanshawe.

STRESS RELEASE:

Taking time for ourselves has become an essential part of self-preservation amidst a tumultuous and draining year.

I've explored just about every self-care practice that Instagram can throw at me while I try to navigate the seemingly never-ending stresses of life as we know it.

You know the usual advice: take breaks from work, go outside, wash your face, workout often, and light a scented candle. If you get really desperate, douse your skin with lavender essential oil and try to fall asleep for a few blissful hours.

But one piece is missing from the popular rhetoric surrounding self-care. It's something we tend to avoid talking about, especially women. But Billy Idol didn't write "Dancing with Myself" for us all just to ignore the very real and natural process of masturbation.

While some individuals may not react positively to sexual activities, for many, sexual release can be a great tool for de-stressing. One study found that denying ourselves self-pleasure can lead to serious psychopathy over time. Many people avoid masturbation because it is often linked to shame or guilt despite being perfectly natural.

This is especially true for women, for whom sexual pleasure is often disregarded or viewed as taboo. Conversely, for men, masturbation is labelled as a necessity. But this need for sexual

release is felt by both men and women, and for that reason, both men and women should feel free to partake in masturbation.

Including masturbation as part of your self-care routine can have profound benefits on your mental health. It may reduce stress, help with sleep, boost mood, and even help improve your sex life. By exploring your body privately,

you may become more attuned to what you want from a sexual partner. The most common side effect of masturbation is guilt, but that is a culturally learned response that can (and should) be changed. That guilt can be targeted through therapy or simply by exploring the process of masturbation for yourself.

Sometimes the biggest hurdle to addressing the guilt and fear surrounding masturbation is to just do it. Pleasure is a natural process that your body likely craves. If self-care is a priority for you, then masturbation should be, too. It is literal self-love.

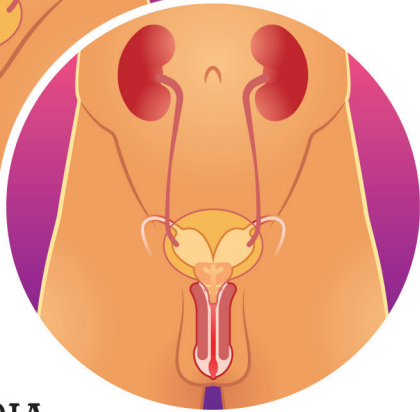
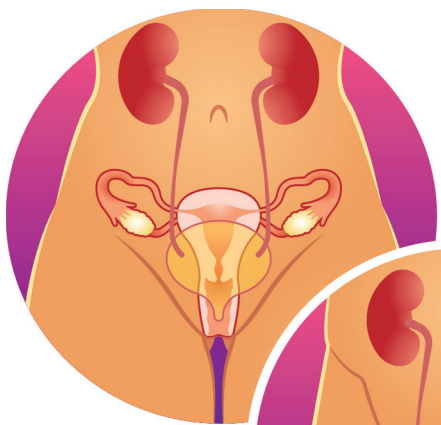
Masturbation can also work as a great tool for body positivity, another important step in the self-love process. By exploring your body and providing it with physical release, you are reinforcing the idea that your body is worthy of pleasure. You are giving your body the love and attention it deserves, just like you might do with exercise or skin care.

Finding time to give our bodies attention might feel like an indulgence right now, but indulgence might be just what we need the most. In the midst of a year fraught with stressors, finding new ways to relax is more important than ever. You are worthy of every kind of release, and sometimes self-care takes more than just a bubble bath or a walk in the park.

Studies show that sexual release triggers an unprecedented response in the brain, allowing our bodies to release and achieve powerful pleasure. So get comfortable with what your body needs, and consider adding this completely natural form of self-love to your self-care schedule.

How to incorporate masturbation into your self-care routine

HANNAH THEODORE | INTERROBANG



Types of STIs

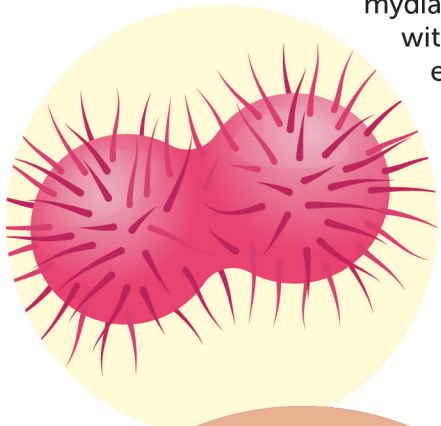
AND DEBUNKING MYTHS

Salma Hussein | INTERROBANG

Sex is a part of human nature and for some a favourite pastime, but be sure you know what you are getting into before indulging in sexual pleasures. There are so many rumours concerning the contraction of sexually transmitted infections (STIs), that sometimes it can get difficult distinguishing myth from truth. The National Health Service and the Family Planning Association sexual health company are reliable sources that lay down information on STIs. Let's look at some of the most common STIs in Canada and in the world and put some myths about them to rest.

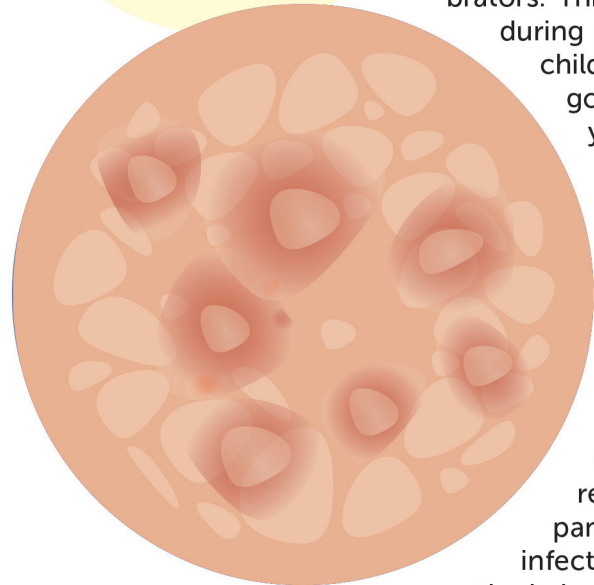
CHLAMYDIA

This STI is a bacterial infection contracted through sex when your partner is not wearing a condom. It is spread through semen or vaginal fluid. This means that you can get chlamydia through oral, anal, and vaginal sex. Sometimes you are not aware that you may have chlamydia, however females could experience excess vaginal discharge, itchiness and bleeding in vaginal area, abdominal pain in lower quadrants and pain when urinating. Males can also present with painful urination, testicular pain, milky discharge, and burning or itching of the penis. On a brighter note, chlamydia is curable if treated early on with proper antibiotics. However, if left untreated, it can lead to more serious health conditions like infertility.



◀ GONORRHEA

Similar to how chlamydia is contracted, gonorrhea is an STI caused by bacteria as well. This STI is easily transmitted through unprotected sex of any kind of shared sex toys and vibrators. This infection can be passed during pregnancy from mother to child. Common symptoms of gonorrhea include green and yellow discharge from male and female genitalia, pain during urination, and for women, bleeding between menstruation.

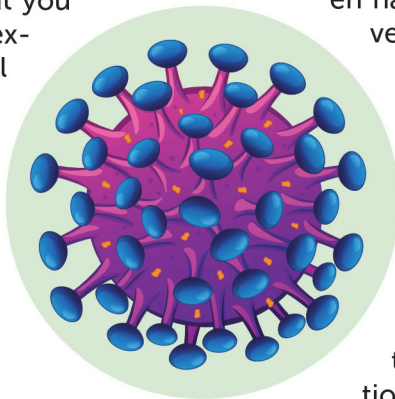


◀ SYPHILIS

Like the previous two STIs, syphilis is also a bacterial infection that causes sores on genitalia, rectum, and mouth, accompanied with a body rash. This infection can be carried on to the baby if pregnant, and potentially cause birth defects and in more severe situations, death. Symptoms of syphilis include painless sores, rash, skin growths, white patches on mouth, fatigue, joint pain, fever, and swelling. This infection can be treated with antibiotics when caught early. If left untreated, syphilis can cause damage to major organs and other body systems.

HPV

HPV stands for human papillomavirus. This virus affects skin in genitalia and produces wart growths. This infection can increase chance of cervical cancer, so it is recommended that women have pap smear tests regularly to catch any developments early on and treated. This virus can be prevented through vaccines (done for free in Ontario in grade seven).

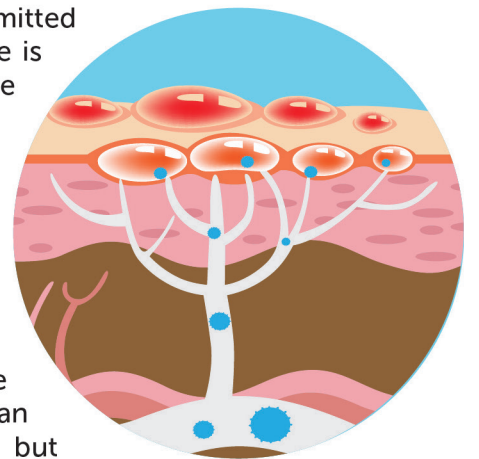


◀ HIV/AIDS

A well-known virus due to the fact that this infection can lead to AIDS. HIV weakens the immune system and leaves the body open for other infections. HIV is considered a sexually transmitted infection because it can be contacted through semen and vaginal fluid in addition to sharing needles, razors, and toothbrushes that may have blood on them. Furthermore, this infection can be transmitted to babies through breast milk. There is no known cure yet for HIV but there are medications that control the development of the disease.

GENITAL HERPES ▶

Like HIV and HPV, herpes is also caused by a virus. This STI is contracted through oral sex when the partner has cold sores on their mouth. Herpes can spread to the eyes, mouth, and genitals. Herpes can be passed on to an unborn child, but there is medication to reduce risk of baby being infected. There is no known cure for herpes, but this condition comes and goes and is treated with medications to reduce outbreaks and flare-ups.



CRABS

Also known for its less attractive name of pubic lice. Like the name suggests, crabs are lice that reside in the genital area. They are wingless insects that spread through sexual contact. It takes a while to realize that you have pubic lice, some indicators are itching, inflammation and irritation, black powder in underwear, lice bites that appear as small blue spots or blood spots on inner thighs. These lice are more active at night, so the symptoms are more prevalent during that time.

PREVENTION

The only way to prevent STIs completely is abstinence, but as an alternative you can take precautions. Condoms are a simple yet effective way of protecting yourself. Don't be scared to ask your partner about their sexual health, your safety relies on it. Lastly, be sure to visit the Middlesex-London Health Unit STI Clinic between partners and/or every three months for regular STI checks.

MYTHS DEBUNKED

Now that we have some information on some of the most common STIs out there, what myths can we put to rest? Here are some common misconceptions of STIs that many people believe today:

1. STIs cannot be contracted from oral sex

We now know that STIs can be transmitted through any form of sex, oral, anal, and vaginal.

2. Only gay men and drug users get HIV

This never made sense to me, but no, all people who have any form of sex can get HIV, not just gay men. Unless they are the only ones having sex these days, and last time I checked, I don't think so.

3. Oral contraceptives prevent STIs

Pills prevent pregnancies, they definitely don't prevent STIs from being spread on to others.

4. People with many sexual partners are the only ones to get STIs

It only takes one person, and one sexual experience for you to contract an STI.

5. STIs are all curable

We already know that STIs like herpes, HIV, and HPV do not have a known cure to this day.

Taking the proper precautions to avoid contracting STIs is imperative for your health and the health of your partner. During this pandemic, the importance of being safe during sex is even greater. Due to the many unknowns pertaining to COVID, potentially having STIs alongside COVID-19 could possibly affect your health more negatively. Be safe, smart, and informed so that your health stays in optimal shape!

wearing a mask new kink.

Can d

Ilhan Aden | Interroba

35.5 million.

This is the current virus count worldwide as the second wave is underway.

With certain hotspots reverting back to pre-pandemic two restrictions, the idea of a lockdown is being put behind. However, what would that look like for all the new information we've since discovered?

More and more restrictions are seeping into our part of our lives requiring a level of discipline that not everyone possess. This will lead to conspiracy theories questioning the government's handling of the pandemic, arguably endangering lives. But I understand.

The isolation many faced during the first wave was a by-product of a reactionary act. It was necessary in hopes of understanding the very real effects, the lack of social interaction, the light out of life for many.

Fast forward to today and not much has changed. People are still fatigued from the quarantine. New rules seem to restrict more leisure time than work related ones.

10 Methods of Protection (Pandemic Edition)

Salma Hussein | Interrobang

Contrary to common belief, the pull-out method is not on the top the list for a way to avoid conception.

In fact, it's probably the least efficient contraception. Now that COVID-19 is in the picture, safety before sex is a must. British Columbia's centre for disease control is already helping us out with some tips of their own regarding sex during the pandemic like, "Use barriers, like walls (e.g., glory holes), that allow for sexual contact but prevent close face-to-face contact," as it says on their website. I am not sure if glory holes are now standard in households, but for those of us who don't have such accommodations, worry not! Some good old fashioned methods should do the trick. Let's take a look at the different types of contraceptives that the National Health Service (NHS) have listed as most reliable.

Condoms

This is one of the most commonly used contraceptive. It also protects against sexually transmitted infections. Contraception is 98 per cent effective when it is not punctured. Condoms are made of latex rubber sheath around the penis. This contraception prevents the sperm from meeting the egg.

Contraceptive implant

An implant is a small plastic rod that is placed under the skin. It does what a pill typically does by releasing progestin into the bloodstream and also stops the egg from being fertilized in the blood stream.

Contraceptive patch

The contraceptive patch releases hormones into the bloodstream and through your skin that prevent the release of an egg during the month (menstruation). The patch is worn for one week and changed on the eighth day of being worn. The patch is worn for four weeks and then you take a break from wearing it for the fourth week.

Progesterone only pill

Progesterone pills thicken the mucus of the cervix to prevent sperm from reaching the egg. When used correctly, they can be 99 per cent effective as a contraception.

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However, not all is lost.

Just as the past quarantine was seen as a moment of reflection for ourselves, let this moment be a reflection for something bigger, perhaps a cultural shift.

I nominate dating.

With the new COVID-19-related rules regarding sex, now is as good a time as any.

According to the Chief Public Health Officer, Dr. Theresa Tam, it's best to avoid "face-to-face contact or closeness" during sex, or "consider using a mask that covers the nose and mouth."

With the mistrust of the government's handling of COVID-19 already present, I don't see this recommendation going over well with many. It does however introduce an important conversation, how do you date during a pandemic?

As complicated as the dating world already is, technology has afforded us the opportunity to expand our dating pool outside of our physical confines. It's easier now to meet people than before if you're willing to put in the work. Granted, meeting more people doesn't equate to more meaningful relationships, but it can increase your chances.

COVID-19 restrictions forces us get more creative than the usual rhythm of swipe, match, small talk and eventually meet. Perhaps that means speed dating over zoom or online game nights with friends of friends.

One thing is for sure, there is no changing dating culture without changing what we want from it.

We have long-enjoyed the hookup culture whilst complaining about its effects. It has provided for many the immediate physical and emotional release we all yearn for. But in a time where community is being called upon, we can't be as selfish as we once were because every individual decision impacts the greater population.

I understand that's a lot of pressure to put on someone who simply doesn't want to be alone, but shifting the emphasis from hook ups to creating meaningful online interactions may be the first step in updating what it means to date.

I do believe if taken seriously, this shift has the potential to bolster the overall moral surrounding the new restrictions. This does however require being uncomfortable in an already uncomfortable world, and much like how the rest of this year has been, we have no chose but to adapt.

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IUD

An IUD is a small copper device that is put in the uterus (womb) and releases copper into the womb. By releasing the copper into the uterus, it becomes harder for the sperm to reach the egg. IUDs, when put in correctly, are more than 99 per cent effective.

Birth control pills

This artificial version of female hormone progesterone and estrogens, also known as "the pill," is an orally taken contraception. It works by stopping the ovaries from releasing an egg each month. When taking the pill, make sure to take it at the same time each day to avoid getting pregnant. Some of my friends recommend setting a timer or using Apps like Medisafe Pill Reminder to help track and remind you to take the pill.

Female condoms

Like male condoms, female condoms act as a barrier, but instead worn inside the vagina. The condom is put inside before having sex. This method of contraception, when used correctly, also protects against STIs.

Contraceptive injection

Like the name suggests, this method of contraception is injected into the blood stream and releases hormones to prevent pregnancy.

Vaginal ring

This is a ring that is made of plastic that is placed in the vagina. This ring releases progesterone and into the blood stream and also prevents the egg from being released from the ovaries. This method of contraception is more than 99 per cent affective according to the NHS.

Cap

This one is a bit innovative and looks uncomfortable, however when used correctly it is 92 to 96 per cent effective according to NHS. A cap looks like it sounds, a circular dome made of silicon. It is put in the vagina with a gel that kills sperm. You have to leave the cap in six hours after the last time you had sex.

While all these contraceptive methods are pretty reliable methods, none are 100 per cent conception proof. Furthermore, if you are feeling sick and have COVID-19 symptoms, you should definitely wait to engage in sexual intercourse, for your safety and your partner's.

To help determine the best method of contraception for you, visit your doctor and discuss the best option for you!

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correctly, this pill can

LONDON'S TRANS HEALTHCARE RESOURCES AND LGBTQ2+ SUPPORT GROUPS

HAYDN ROTH | INTERROBANG

Trans healthcare resources still have a long way to go, but London is doing a great job of providing resources for those who need it. The main issue regarding trans healthcare in London is availability, long waitlists and lack of specialized doctors. According to the London InterCommunity Health Centre (LIHC) website, intake appointments for trans health services are being booked up to 150 days in advance.

These appointments are not simple checkups. They are vital meetings for trans individuals to begin or continue the treatments they need. A lot of the time these appointments will lead to an individual finding a specialized doctor or surgeon as well.

There are way more mental health care resources than medical; in fact, only the LIHC offers in-house trans health care. The lack of medical resources is truly crushing, but the support groups are here to help in any way that they can.

LONDON INTERCOMMUNITY HEALTH CENTRE LIHC.ON.CA

The LIHC provides health and social services to those who experience barriers to care in life. A large margin of those people are the trans community in London. The LIHC offers mental health services to those experiencing gender dysphoria and other concerns. The LIHC also offers hormone therapy, hormone therapy monitoring and hormone therapy health concerns. Another great aspect of this health centre is that they will connect people with outside support groups.

The following list will overview additional mental health support groups as well as general support groups that London has to offer the LGBTQ2+ community:

TRANS*LONDON

A social and networking group that meets on the first Monday of the month at Coffee Culture Café on 260 Dundas St., Comprised of friends, family, and those in need; Trans*London is a wonderful resource to begin with. Search TRANS* London (Ontario, Canada) on Facebook to find their group page. Meeting times may vary due to COVID-19.

RAINBOW HEALTH NETWORK (RHN) RAINBOWHEALTHNETWORK.WORDPRESS.COM

An online support group of experts and community veterans across Ontario committed to anti-racism, anti-oppression values through community-based, equity-based social work. The RHN facilitates the health and wellness of those under the LGBTQ2+ umbrella.

RAINBOW HEALTH ONTARIO RAINBOWHEALTHONTARIO.CA

A truly amazing organization dedicated to the betterment of LGBTQ2+ health. Not only providing support for communities, RHO creates services to help individuals. A pioneer of trans health care, RHO is dedicated to training medical professionals in trans health care practices.

COMING OUT OVER COFFEE

FAMILYSERVICETHAMESVALLEY.COM/EVENTS/COMING-OUT-OVER-COFFEE

A very casual-open discussion for LGBTQ2+ individuals over the age of 19 to discuss everything about being a member of the community. This is a great place for those who are just starting out on their journey to those who are proudly out and about. Coming Out Over Coffee is facilitated by Family Service Thames Valley, and held every second and fourth Tuesday of the month. Meeting times may vary due to COVID-19.

PFLAG CANADA-LONDON CHAPTER PFLAGLONDON.CA

This organization offers support and education to parents, families, friends, and colleagues who are struggling with another's identity/orientation.

Take time for your mental health and check-in to one of these resources; all of them are free.





YOUR LOCAL RELATIONSHIP AND SEXUAL HEALTH RESOURCES

CYNTHIA KACZALA | INTERROBANG

Here are several resources on and off campus that can help you when you have sexual health or relationship troubles.

Sexual Violence Prevention Advisor (SVPA)

Fanshawe's SVPA, Leah Marshall, assists and supports students who have been subjected to sexual violence. Marshall can link students to available options for help both on and off campus, as well as give referrals to acquire medical care, counselling and legal information.

Phone: 519-452-4465 or 1-844-666-SVPA

Email: lkmarshall@fanshawec.ca

Website: fanshawec.ca/student-life/student-services/sexual-violence-support-and-education

Campus Security

Available 24/7, you can contact campus security in cases of emergency or to file formal complaints. Any sexual violence reports will be reported to the regional police service.

Phone: 519-452-4430 x4242

Location: Fanshawe Main Campus, Room D1027

Positive Space Resources

Fanshawe's Positive Space Ally Program works to educate the campus on issues pertaining to sexual and gender diversity. Their website provides a comprehensive list of places and groups you can go to when you need support, medical care or counselling for different sexual or mental health-related concerns. The list consists of options that are available both on campus and off campus.

Website: fanshawec.ca/student-life/student-services/positive-space-ally-program

Counselling and Accessibility Services

Fanshawe's counselling and accessibility services provides confidential counselling services, referrals and assistance with safety planning. They also offer various seminars, workshops and drop-in sessions aimed at enhancing mental health.

Phone: 519-452-4282

Location: Fanshawe Main Campus, Room F2010

Email: counselling@fanshawec.ca

Website: fanshawe.ca/counselling, and fanshawe.ca/accessibility

Middlesex-London Health Unit (MLHU)

The MLHU has different clinics that are helpful resources, such as the STI and birth control clinics. It also has resources and information about support groups and therapy/counselling sessions.

Phone: 519-663-5317; to make appointments with the sexual health clinics contact The Clinic at 519-663-5446

Location: 50 King Street, London

Website: healthunit.com

Lesbian Gay Bi Trans Youth Line

This support line provides anonymous peer support for youths of the LGBT2Q+ community. It also provides resources and knowledge to help members make informed decisions for their futures.

Phone: 1-800-268-9688

Text: 647-694-4275

Website: youthline.ca

Forest City Queerios

An inclusive social group and safe space for queer folks in London. Forest City Queerios holds social events to help build and bring the queer community together.

Email: FCQueerios@gmail.com

Website: meetup.com/Forest-City-Queerios

Pride at Work Canada LGBTQ Women's Breakfasts

Meet with professional LGBTQ women in the community by participating in one of the breakfasts held during the third week of October, February and June.

Phone: 519-679-1880

Email: nbrew@deloitte.ca

Website: prideatwork.ca

Regional HIV/AIDS Connection

This organization is dedicated to improving the quality of life for individuals affected by HIV/AIDS and/or Hepatitis C (HCV) in any form.

Phone: 519-434-1601

Location: 186 King St., Suite 30

Website: hivaidsconnection.ca

London Abused Women's Centre (LAWC)

LAWC provides free counselling, advocacy and support to any women and girls over the age of 12 who have been abused in any form.

Phone: 519-432-2204

Location: 797 York St., Unit 5, London

Website: lawc.on.ca

Anova

A merger between London's Women's Community House and Sexual Assault Centre London, Anova aims to give oppressed individuals get a new start for their lives. Safe places, shelter, support, counselling, and resources are some of the services provided.

Phone: 519-642-3003

Location: 101 Wellington Rd., London

Website: anovafuture.org

St. Joseph's Health Care Hospital

St. Joseph's has the Regional Sexual Assault and Domestic Violence Treatment Program that provides care for women, children and men who have experienced sexual assault and/or domestic violence.

Phone: 519-646-6100 ext. 64224; After hours: 519 646-6100, press "0" and ask switchboard to page the nurse-on-call for sexual assault and domestic violence

Location: 268 Grosvenor St., Room B0-644, London

Website: sjhc.london.on.ca/sexualassault

Canadian Mental Health Association (CMHA) Reach Out Service

The Reach Out Service is a bilingual 24/7 phone/webchat crisis and support line for immediate crisis assessment, intervention, stabilization, and links to community resources. Note: the CMHA is not a medical service place, there are no psychiatrists on site, and they don't change prescriptions.

Phone: 1-866-933-2023 for Reach Out service

Location: 648 Huron St, London

Website: cmhamiddlesex.ca/programs-services/reach-out

Students are still searching for love in a pandemic

Catherine Danko
GAZETTE

Dating is awkward.

Now, add face masks, hand sanitizer and social distancing bubbles to the mix and it gets even weirder.

Quarantine may seem ill-timed for those seeking love and intimacy right now. Gone are the days where you could approach someone at a bar, exchange numbers with your cute lab partner or venture out on an impromptu Tinder date without having to think twice about catching a potentially-deadly virus with long-lasting effects.

But despite this, most people are actually still pretty interested in finding romantic partners. Bumble Canada, an online dating app where only women make the first move, saw a 56 per cent increase in video chats the week of March 27, when quarantine orders were at their peak — a rarely used feature prior to lockdown.

And that's not the only dating app that's been doing well. Match Group — a company that owns multiple dating services including Tinder, Hinge and Match.com — saw an increase in subscribers and downloads during the second quarter of this year, beating pre-COVID-19 records.

The lockdown has everyone feeling a little bit lonely and online dating is one way to mitigate it — but that doesn't mean you shouldn't be cautious. If you and your date aren't taking the proper precautionary measures before meeting up, dating can be risky. Communicating in advance about safety precautions can reduce that risk.

Aiden Dufault, a third-year BMOS student, says dating has become more challenging as people have differing levels of comfort.

"It can be awkward suggesting things to do because everyone has different safety preferences," explains Dufault. "Some people are comfortable with going out to restaurants and others just want to go on socially distanced walks, so you definitely have to be considerate and have a discussion with the other person before meeting."

He explains most people were not stringent with personal protective equipment.

"Usually people on dates don't wear masks, because they realize it's just one other person they're being exposed to," mentions Dufault. "People are also a lot laxer about wearing PPE in small towns."

He also said it can be awkward doing basic things, like going inside their house to use the bathroom.

"He ordered us sushi and set it up on the patio so we could social distance while we ate," mentions Dufault. "But then I started feeling nauseous and going inside wasn't an option, so I ended up getting sick outside. It was absolutely terrible. I was coming in from a few towns over and didn't want to drive back, but I also didn't want to have to ask to stay over and expose their family — it was shameful to say the least."

Many people in the early stages of dating are choosing to get to know each other over video chat. FaceTime first, to test the waters before taking the next step to meet in person. Not to mention, video chat may even just avoid that initial awkwardness of meeting at a public place or their date's home.

It's also a good idea to have a conversation about any underlying health issues and, if you plan on being intimate, to both get tested. Zoe Kerhoulas, a fourth-year student, says she had to stop dating certain people due to their health conditions.



CREDIT: KRISTIN LEE (GAZETTE)

The lockdown has everyone feeling a little bit lonelier than usual.

"I was seeing someone at the beginning of quarantine and had to stop because he was immunocompromised," she says. "I work at a bar where there's a decent amount of social interaction and didn't want to put him at risk."

Shortly after, she began dating her current boyfriend and says that the pandemic made her realize just how important in-person communi-

cation is.

"When you're both trying to keep your family members and yourself safe, it makes it harder to communicate face-to-face," said Kerhoulas. "Since my boyfriend and I both live with our parents, we had to be extra cautious — we both got tested and made sure we were discussing with our families regarding if we could see each other, and it definitely took

a toll on our ability to communicate in person, especially at the beginning stages of a relationship."

Kerhoulas' relationship has endured throughout the pandemic.

If you're single, don't get discouraged just yet — the coronavirus hasn't stopped the search for soulmates. Your person is out there — just make sure that person is washing their hands.



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Here we are now, entertain us

Christopher Mischczak
INTERROBANG

The West Coast is ablaze. Hornets are swarming.

We are in the midst of a global pandemic and there are even riots in the streets. This has not been an easy year at all for anybody. Collectively it's still very much like the world is holding its breath for what might happen next. The world and everyone in it simply seem very anxious right now.

This is probably why an artist that I follow online said that he was concerned to release a new comic book. He felt that it was not very appropriate considering everything happening in the world right now. What struck a chord however was a response to that concern.

"We need more comic books in the world right now, we need to forget everything that is happening right now even if it is only for a moment and escape."

It was this moment that caught me off-guard to the point of self-reflection, overvaluing the things that make us laugh, that divert our attention, that distract us for a little while to escape.

There is a great quote from Pablo Picasso that goes, "Art washes away from the soul the dust of everyday life." There is a tremendous truth in this statement. It becomes a question about how important the world of entertainment is right now — if not for a moment just to collectively breathe and finally just relax.

"I would agree with that statement," Mark Kearney said in response to this quote. A lecturer

from Western University, Kearney teaches writing for humour. Kearney was nice enough to provide his own insight into the value of making people laugh right now.

"There is probably more value in making people laugh then in any other time. I think that there are a lot of people out there who are stressed. We are living in a relatively safe place here in London, yes there have been a few cases. Compared to the US or other parts of Canada we are doing OK."

When things get bad, we look to humour, we look for entertainment. I think that people need a laugh right now of just about any kind to be able to get through the day.

If we did not have that art and culture, we would be living pretty basic and pretty boring lives. Some people who do not have access to this stuff are probably really struggling. Humour is a way to explain the world in an entertaining way. Entertainers, comedians, actors create things that are not real but still holds real value. It comes back in a way which comes back to a diversion and reflection of reality. It takes us away from the nastier things that are out there.

If you can laugh despite all the things happening this year. It's a bonus, Kearney went on to explain.

Usually in any normal year, there are nasty things that go on. But it's not constant, it's not so oppressive. Humour is what gives us some of that enjoyment and some of that nourishment that we may not have in oth-



CREDIT: CHRISTOPHER MISZCZAK

Allow yourself to take a breath and be entertained, for the sake of your mental health.

er times. Historically, humour is a way of trying to get things back to normal. Often in terrible times, we just must laugh at just how terrible it is.

Humour matters. Comedy matters. It may be considered frivolous, but it's still an important aspect of all of our lives. We all have sense of humour, we are all funny in our own way. We cannot downplay the role of humour in dark times like this, we need a good laugh. Rollin McCraty, director of research at the HearthMath In-

stitute which is a non-profit organization in Boulder Creek California, even looked into the scientific basis of the positive-emotion-focused techniques to help people sustain a consistent level of how happiness effects us. This essentially showed just how much those positive exchanges alters the way that we see the world and ourselves.

When the parasympathetic part of the nervous system is triggered it can have over-arching benefits for the body, including that massive decrease of

the stress hormone cortisol and increasing oxytocin, which is the hormone that makes us feel good. These studies and many others have showed lower levels of cortisol and even resulting in better cardiac functions.

At the end of the day there is value in making each other laugh. This stems to our biological need for de-stressing agents but socially as well. There is a true benefit to diversion, distraction and simply by being entertained. Laugh on my friends, laugh on. We need it right now.



CREDIT (FROM LEFT TO BOTTOM RIGHT): DREW TENASCO — "ODEMYIMIN KIZIS;" DANIELLE ROWLEY — "STORMONT;" DORIAN WELBOURN — "GEO-NOSTALGIC," AND EMILY SINGER — "PRIMARYDALE."

Six months after COVID-19 restrictions pushed a second-year exhibition online in late March, students in Fanshawe's Fine Art Advanced Diploma program were at last able to show off their hard work in person. The exhibit, "Acrylic Values," was displayed at the Satellite Project Space in downtown London from Sept. 30 to Oct. 10. The acrylic paintings touched on the transition from family to individual living. "The students have expressed delight and excitement to see their work again," said Gary Spearin, professor and coordinator of the Fine Art program. "The paintings in the exhibition are extremely accomplished, technically, visually and subject, given they are second-year students."

CROSSWORD

ACROSS

- 1. Tech giant
- 4. A lot
- 9. Asian Sea
- 13. Advanced math
- 15. To whom a Muslim prays
- 16. Love letter letters
- 17. Irene of 'Fame'
- 18. Mazda sports car
- 19. Final notice
- 20. Joseph Conrad jungle tale
- 23. Like Beethoven
- 24. Bout ends, for short
- 25. Racing bird
- 28. Chesterfield, e.g.
- 30. "My mama done ___ me ...": song lyric
- 33. Volunteer's words
- 34. Danger
- 35. Wanted-poster letters
- 36. Classic 1984 film in which most of the dialogue was ad-libbed
- 40. Bagel choice
- 41. Found a new table for
- 42. Blabs
- 43. XP forerunners
- 44. Like some airports (abbr.)
- 45. Henry James title character
- 47. East, in Berlin
- 48. Stooge
- 49. 1970 hit song with the lyric "You know you done me wrong, baby, and you'll be sorry someday"
- 57. Desire
- 58. Archetype
- 59. "Ars amatoria" poet
- 60. Angry
- 61. 1985 John Malkovich movie
- 62. Actress in "Dracula's Daughter" and "The Invisible Man Returns"
- 63. Prefix with -algia
- 64. Alternative to a convertible
- 65. New Guinea port from which Amelia Earhart left on her last flight

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			47					48					
49	50	51				52	53				54	55	56
57					58						59		
60					61						62		
63					64							65	

DOWN

- 1. Allergic reaction
- 2. Highlands hillside
- 3. Actress Sorvino
- 4. Austronesian language
- 5. Climber's challenge
- 6. "When I Was ___" ("H.M.S. Pinafore" song)
- 7. Computer info
- 8. Controversial Chinese soup ingredient
- 9. Neural transmitters
- 10. After-bath wear
- 11. X, y or z
- 12. Gobs
- 14. A whole bunch
- 21. Former Formula One driver Fabi
- 22. Eucalyptus lover
- 25. Climber's tool
- 26. Popular Apple communication software
- 27. Pony's paces
- 28. Calyx part
- 29. "Drive thy business, ___ will drive thee" (Franklin)
- 30. British farewells
- 31. African mammal
- 32. Run out, as a subscription
- 34. "Check this out!"
- 37. Dublin natives
- 38. Military guards
- 39. Atop
- 45. Like some rebates
- 46. Partner of oohs
- 47. Additional
- 48. First strategy
- 49. Half a matched set
- 50. Bring on
- 51. Biblical birthright seller
- 52. Doing nothing
- 53. Eco-friendly certification letters
- 54. Elliptical
- 55. Jazz singer Simone
- 56. Advantage

WORD SEARCH

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

HEALTHY RELATIONSHIPS

Understanding	Love	Monogamy
Platonic	Honesty	Crush
Laughter	Empathy	Loyalty
Consent	Respect	Support
Individuality	Trust	Fun

SUDOKU

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

Puzzle rating: Medium

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

CRYPTOGRAM

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PUZZLE SOLUTIONS

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2	4	6	8	1	5	9	7	3		E	L	E
3	7	6	5	1	8	9	4	2		I	N	E
2	4	7	8	5	1	6	9	3		A	L	A
8	1	3	9	4	6	2	5	7		P	A	P
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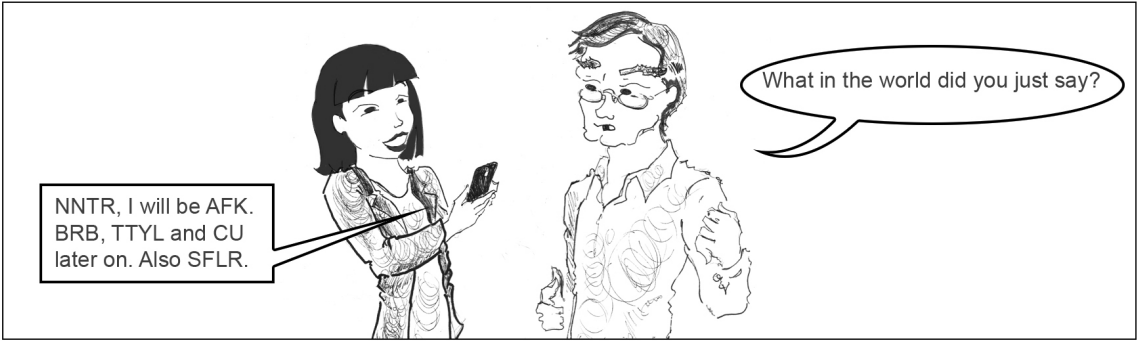
Freshman Fifteen



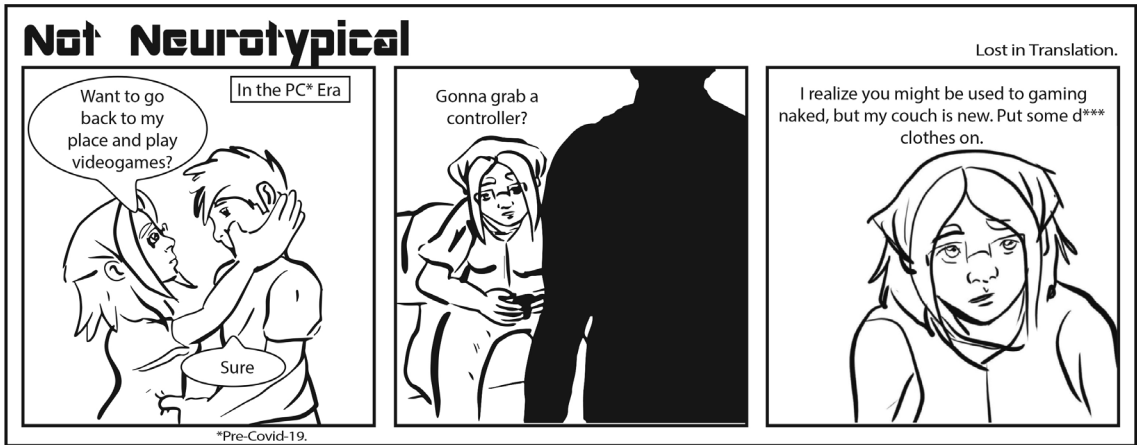
By Alan Dungo



By Christopher Mischczak © 2020



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*Pre-Covid-19.



Aries

Harness your energy over the next few weeks and channel it into something constructive. Look at what's going on around you realistically. There will be a price to pay if you overreact. A steady pace will lead to promising results. A change will send you in a new direction. Don't fret over what's no longer relevant; focus on the present and what you can do to improve the future.

Taurus

You don't have to make a bold statement. Share your thoughts and feelings with someone heading down the same path, and you will discover ways to get what you want. Kindness and consideration will help you gain support. A relationship with someone you respect will help you expand your interests. You'll face opposition if you don't follow the rules. Don't take a risk that might jeopardize your health or freedom.

Gemini

Take care of business. If you want others to take you seriously, finish what you start. Changes you make will reflect how you feel about the people around you. Take better care of your health and well-being. Listen to what others have to say. Don't get involved in something that doesn't interest you. Proceed with caution to avoid being taken for granted. If you put in the effort, you will encourage others to do the same.

Cancer

Spend quality time with someone you love. Fix up your space to reflect the lifestyle you want to live. A positive attitude will get you much further than criticism and complaining. You may not like change, but you are best to take a chance and accept what's going on around you. The result will be much better than anticipated. Love and romance are featured. Don't start a fight you can't win. Do your own thing and avoid meddling.

Leo

Don't make decisions based on what others do or say or you will be disappointed in the way things turn out for you. Channel your energy into doing the work that will help you get ahead. Refuse to let your emotions stand between you and success. A change to the way you earn your living may not be to your liking, but bide your time, and you will reap the rewards.

Virgo

It's OK to change your mind or to do things differently. You have to trust who you are and what you are capable of doing. Don't follow someone making unrealistic promises. Share your thoughts and feelings with someone you love. The feedback you receive will help you initiate a meaningful life-altering change. Follow your heart, and don't look back. Focus on saving, not spending on something you don't need. A change in your routine will be enlightening.

Libra

Reconnecting with someone from your past will be twofold. You'll recognize something you didn't realize you felt, and you'll have emotional regret for time wasted. Don't labour over what's happened; make up for time lost. A change at home will be to your advantage. Stick to your budget, and put your house in order. Don't let anger set in or anyone interfere with your plans. Problems will develop if you give away your secrets.

Scorpio

Refuse to let what others do upset you. Give others the freedom to ensure you are granted the same in return. Use your intelligence to counter interference. You'll sense what's heading your way in the next few weeks. Do what's required to bring about changes that will help you achieve your goal. Love is on the rise. Someone will use emotional tactics to take advantage of you. You can offer suggestions, but don't pay for someone's mistake.

Sagittarius

Consider what you want and make it happen. Your actions will demonstrate what you are capable of doing. Avoid distractions and people who try to lead you astray. Set your goal, and don't stop until you reach your destination. An emotional incident will surface. Before you get upset, verify the facts. Someone you least expect will mislead you. Focus on your responsibilities and getting things done on time.

Capricorn

Stick to the script. Any deviation from your original plan will throw you off course. Don't waste time; focus on necessary changes. You'll have a good view of what's going on around you. Sit back and observe; the less interference, the better. Spend more time nurturing a meaningful relationship. An emotional matter will crop up if you get into a sensitive discussion with a friend or relative.

Aquarius

Make an effort to take better care of your meaningful relationships. Spend time listening and paying attention to what others are experiencing. Kind words will have a much more significant effect than criticism. Put more time and effort into physical fitness and better health. Personally stay on top of what matters to avoid interference from someone who has a vested interest in controlling what you can and cannot do.

Pisces

Take an active approach to responsibilities and you'll feel good about your accomplishments. A kind word will ensure you get the help you need to finish what you start. Partnerships can make or break you. Listen carefully, offer incentives and get what you want in writing. Good things will transpire if you are articulate and fair. Don't feel pressured to make a donation you cannot afford to part with or offer your services for free when you need cash.

How “bubble environments” are safer for the players

Skylar McCarthy
INTERROBANG

The National Hockey League (NHL) has finished its season, and so has the National Basketball Association (NBA).

Both leagues were the first to introduce a “bubble environment.” When everything was shut down back in March due to the COVID-19 pandemic in North America, the NBA and NHL didn’t know how they were going to resume play while making sure safety was a top priority. Both leagues went to work on finding a way to end their seasons with a champion, and both were able to do it. The “bubble” that the NHL and the NBA created for their respective leagues was a unique experience and ensured everyone stayed safe.

The bubble concept took all the players, staff and people you needed, and put each team member in empty hotels. Then, nobody else, including fans and others, would be able to get in this bubble or leave the bubble. This was to prevent the transmission of COVID-19. Continuous tests for everyone in the bubble made sure no one contracted COVID-19.

The NHL and NBA had different bubble models, with the NHL centred around two hub cities, one in Toronto and the other in

Edmonton, while the NBA built their bubble at Walt Disney World in Orlando, Florida. The NHL began with a play-in tournament for the post-season that saw an extra round of playoff games with an expanded number of teams. The NBA began by playing its final eight regular season games before having its post-season. Although both leagues are done, other sports leagues like the National Football League (NFL) are not playing in a bubble.

So why is the bubble safer? The NFL has had major COVID-19 outbreaks with teams like the Tennessee Titans, who had 23 cases between players and staff and having to shut down team facilities. The New England Patriots key star players like quarterback Cam Newton and cornerback Stephon Gilmore have also tested positive for COVID-19. The situation has caused the NFL to postpone games and reshuffle the leagues schedule impacting numerous teams. The NHL and NBA bubbles created a safe environment with no reported cases of COVID-19, and a minimal risk of exposure since all contact was limited to those living in their respective bubbles.

Comparing sports leagues is tricky. Typically an NFL team has 52 players on a roster, plus practice squad reserves, coaching staff, equipment, training and medical personnel. A typical basketball



CREDIT: ANGELA MCINNES

Bubble environments kept some national sports going, but college gyms remain closed.

team has 15 players plus the prior mentioned staff making it somewhat easier to bubble. But the NFL should explore the idea of bubbles by having teams live in one hotel

in their respective cities.

There’s also the problem of not seeing your family in the bubble unless they were included, and as we have seen from the NBA and

the NHL, athletes care about their families. But if both the NBA and the NHL had successful seasons and were able to crown a champion, then why not?

Canadian student-athletes will no longer be tested for cannabis

Alex McComb
GAZETTE

The Canadian Centre for Ethics in Sport (CCES) will stop screening student-athletes for cannabis in U Sports and the Canadian Collegiate Athletic Association (CCAA), allowing athletes to test positive during in-competition months without penalty.

The summer’s new policy change, however, does not extend to U Sports and CCAA student-athletes who also compete at the national level during their collegiate career. So student-athletes included in their sport’s National Athlete Pool, competing in a non-U Sports or non-CCAA event or attending an international event where the CCES does not have jurisdiction can still be screened for cannabis.

“The CCES has long advocated for cannabis not to be deemed a prohibited substance,” said Jeremy Luke, the senior director of sport integrity at the CCES. “We didn’t see the performance enhancing benefit associated with [cannabis].”

With the legalization of marijuana in Canada two years ago, Luke said this was an opportune time to make the decision to stop screening for the drug.

The CCES has not received much



CREDIT: MICHAEL CONLEY (GAZETTE)

Cannabis screenings for student athletes are no more.

feedback from the Canadian athletic community regarding the new policy change — however, Luke said the little response they have received has been positive.

The CCES says they’ll continue to adapt to the changing sports landscape in Canada moving forward. The organization has informed member teams of U Sports and the CCAA about changes to its drug education courses and other resources the CCES offers for student-athletes.

“The mandatory learning program for student athletes has been revised to inform them of this change,” Luke explained, referring

to the preseason drug education course that student-athletes must complete before the start of the regular season each year. “We’ve issued advisory notes and some other resources as well so that people are well informed of the change.”

Luke said the CCES will continue to monitor Canadian collegiate sports to see if they will make any further changes.

At the moment, the CCES is not expecting to change the policy for U Sports and CCAA student-athletes who also compete at the national level, as they will continue to be screened for cannabis in-competition.

Fanshawe makes history in OPSE *Hearthstone* match



CREDIT: PROVIDED BY TYLER HETHERINGTON

The Fanshawe Falcons saw their first ever regular season Esports win, beating out the Ryerson University Rams 3-0 in *Hearthstone*.

Angela McInnes
INTERROBANG

The Ontario post-secondary Esports (OPSE) league officially launched this fall, giving gamers across the province the chance to compete on behalf of their college or university. Here’s how Fanshawe fared during the first matches in the league’s history.

Rocket League

The Fanshawe Falcons struggled in their debut OPSE match, falling three games to none to Carleton University.

Hearthstone

The Falcons made history by

getting the first ever Fanshawe Falcons Esports win, as the team beat the Ryerson University Rams 3-0.

Overwatch

Fanshawe put on a dominating display over Conestoga, winning the match 2-0 in a quick 27 minutes.

League of Legends

This was a wild back and forth match against school rival St. Clair College. Fanshawe lost the first game, then stormed back in game two to send it to overtime and unfortunately lost the series 2-1.

To learn more about OPSE, go to opsesports.ca, or fanshawefalcons.ca/recreation/Esports for more info on Fanshawe’s team.



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