

NEWS PAGE 5
Protect yourself this
cold and flu season

OPINION PAGE 7
Taking back what they took from us

CULTURE PAGE 18
Kim's Convenience
returns to the stage

SPORTS PAGE 23
Falcons men's golf team
achieves OCAA success

INTERROBANG

**THE IMPACT OF CULTURE SHOCK
ON INTERNATIONAL STUDENTS** PAGE 13





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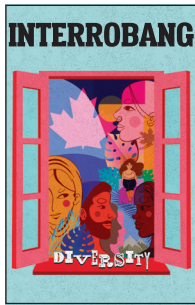
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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,

It feels somewhat difficult to talk about diversity right now, to throw around buzzwords about inclusion and equity when on the other side of the world, civilians are being killed en masse over geopolitical forces too complex to solve with a strategic framework or distant promises of belonging.

Our Diversity issue instead looks inward, explores topics close to home and how they directly impact students at Fanshawe College. Our reporters examine how our differences connect us, rather than divide us, whether through shared struggle, food, culture, or art.

Our featured content deals with culture shock, diversity on campus, and the growing acceptance of women-identifying people in the male dominated world of gaming.

Moreover, reporter Gracia Espinosa learns more about accessibility for students with vision impairment on campus, and what more still needs to be done to make sure students of all abilities have access to a fair and equitable college experience.

As ever, we find that college life can be viewed as a microcosm for the world around us. While it's not perfect, Fanshawe is home to a broad and diverse student body, all here for the same reason: to learn from one another and to grow. To become a better version of the person they were when they walked into their first lecture on their first day of class. That desire to change, to see the world differently and to *learn*, rather than live in ignorance—that is what truly makes us stronger as a society. And that is what I hope you will take away from this issue.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca

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OER making paid course materials a thing of the past



Hannah Theodore (she/her)
INTERROBANG

Open education resources (OER) are making it easier for students to access course materials without spending hundreds or even thousands of dollars on textbooks.

Shauna Roch, Project Lead of the OER Design Studio at Fanshawe College has been developing open education resources at the college since before the start of the pandemic. She first noticed a need for online resources while working as an online coordinator for Fanshawe's business school.

"My role was really to support faculty and help to develop really good online classes and experiences for students," Roch said. "I also found that I needed to kind of look at the college system as a whole and say, 'How are we helping online students or not helping them and what can we do to kind of fix that?'"

Roch now works full time with the Design Studio, which operates through the Library Learning

Commons. Since its inception, Fanshawe's OER Design Studio has completed 63 projects, provided a total of \$3.4 million in savings annually for students, and has hired 18 students to work in the studio assisting in creating the course materials.

According to Roch, access to these free course materials has both a financial benefit and an accessibility benefit.

"For some people, online learning can really be beneficial," Roch said. "And so it's leveraging that technology that exists just to make it accessible for everyone and make it equitable. It's not to say, one thing works for all, but it's to have kind of that smorgasbord of options."

Roch also said she's received feedback from students who appreciate that they can access the materials from anywhere.

"Students love the fact that it's just a link and they can access it anywhere, any time," Roch said. "They can sit on the bus and pull it up on their phone and read as they're on their way to school. They can download it if they need to and get a printed version. And so for that accessibility piece, it's really easy."

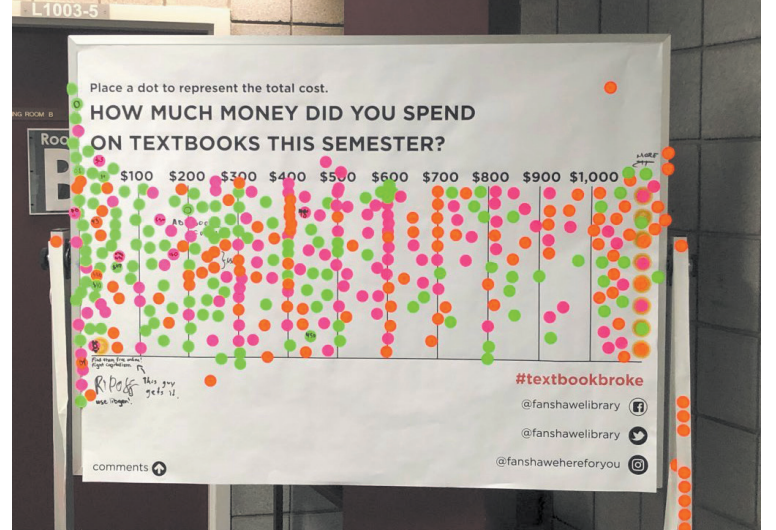
Perhaps the most attractive aspect of OER for students is the elimination of costly textbooks, which some students report spending over \$1,000 per semester on.

In spite of the positives, Roch said open education has been slow to take hold, in part because presently, educators are personally responsible for providing content and working with the Design Studio to create materials.

"So faculty or even...college staff, they're seen as the subject matter expert, and so they're providing their content," Roch explained. "And then we are responsible for doing the publishing of that."

The Design Studio funds the development time, so faculty and staff are compensated for time spent creating their course materials. In some cases, Roch said students have also helped in the development process.

"In some project cases, we've had current students working on books that they had in courses previously in their program, and so they have that student experience," she said. "So it becomes this collaborative project, which is beautiful."



CREDIT: FANSHAWE OER DESIGN STUDIO

OER can help save students money on textbooks, which some students report spending \$1,000 per semester on.

Through OER's open pedagogy, students can also have their essays and coursework published openly to be shared with future employers, their families or even future students.

While Roch said there is still a lot that must change before open education becomes the norm, having the OER Design Studio be a permanent fixture at the college has

been a huge help. Roch said in an ideal world, OER would be seen as a viable replacement for traditional textbooks wherever possible.

"It would be nice if we could just at least reduce some of the paid resources where possible because we know students are struggling financially. And this could be an easy win, something to help them."

New Intercity Bus terminal replaces Greyhound station



Mauricio Prado (he/him)
INTERROBANG

A new bus service linking London, nearby cities and the Greater Toronto Area (GTA) has taken over the former Greyhound Bus Terminal at 101 York St. Intercity Bus marketing manager Usman Qayyum said they know the transportation industry's problems, especially since Greyhound went out of operation.

"No other bus service provider has a proper terminal for its customers," Qayyum said.

Intercity Bus president Bilal Taj has eight years of experience in the transportation sector. Throughout the years and doing research, he discovered that no other bus service in London strongly focuses on students as they do.

"We are the only bus service in London going to Fanshawe College. We have a stop right in front of Fanshawe College's A building," Taj said. "Our main pillars are safety and efficiency."

Qayyum said that Fanshawe students can wait for their bus inside Royal Paan restaurant at 1579 Oxford St.

"We will keep offering different discounts as we go along," Qayyum said.

He added that they will always try to keep their prices "competitive and friendly."

"Our prices are already more economical than our competitors. We will try to have promotions and discounts, especially for one of our main targeted audiences, students," Qayyum said.

The Intercity Bus Terminal has eight buses with 56 seats each. According to Qayyum, they plan to expand and connect London to



CREDIT: MAURICIO PRADO

A new bus service linking London, to nearby cities and the Greater Toronto Area (GTA) is now in the former Greyhound bus station in the city's centre (Pictured: Usman Qayyum (middle), with colleagues of Intercity Bus).

all cities across Ontario in a safer way. He also found that a significant portion of residents in London and the surrounding areas who travel to other cities do not have a proper bus terminal or a place to wait indoors for their bus to come.

"One of the most significant issues people face with the current bus services is that they must wait outside in bad weather, the cold, or rain with their luggage for frequently late buses," Qayyum said. "That is a danger to their safety."

Taj said that before, the government regulated the bus services,

and nobody could pick it up from the road.

"In the last couple of years, the whole industry was deregulated, and because of that, the bus providers now have that leverage to pick up passengers from the road, which is not a good idea at all and is what we are trying to do differently," Taj said.

Taj added that they are the only local bus service provider from London.

"We operate right next to London residents," Taj said. "The idea is to help and facilitate community in London."

According to Qayyum, when Greyhound officially stopped operating buses in Canada two years ago, the big terminal was shut down, and alternative bus operators carried passengers from city to city, but parking remained a significant problem.

"We have parking, an inside lounging area, free wi-fi, and plans to add vending machines and snack stores inside the terminal," Qayyum said. "We have everything to give our customers a safe journey to their destination in the most pleasant way possible."

Qayyum said they are focusing on making the terminal the most comfortable way possible for their customer with plug-ins for laptops, mobile phones, and ATMs. He added that the terminal is also equipped with its workshop space to give maintenance and clean the buses.

"If people purchase tickets directly on our website or in the terminal, they will get them a little cheaper than through Busbud or other third-party apps," Qayyum said. "So far, we have been getting positive feedback from students and people living downtown and in London."



CREDIT: FANSHAWE COLLEGE

Ten Fanshawe Students have received scholarships to help cover tuition, tools and living expenses.

Fanshawe students receive Canada's largest skilled trade scholarships



Justin Koehler (he/him)
INTERROBANG

Ten students, including three from London, have been named as Fanshawe College's inaugural recipients of the Schulich Builders Scholarships for Skilled Trades.

The scholarships are part of a newly created program that has committed an annual investment of more than \$3 million to combat labour shortages and highlight the importance of skilled trades in Canada.

Out of a pool of 350,000 potential candidates across Canada, more than 1,000 students were nominated.

One hundred students across 10 Ontario colleges have received this award and are referred to as Schulich Builders.

With a \$325,000 gift from the Schulich Foundation as part of this new program, Fanshawe has been able to provide five \$20,000 scholarships for students in a one-year certificate program and five \$40,000 scholarships for those pursuing a two-year diploma program.

"We are grateful to the Schulich Foundation for their support in helping us unlock the potential of these talented students pursuing careers in

the skilled trades," said Stephen Patterson, Dean of Fanshawe's Faculty of Science, Trades and Technology.

The scholarships cover tuition, tools and living expenses. Schulich Builders will also receive leadership training and mentorship to enhance their student experience and assist with their entry into the skilled trades upon graduation.

"We are proud to promote the skilled trades and support students pursuing this rewarding career path," said Judy Schulich, director of The Schulich Foundation. "Canadians rely on the trades to build and maintain infrastructure critical for prosperous communities. Our challenge today is not having enough of these talented people to meet the demand."

Fanshawe's Schulich Builders recipients include:

1. **Va'quwyen Beals**, 18, is a recipient of the \$40,000 Schulich Builders Scholarship. (Welding and Fabrication Technician)
2. **Haley Benoot**, 18, is a recipient of the \$20,000 Schulich Builders Scholarship. (Welding Techniques)
3. **Brandon Buckingham**, 19, is a recipient of the \$20,000 Schulich Builders Scholarship. (Welding Techniques)

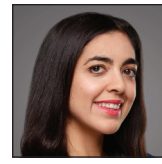
4. **Emily Holmes**, 19, is a recipient of the \$40,000 Schulich Builders Scholarship. (Welding and Fabrication Technician)
5. **Ethan Kopas**, 18, is a recipient of the \$20,000 Schulich Builders Scholarship. (Electrical Techniques)
6. **Fenton Loker**, 18, is a recipient of the \$40,000 Schulich Builders Scholarship. (Carpentry and Renovation Technician)
7. **Sebastian Marshall**, 17, is a recipient of the \$20,000 Schulich Builders Scholarship. (Electrical Techniques)
8. **Ava O'Neil**, 18, is a recipient of the \$40,000 Schulich Builders Scholarship. (Welding and Fabrication Technician)
9. **Emily Pollak**, 18, is a recipient of the \$40,000 Schulich Builders Scholarship. (Welding and Fabrication Technician)
10. **Erik Qualie**, 18, is a recipient of the \$20,000 Schulich Builders Scholarship. (Electrical Techniques)

Gerontology students get visits from older adults



CREDIT: GRACIA ESPINOSA

On Oct. 10, Jan Toporowski spoke to students at Fanshawe College about his life.



Gracia Espinosa (she/her)
INTERROBANG

Statistics Canada's most recent census, published last year, shows that from 2016 to 2021, the number of people aged 65 and older increased by seven million. The demographic forecast estimates that by 2051, the number of Canadians in the same age group could reach almost 12 million.

That's why it's more necessary than ever to prepare the next generation of gerontology professionals. The gerontology program at Fanshawe College aims to provide the knowledge, skills, and professional experience necessary to work with seniors.

"We look at the physical piece, but also the social piece, the spiritual piece, and their preferred environments," explained the program coordinator of gerontology and inter-professional practice, Kim Schlegel.

Part of this experience comes from the Family and Community Practice course, which involves five adults between 69 and 99 years-old, visiting students and discussing their lives. The program is in partnership with the Parkwood Institute, and every term many residents agree to participate, like Jan Toporowski, who visited students on Oct. 10 to share his story.

70-year-old Toporowski arrived with his wife in Canada from Poland as a political refugee in 1984. Next year will mark the 40th anniversary of their arrival. They fled Poland to escape the control of the former Soviet Union. They could not see their relatives again until after the fall of the communist government, which happened in 1989.

"When we came to Canada, the phone calls to Poland were costly. Three dollars plus taxes for only one minute. But now, we can talk for free and even see their faces," said Toporowski. His whole story is in the current exhibition *Resilient London: Meet Your Neighbours* at the Museum of London from Oct. 7 to May 12, 2024.

Toporowski and the other volunteers came to the college in person for the first time this semester, as this initiative started during the pandemic when students missed the opportunity for internships.

"We invited them on a Zoom call to join our class and tell us about their lives," Schlegel said. "It was originally a plan to get more interaction between older adults and our students and give people in long-term care homes something to do."

But now, Schlegel hopes that students get more out of it and get a bit of background before they go into placement next term.

"It's important to hear from actual older adults, mainly because we're learning about them. So, it's good to have them in the narrative," said Madeleine Campbell, one of the gerontology students. "If you talk to those older adults and see they're still themselves, they have their own story. It humanizes them."

Interestingly, Campbell and Toporowski discovered that they share Polish roots and a date of birth. Toporowski was born on Feb. 13, and Campbell was born on Dec. 13. The number is on her arm in a tattoo.

According to Schlegel the program aims to break down stereotypes and broaden perspectives on what it means to get older.

"When we think about older adults, we think about health. Or, more correctly, we think about disease. And so, we're trying to break that down."

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London's green bin program begins roll-out process



Gracia Espinosa (she/her)
INTERROBANG

The launch of London's green bin program will begin with the delivery of bins for organic waste to about 120,000 households over the next couple of months. Residents will also receive a kitchen container, a guide on participating in the green bin program and a pickup calendar ahead of Jan. 15, 2024. Landlords should inform tenants about using the green bins because they are part of the information-sharing process.

"Education is one of the biggest things. If people know a lot about it or don't know a lot about it, they can always be taught how to do it and why it's good," said Fanshawe Sustainability Consultant Christine Wardle. "We've tried to do that with the signs above all our waste bins. And then we have events where people give out information and everything. So, education is just the most significant factor. And making a fun education and not just, you know, 'Here's a pamphlet. Take it home,'" added Wardle.

According to Jay Stanford, London's Director of Climate Change, Environment, and Waste Management, the green bin program has multiple benefits, including helping to reduce greenhouse gas emissions, including methane gas, produced when organic materials break down in landfills. Additionally, it will convert waste into a valuable resource to feed local farms and improve soil quality. The program will also help extend the landfill's lifespan by keeping organic materials out.



CREDIT: GRACIA ESPINOSA

The green bin program will officially begin on Jan. 15, 2024.

Finally, the City said it will provide local jobs and support the economy.

Wardle considers the program beneficial to students.

"We've been hearing...[from] students and staff. There needs to be clarity between, 'I can compost food at the school, but then when I go home, there's nothing for me to be able to do that.' And it's been a big issue in London for a long time," Wardle said.

Stanford explained that the green bin program had been postponed several times. Finally, a grant was awarded in early 2020, but shortly

after that, the pandemic struck, which caused a shift in the city's operational priorities. In addition, the pandemic caused supply chain problems, resulting in delays in the manufacture of vehicles needed to collect green garbage cans and garbage.

London's green bins and regular recycling will be collected weekly. In contrast, regular garbage will move to a bi-weekly pickup schedule, so Londoners must hold onto their debris for four to six days longer than they currently do.

In addition, Londoners should be

aware of some changes to the curbside trash rules. Effective Oct. 1, households that put out large items like furniture, mattresses, and bookshelves for garbage collection must first book a pickup at least five business days in advance. The city now uses smaller garbage trucks for regular pickups, which cannot handle large items.

Londoners should be aware that litter must be left at the curb by 7 a.m. on the day of collection or by 6 p.m. the evening before, as requested on the City of London's official website. Plastic bags must be a minimum

size of 65 cm by 90 cm and 80 cm by 125 cm in length. Not depositing individual grocery or kitchen trash bags directly on the curb is essential. When bags or bins are placed at the curb, they should be placed on level ground and near the curb. Garbage bags should not be left on top of garbage cans, and the contents of the cans should not extend beyond the curb. Trash cans should be easily separated from containers without hinges, ropes, or bungee cords.

For more information on the new garbage pick-up rules, visit the City of London's website.

Protect yourself this cold and flu season



Gracia Espinosa (she/her)
INTERROBANG

According to Canada's Health Infobase, Ontario recorded 3,215 COVID-19 cases in the last week of September and the province is now at level three of COVID-19 Activity Levels.

COVID-19 cases have increased in the Middlesex-London region in recent weeks. From Oct. 1 to Oct. 10 the Middlesex-London Health Unit reported 156 instances of COVID-19, of which 139 occurred in London.

That's why Fanshawe College is encouraging employees and students to wear masks or face shields indoors, especially in crowded environments and spaces. Face masks are available at most main campus entrances.

In a statement, Fanshawe recommended that all campus community members should wear a face mask or face shield in public for at least 10 days after the onset of symptoms to reduce the transmission of respiratory viruses. The college added that it is essential to be considerate of others and not make assumptions about or comment on someone's beliefs or health status regarding mask-wearing choices.

Accommodation will also be granted to students who are unable to attend class due to illness.

Moreover, Fanshawe said it will maintain the following protocols at all campuses and locations:

- Nightly cleaning and disinfection
- Ventilation operation with 100 per cent fresh air during respiratory illness season, with purges before and after hours of operation
- Provision of hand sanitizer in hallways, lobbies, and public restrooms
- Passive screening signage on doors

Fanshawe College reminded staff and students that protecting themselves and others from respiratory viruses in many ways is possible. Even small daily actions can be effective in reducing transmission, such as frequent hand washing.

In an effort to strengthen the country's defense against the virus during this season, Health Canada approved the long-awaited fall COVID-19 booster vaccine on Sept. 12. Flu shots have also arrived in Ontario and are being administered to high-risk groups first.

The updated Moderna vaccine is available to residents and staff of congregate living settings, pregnant individuals, individuals 65 years of



CREDIT: GRACIA ESPINOSA

Wearing a mask, frequent hand washing, and staying up-to-date on vaccinations are all ways to stay safe this cold and flu season.

age and older, all children six months to four years of age (influenza risk), individuals who are from a First Nation, Inuit or Métis community, or who self-identify as First Nation, Inuit, or Métis and their household members, individuals six months of age and older with underlying health conditions per National Advisory Committee on Immunization

(NACI), members of racialized and other equity-deserving communities, healthcare workers, and first responders.

The booster will become available to the general population on Oct. 30.

Appointments for a vaccination through The Middlesex-London Health Unit clinic at the Western Fair District can be booked online

at covidvaccinelm.ca or by phone at 226-289-3560. The clinic is open Tuesday through Saturday from 11 a.m. to 6 p.m.

Fanshawe said it is closely monitoring respiratory infections in the area, including seasonal influenza and other highly contagious preventable diseases, in collaboration with local public health officials.

London Food Bank's plan to tackle food insecurity



Mauricio Prado (he/him)
INTERROBANG

At the London Food Bank, food farming is evolving with the addition of a shipping container that will be used to grow vegetables all year long. The London and District Construction Association (LDCA) has donated a 12-metre container that will be equipped to grow plants in a water-based fertilizer solution rather than in soil. According to the co-director at the Food Bank, Glen Pearson, this project will provide fresh vegetables more consistently and stably for people.

"We kind of pioneered things around the greenhouse at the beginning of the pandemic, but as we moved along, we learned more about containers and realized they were more productive," Pearson said.

Pearson said the food containers will work 24/7 and are "pretty sustainable and environmentally friendly."

"Instead of soil, the container would use a water-based fertilizer. That is just water that is put through it, and the nutrients are put in it," Pearson said.

He said that apart from the water-based fertilizer system, the conditions for growing vegetables will be better and more

controlled, resulting in much bigger and healthier vegetables.

"What would typically grow on three and a half acres of land can be grown in a container," Pearson said.

He added that they have reached a point where the demand is significantly higher than the supply.

"Food banks across the country are closing," Pearson said. "Right now, we are dependent on the donation system, on the generosity of citizens and companies and organizations, but even with that, we have reached the point where we cannot keep up anymore."

Pearson said communities should start growing vegetables internally to make more food available for themselves. He added that this is

not just about greenhouses or containers, it is about London, because most of the food produced around London does not even come here.

"Even though some of the best farmland surrounds us, the food produced goes elsewhere worldwide," Pearson said. "We are becoming more food insecure as a community."

He said southwestern Ontario only has four per cent of the growing land in Canada but produces almost 25 per cent of the food in the country.

"This year, Canada will export \$98 billion worth of food to the rest of the world. But we cannot feed our cities. So that is something we are attacking directly with the food containers project called Farm in a Box," Pearson said.

Pearson said that many people who donate to food banks can no longer afford food, and grocery stores are struggling. He added that the way to beat that is to have a competitive model that runs using local food supplies that citizens can grow their own.

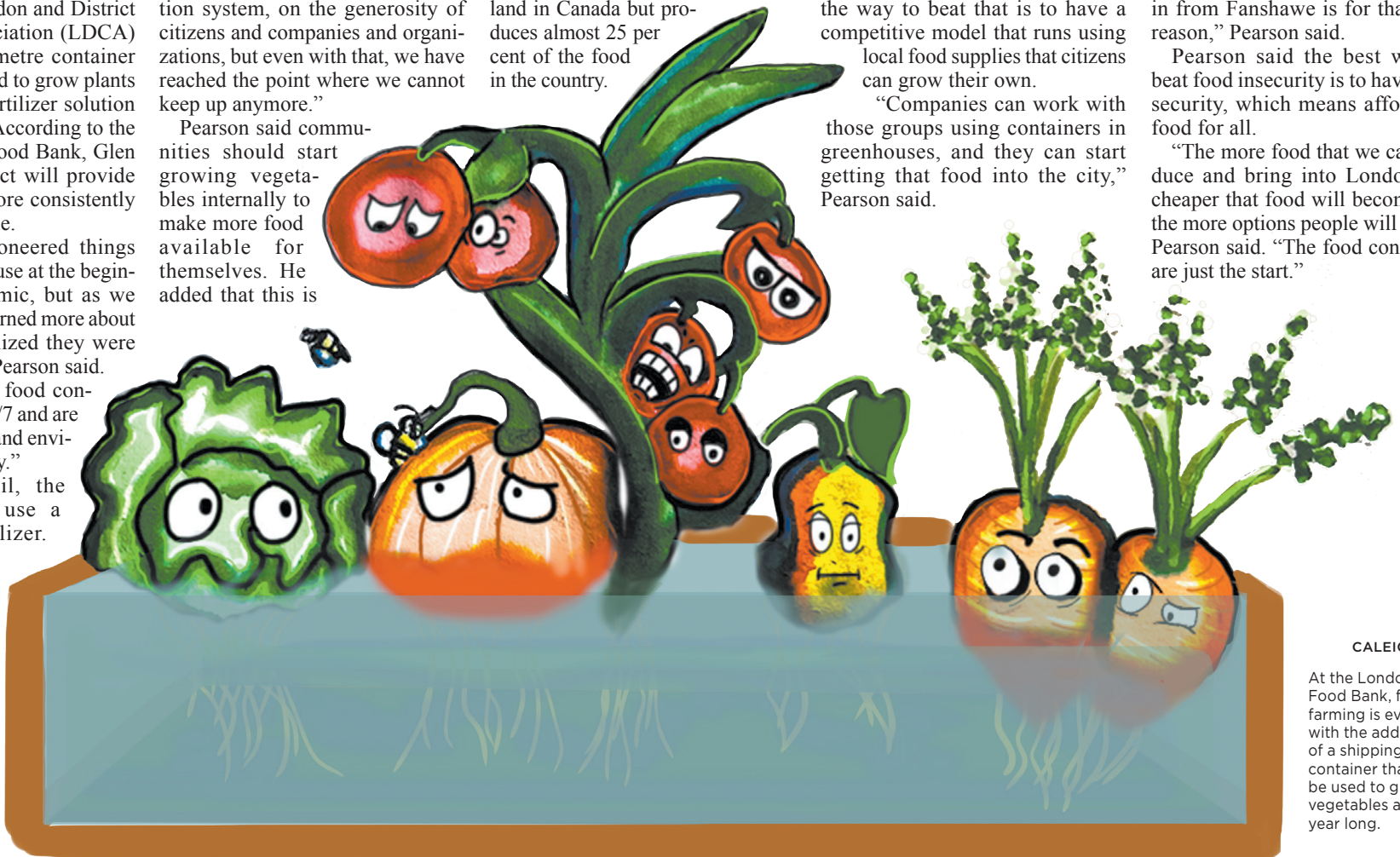
"Companies can work with those groups using containers in greenhouses, and they can start getting that food into the city," Pearson said.

He said that there have been disruptions to the food banks at Fanshawe and Western lately because of the demand. That is one of the reasons why that demand has gone up, and food prices are going up.

"Both of those institutions have a significant global student population. And the reason why the London Food Bank itself is swamped with students coming in from Fanshawe is for that very reason," Pearson said.


Pearson said the best way to beat food insecurity is to have food security, which means affordable food for all.

"The more food that we can produce and bring into London, the cheaper that food will become and the more options people will have," Pearson said. "The food containers are just the start."




CREDIT: CALEIGH REID

At the London Food Bank, food farming is evolving with the addition of a shipping container that will be used to grow vegetables all year long.



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Linguistics in the workplace: How Portuguese helps my skill set



Mia Rosa-Wayne
(she/her)
INTERROBANG

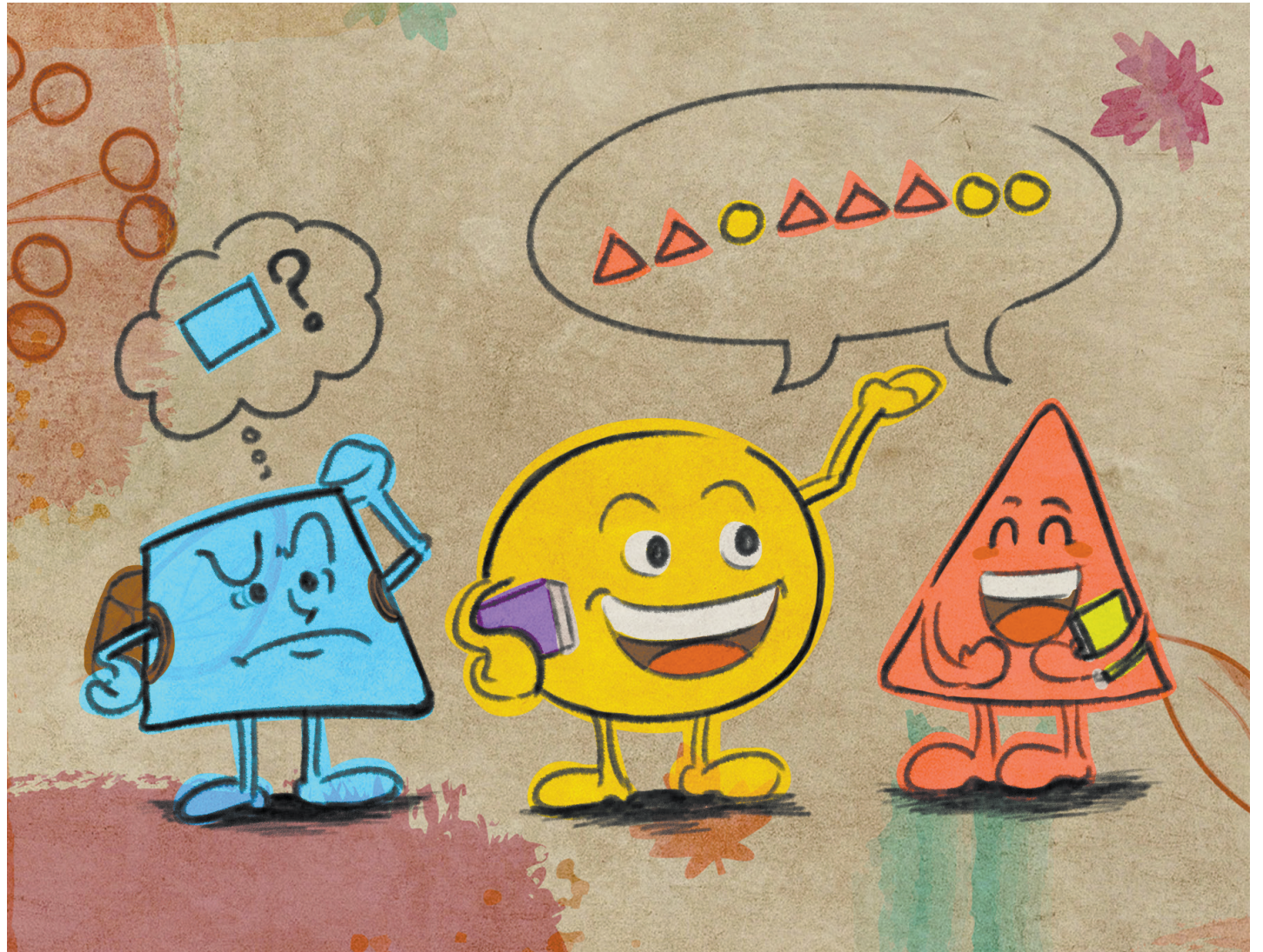
In today's society, the ability to communicate effectively with someone is more crucial than ever. The world has become more diverse and those who can speak multiple languages have found themselves to be ahead in the work industry.

Coming from a family that migrated in the 90s, it was hard for my family to pick up on English just like anyone else of a different ethnicity. Growing up in a fully Portuguese household, the language was spoken every day, so I picked up on it quite easily as I grew up. This gave me the advantage to use my knowledge going to family gatherings as well as visiting family in Portugal who did not speak a speck of English.

Being multicultural not only helps maximize and build your skillset, it can also improve a company's reputation and employee engagement.

As a first generation Portuguese-Canadian, this benefited me in the workplace and gave me the edge in school. A fellow classmate of mine who travelled over from Brazil had struggles with English. Through this skill of mine, I was able to speak back and forth in Portuguese as well as help him with his English. Having the ability to help others and give them the excitement of speaking their main language helped me understand how to expand my network in the job industry to potentially get jobs in different areas of the world.

In my hometown of Cambridge, Ont., my family owned a Portuguese bakery that consisted of older women whose English wasn't as fluent as mine. This is where being bilingual came to play for me because I was able to speak with them and with customers because it is considered easier for them for a quick five-minute visit to the shop rather than taking longer to figure out a few words in English. Cambridge also has a large population of



CREDIT: MAURICIO FRANCO

Being able to speak another language can help you in life and the classroom.

Portuguese residents who migrated over after the Civil War. Like Woodbridge Ont., it holds one of the largest Portuguese communities in all of Ontario. Hence why some residents refer to Cambridge as Mini Portugal.

When you walk into a Portuguese owned shop or business, nine times out of 10, the

owner is speaking his first language with colleagues because it is considered easier. Having employees who also have this bilingual skill makes you attractive to employers like this. Which is why now, it is an optional question on job applications to ask if candidates know other spoken languages.

As a Portuguese-Canadian, I believe that it is important to consider you multicultural skills in the workplace, not only for the benefits of speaking with others, but for helping you get ahead and helping your job search become much more noticeable and considerable.

Taking back what they stole from us



Finch Neves
(he/him)
INTERROBANG

My family isn't from here, or at least not originally. While my mother's family spends countless holiday meals arguing about their origins, my father's are clear and well within the memories of his siblings. His mother, father, older brother, and three sisters moved to Canada in the 60s from a tiny island in Portugal called Terceira.

To say that life was different on the Island would be an understatement. Terceira was for years, and in some ways still is, immune to the changes of time. The same cobbled streets, gurgling fountains, and sprawling farmers' fields make up much of the island and there were more goats or cows than people.

On the island, family was everything. In a world where simple misfortune could mean you don't have enough food for the winter, blood ties play a different role. They are your lifeline, your safety net, and a reason to work harder.

When family is everything, it gives weight to tradition. Names hold power and responsibility in equal parts and "who's you are," as my avó would say, offered you opportunities and respect. All of that came down to a name and those names were taken from us when we took our first steps into Canada. We came seeking a better life and future for our children. We came to let go of the fears of famine or injury. We did not come to be told who we were.

I was six when my tias explained why they

called me something different than everyone else did. At the border, after paperwork was done and they had already packed their meager possessions before embarking on the long flight, they were given their "real" names. Names that could be pronounced by the people around us. Names we were expected to learn when they couldn't be bothered to learn our real ones. Sometimes, they didn't even start with the same letters or sounds.

The name that our family had fought to elevate and build, the reputation that came with it, and the historical significance, was stolen by a man who couldn't figure out how to spell it and didn't bother asking. My legal name, Luis Amaro Neves, has been passed down for more generations than we can count, but it is pronounced nothing like how it looks above and sounds completely different as well.

Canada has changed and there is more of an effort than ever to allow immigrants to retain the parts of their culture they can bring with them. We have entered an era where individuality and one's way of life has value in ways it never has before. When surrounded by a world that embraces differences, or at least more than it once did, I struggle not to think of what could have been.

I imagine my family in Pearson Airport today with the names and pride their ancestors earned. A world where their names weren't a secret that stayed in the house. Perhaps, it is too late to change it, too late to return what was taken. But perhaps, it isn't, and we could welcome those who parts of their identity stolen the opportunity to regain what is theirs. They stole our names and I think it is time we take them back.



CREDIT: FINCH NEVES

Many families experience a loss of their culture at the hands of the immigration office and now may be the time to reclaim it.

Grief & Eugenics: An Ableist Horror Story, Part Five



Adam D. Kearney
(he/they)
CONTRIBUTION

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

As we got older we talked about bullies, politics and religion. One day we ended on the topic of mortality and it terrified both of us. I mean, it terrifies most people, it should, but we each had a unique relationship with it. Growing up my mom would come into my school and do talks about how my OI diagnosis affected my life. Broken bones, different rodding surgeries on my legs, and shortened life expectancy. That last one has haunted me my entire life. Imagine sitting in a room full of your peers being embarrassed by your mom explaining exactly how you are different from the rest of them, and then having that nugget dropped on you without warning. It really festered in me until one night at a neighbourhood pool party I worked up the nerve to ask one of my parents what happened when we die. I think this really took them back, as they deferred the question to our neighbour who is a nurse. She managed to gently explain how eventually our bodies stopped working, which didn't really satisfy my young mind. I wanted to know what happened after. She told me that no one can really answer that question because once you are dead, you are not able to come back to tell anyone what it is like. I slowly put a swimming mask on as I started to cry and put my head half way under the water so I could see above and below the water at the same time.

I shared this story with Josh during one of our late night chats. He came from a rather religious family and I think had a moment of pause about his view of an afterlife. If it did he really didn't focus on it, he was more concerned about the window of time he had left. At that time, the life expectancy for someone with a diagnosis of duchenne muscular dystrophy was late teens to early twenties. Josh's brother David also had chronic health issues, and Josh told me it was a constant reminder of how fragile his health could and would eventually be. We were all barely into our double digits and we were being told that the writing was already on the wall for us. There was still so much we wanted to do with our lives, after all we still didn't know what boobs felt like!

This was something we both had in common, a fantastic sense of humour, and looking back now it was obviously our preferred coping mechanism. No matter how dark or sad our conversations would get, generally one of us would read the room and crack a joke to lift our spirits again.

Our friendship wasn't exclusive to camp; we had traded phone numbers and addresses and we stayed in contact all year round. Letters, but more often phone calls, would happen regularly. As well, the camp we went to offered a respite program once a month during the rest of the year, where parents could drop their kids off for a weekend. More

often than not, it was the kids at camp that needed a break from home rather than the parents needing a break from them.

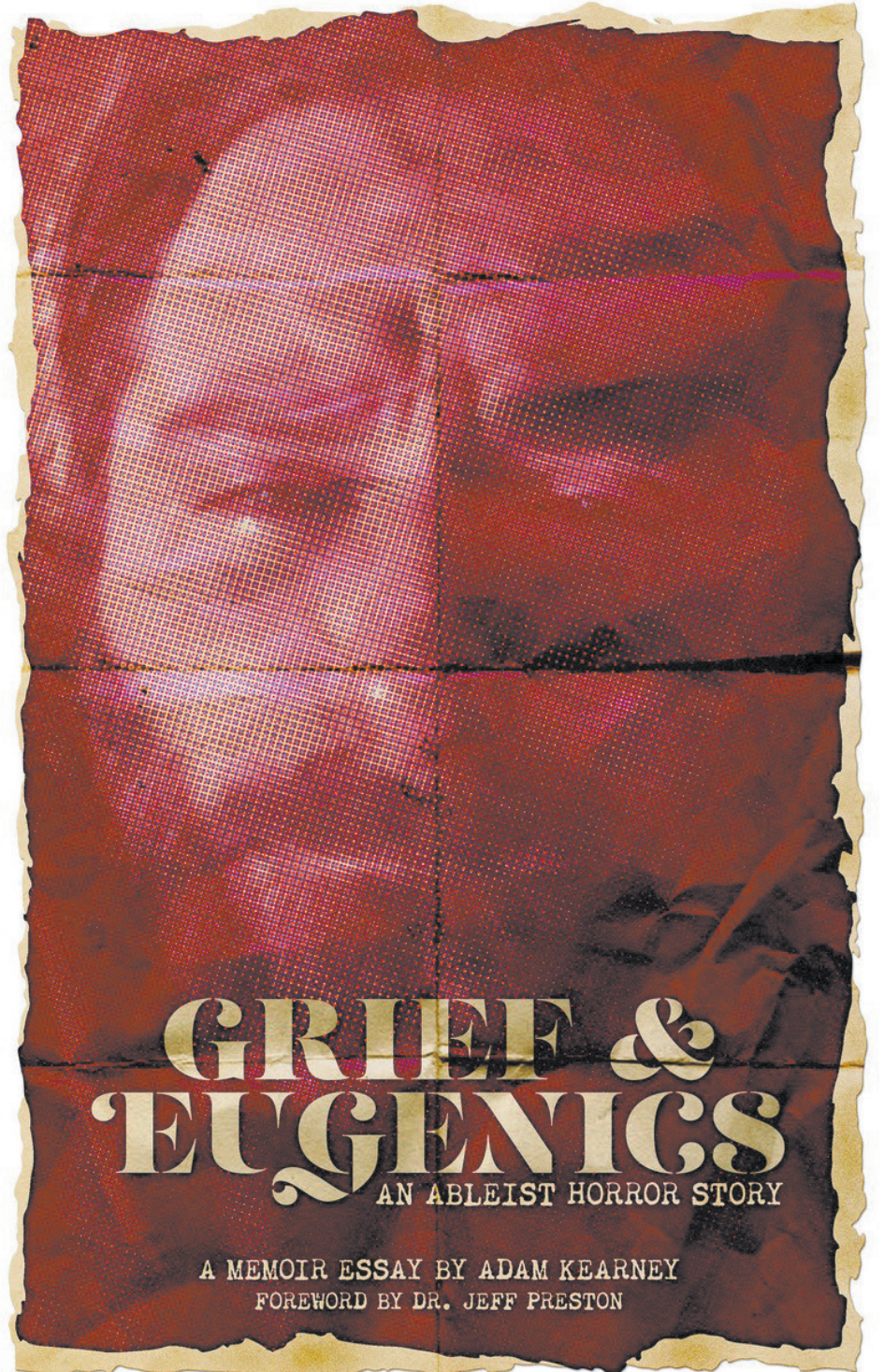
Eventually, because I have the privilege of being able to handle all my own personal care, an opportunity arose. I was able to apply to become a Leader In Training and make the transition from camper to potentially becoming a counselor. I had already been helping my friends when and where I could with small stuff throughout the day, like during programs and in the dining hall. Best of all, it seemed like a great chance for me to spend the whole summer away from home and at camp. Camp was a place where it seemed like my disability was minimized almost to the point where it didn't exist, unlike at school where I was being bullied more aggressively.

Looking back now, this was a period of my life where things shifted in a very drastic way, though it all unfolded so slowly that I didn't realize what was happening. When I became a counselor I started working at a different camp, so I wouldn't have to be providing personal care to my friends. This took me out of my last peer group of folks with disability. Though, there were a couple of other counselors with disabilities, and I did stay in contact with Josh and a few other friends. My environment had drastically changed, and no one at the new camp knew the old camper version of me.

During this transition a couple of specific things occurred. First, I had my first relationship with a nondisabled woman. I am now ashamed to admit just how much it meant to me at the time. To my teenage mind dripping with internalized ableism it was like the guy getting the girl at the end of *Revenge of the Nerds*. The other thing that started to happen was friends and former fellow campers were dying due to complications related to their disability. This was so incredibly hard to process. These friends I had grown up with, who were the same age, were now gone because of disability. It felt like the clock was ticking for me, so I doubled down, and tried to disassociate from my disability and the disabled community even more.

Over time I spoke to Josh less and less, and by the time I was off to college we were hardly in touch. I was too busy partying and trying to fit in to maintain our friendship. This was also around the same time I would start to grimace when someone would suggest I need to meet their other friend who also uses a wheelchair. It's pretty damn presumptuous for someone to assume that disabled folks need to meet their other disabled friend (would you do this with your BIPOC friends?), but my immediate rejection of the idea should have been just as troubling. My thought was always "how dare you clump us together like that." Hearing friends tell me "I don't even see you as disabled" was me trading in my participation ribbon for a first place ribbon.

This went on for about twenty years. Roughly the same amount of time that I had last talked to Josh. Now here I am, over two years into my sobriety, having put a lot of work into my identity as a person with disability. Trying to process and move beyond my ableist views, and unpack all my lovely internalized ableism. The facebook message that one of my oldest best friends is on his



CREDIT: ADAM D. KEARNEY

A deeper look into navigating friendship as a person with a disability.

deathbed shocked me in a way I didn't anticipate. I didn't know what to say. How do I even begin to apologize for ghosting Josh on our friendship? How do I explain the world of pain I caused myself by turning away from him and a community that meant so much to me at one point? The community that helped me navigate some incredibly tough times growing up. Not only was I riddled with questions like these, I was also overwhelmed with anxiety and pressure to prepare for the holiday market season. Looking back, I am surprised it didn't make me relapse.

I realized that apologizing at this point of Josh's life for being a truly shitty friend would only be self-serving to me. I decided I wanted to share a few cherished memories that have stayed with me. That he was one of the greatest

friends of mine. I was in the middle of crafting my message to Josh when the same friend who reached out before sent me Josh's obituary. I read it as tears rolled down my face. The picture they had chosen to go with it featured the same smile I remembered from all those years ago. I can still hear his childish laugh in my head. It both makes me cry and warms my heart at the same time. I had been through enough loss to understand that this is what grief can feel like. Both good and bad held together closely in my heart.

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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Explore the cultural food scene in London



Eseoghene Mary Akpojivi (she/her) | Interrobang

If you are wondering about places you could hang out for a memorable, diverse cuisine experience, look no further! In this article, I will whet your appetite and share five different restaurants with diverse cuisines that are sure to impress here in the beautiful city of London, Ont. Students should embrace food diversity in the city they study in and open themselves up to a world of flavours and cultural experiences.

1. Thaifoon – Thailand

This beautiful restaurant has variety of mouth-watering cuisines from Thailand. They have two locations, one at 120 Dundas St. and the other at 1680 Richmond St. in Masonville Mall. Their menu is brimming with delicious curries, stir-fries, and noodles dishes. You can find amazing pictures of their cuisines on their website, which will leave you instantly hungry for a taste. Aside from their extensive food menu, they also serve desserts and drinks, including signature cocktails. The interiors of both locations are heavenly, a great place to hang out on a date, or while out with friends and family. Vegetarians are not left out as vegetarian and vegan options are available, ensuring that everyone gets a taste of their vibrant and aromatic dishes.

2. Cedar House Grill – Middle Eastern Mediterranean

This is a restaurant that serves a tasty culinary journey through Mediterranean cuisines. Located at 1215 Fanshawe Park Rd. W., Cedar House Grill offers dine in and take out options and is

known for its freshly made meals, including a variety of Middle Eastern and Greek inspired options. Their menu consists of souvlaki, gyros, tabbouleh, moussaka, beef shawarma and more. They offer free delivery on orders over \$50 and have various options for those with dietary preferences. If you are a lover of Middle Eastern cuisine, this is the place for you.

3. Los Lobos – Mexican

Mexican cuisine lovers and those yet to have a taste of Mexican cuisine, rejoice! Transport yourself to 580 Talbot St. and experience this fabulous spot to hang out with friends and family with awesome meals that brings out authentic Mexican flavours. Right from their sizzling tacos to their cheesy enchiladas and zesty burritos, this beautiful ambient space offers a large variety of Mexican food and signature margaritas. Los Lobos offers an amazing menu that celebrates the richness of Mexican culture along with gluten free, vegetarian, and vegan options. Their food prices won't break the bank and their friendly atmosphere makes it a good spot for students to explore Mexican culture.

4. Afro Cook and Suya Place African – Nigerian

Afro Cook and Suya Place is a restaurant exploring all things African cuisine, located at 775 Dundas St. Not only does it serve delightful African food but it also plays an important role in maintaining and sharing African culinary traditions. It creates an environment that reflects the warmth and hospitality associated with African culture, providing students with a glimpse into the diverse heritage and culinary customs of the continent.

For students who love to explore diversity in food from all around the globe, most especially lovers of African cuisine, Afro Cook and Suya Place is a must-visit spot. From their alluring suya, a grilled meat dish, to their amazing jollof rice, cooked, fries or roasted plantains, this restaurant is sure to transport you to the vibrant culinary landscapes of Africa. Embrace the opportunity to explore the tastes, traditions, and cultural significance behind Afro Cook and Suya Place while you embark on a culinary adventure that will leave you with a deeper appreciation of the diversity of African cuisines.

Come on, what are you waiting for?

5. Aroma of India – India

Aroma of India offers a vibrant, diverse world of Indian cuisines with authentic flavours, a diverse menu and an inviting cultural ambiance. It's located at 590 Dundas St. and offers an immersive experience filled with enticing aromas. Embark on a gastronomic adventure that will transport you to the colourful streets and culinary landscapes of India. Students can savour the authenticity of classic Indian dishes like biryani and creamy butter chicken, to comforting lentil curries and tangy street-style chaats. They also have wide range of dietary options from vegetarian to vegan to and gluten-free.



IT'S ALL GREEK TO ME



Konstantinos Drossos (he/him) | Interrobang



When you think of Greek culture, you might think of the sound of breaking a plate and yelling, “Opa!” or using Windex as a means to fix any problem around the house. Coming from a Greek family, I can say that’s not just it. Greek culture is very diverse, with each region of the country having its own unique traditions and social customs.

Dance, traditions, and food are just three of many other aspects of the culture that show the diversity, with each region having its own unique style. Since the 1950s, many Greek immigrants have brought the essence of the culture to share and showcase here in Canada alongside the various other ethnic cultures that contribute to Canada’s diversity.

For instance, weddings have unique traditions. On the island of Crete, moments before entering the church, the couple and their families are escorted by a band singing traditional Cretan songs, called Mandenades, while friends throw flowers. Up North in the region of Macedonia, the wedding party will enter the reception carrying a roasted pig on a platter, offering it to guests as they walk around.

In areas of the Dodecanese and island of Crete itself, the music and cultural costumes are different to what you’d see in the mainland of Peloponnese and Northern Greece. Colder areas of the country wore heavy wool pants and jackets with floral patterns, the islanders wore MC Hammer-like pants called “vrakes,” and in mainland areas, both men and women wore skirts with long johns.

To showcase and teach about the history of the regions, Greek communities around Canada hold cultural festivals where people can watch and observe the unique dances in their respective cultural costumes. The Greek community of London always hosts one during June, where guests can enjoy Greek food as they observe the dancing from London’s dance groups.



In most of these traditional songs, many use an assortment of basic music instruments like drums or lutes, but also include original instruments native to the area and two of these uncommon instruments are the lyra and the gaida.

The lyra is a fiddle-like instrument that has three or five strings, with different versions of it coming from the Cretans or Pontic Greeks. It’s usually played upright with a specific playing style that’s intense and fast. On the other hand, the gaida is the Greek rip-off of bagpipes.

Unlike the classic Scottish instrument, this one is completely made from the hide of a goat, and it functions as a bagpipe with the exception that the player does not use their mouth.

Orthodoxy is the main and predominant faith in Greece, with over 98 per cent of the country’s population identifying with it. Several religious feast days are celebrated throughout the year, with Easter being the country’s biggest to date. For the entirety of holy week, businesses close early and from holy Thursday to Monday while people are at home with their families celebrating.

It’s notably made the island of Santorini famous for the midnight mass held Saturday for the enormous candlelight vigil that lights up the cliffside village of Oia with the thousands of people who attend.

Here in Canada, very much the same thing happens with Greek Orthodox Canadians gathering around their local churches and partaking in the holy week celebrations and traditions. On the Sunday morning after church festivities have completed, families gather and celebrate over a massive feast of a whole lamb and other foods while they greet each other saying “Xristos Anesti” which in English means, Christ is risen.

Greece is also credited as being the birthplace of many things, especially for things some other Mediterranean countries are known for. Pizza, for example, was actually created in Ancient Greece, originally called “Plankuntos.”



Throughout the history of London, many immigrants came over to bring with them the taste of the country and established themselves as ambitious and successful restaurateurs. Since then, many of them have closed down but there are still some great hot spots where you can get the authentic Greek experience. Downtown on Richmond St. is the famous Dimis, a restaurant that gives customers the overall ticket of the Greek experience. The restaurant offers many Greek themed dishes and desserts that truly show the master craftsmanship of Greek cuisine while also immersing the guests as if they are sitting at a beachside tavern.

People who celebrate their birthdays are given the Hellenistic pleasure of taking a plate, smashing it while yelling, “Opa!” to showcase their inner Greek.

This is just the tip of the iceberg for what we know as Greek culture. To me, celebrating this history helps me and others show our pride in our heritage and where we come from as Canadians from diverse communities. It also goes to show how big of a cultural melting pot Canada really is, where many of different backgrounds can show and share their uniqueness.



My stepmom's Latin American/ Caribbean **FLAN RECIPE**

Zoë Alexandra King (she/her) | Interrobang

One of the easiest ways of exploring the diversity of other cultures is through their foods.

If you've read some of my articles before, I'm sure you know by now that I'm from the sweetest island in the Caribbean, Barbados. As you can imagine, the flavours behind almost every meal in the Caribbean have some form of historical meaning to them.

The recipe below is extremely special because my stepmom, who moved from her home country of Cuba, brought this to our Caribbean household in 2014. If you've done your research on flan before, you'll see that it's considered a Latin American and Caribbean delicacy. According to my stepmom, Vilmaris (Vil) King, flan was always on the dining table after every dinner in Cuba!

Ingredients:

- 1 tin condensed milk (sweetened or unsweetened)
- ½ tsp vanilla essence
- 1 cup milk
- 3-5 eggs
- 1 cup sugar (white or brown)
- ½ cup water

Note: If you really want to put a Caribbean spin on this recipe, you can make this dish into a coco-flan by incorporating coconut milk and coconut flakes.

The first step in making flan, is to create the mixture which is a combination of the condensed milk, vanilla essence, milk, and eggs. Vil likes to mix this in a mixing device to get the perfect consistency.

Once the mixture has been created, it's time to create the caramel. This is done by heating the sugar and water on the stove until it starts to boil, creating bubbles in the mixture.

Remember, it's important to stir the caramel on the stove so it won't burn.

After the caramel reaches a light brown color, pour it into the dish that you plan on making the flan in. Vil has a specific flan dish that has a cover on the top to assist in making the dessert. However, you can use any dish you want, as long as it can fit in a deep pot or pressure cooker.

When the caramel has been placed into the dish, pour the mixture that contains the condensed milk over the caramel.

As I mentioned, Vil has a dish that covers the top, so she doesn't need to use foil to cover hers. She indicated that sometimes in Cuba, they would use a thick cloth as a cover and would tie it to the dish.

After this step is completed, you want to put your dish in either a deep pot or a pressure cooker and place hot water around the dish so that it's submerged half-way.

Note: The water should not cover the dish completely and water shouldn't be able to get inside.

If you've used a pot, it's important to cover the pot and leave the water boiling for one hour. If you've used a pressure cooker, it's also important to remember to cover it, and once it begins to pressure, leave it for 15-20 minutes and then take it off the heat.

When the time has passed, set things aside to cool until you can take the dish out of your pot or pressure cooker.

Next, place the dish into a cold-water bath to help it cool faster. You can do this by placing the dish in a Pyrex with cold water and ice. There are also other ways you can speed up the cooling process. Vil likes to put the flan dish in the freezer and checks on it to make sure it doesn't freeze! However, if you have the time and don't want to rush, you could leave it in the fridge overnight.

Once the flan has completely cooled, remove the foil or cloth, and run a knife around the edges.

Now for the fun part! Place a plate on top of the dish and flip it. What you should be left with is a beautiful caramel topping with a cream-coloured jello-like dessert underneath.

While Vil is used to having this served after every dinner, it can be enjoyed at any time of the day!

After you taste this heavenly dessert, I have no doubt that you will begin making this often in your household and it will hopefully be the start of a new tradition.



THE IMPACT OF CULTURE SHOCK ON INTERNATIONAL STUDENTS



Mauricio Prado (he/him) | Interrobang

When international students embark on a new adventure in a foreign college, they hope to expand both their academic knowledge and their knowledge of the world. However, they can sometimes be overwhelmed by the unexpected.

All students starting university can sometimes feel like they have entered a completely new and unfamiliar environment, but this can be even more pronounced for international students.

“When I came here from Colombia with my family, I did not even know how to approach and talk to people because I noticed the communication styles and emotional expressions differed from what I was used to,” said Fanshawe student Gina Bocanegra. “I felt like coming to Canada was probably not a good decision. Being and looking positive was tricky because I did not want to drag my family into that cultural uncertainty.”

She stated that she was worried about adapting to Canada’s educational system, weather, and overall culture.

Student advisors can help students understand and overcome culture shock to make their time more enjoyable. Advisors must comprehend the social and individual qualities that may impact a student’s experience.

“What usually happens is international students start missing stuff from home like their family, friends and relatives or even the activities they used to do. This is when they start questioning themselves: Why should I be here? Why should I start over again? Why did I move to Canada to study something I could have studied back home?” said Fanshawe International and Regional Specialist Nelson Melgar. “They start looking at what they left behind that they limit their opportunity to look at what is ahead.”

Melgar said that when students do not find comfort or something that reminds them of home, they can fall into depression and uncertainty, which affects their relationships and academic performance in the long term. That is why most of the time, is crucial to maintain connections with home and family.



According to a study published in Sciedirect, international students’ cultural shock is divided into four stages: the excitement and exploring stage, the irritation and frustrating stage, the adjust azznd learning stage and the adapt and accepting stage.

“All international students will feel culture shock at some point and to varying degrees. The time to expect to get over these culture shocks depends on the student. Some might take a month, six months, or even a year. It depends on how they manage their emotions, feelings and time,” Melgar said.

He stated that there are multicultural counsellors in Fanshawe to help students feel more comfortable and express themselves better.

“To express your feelings and your frustration, you need to say it in your language because that is what you are, and we understand that,” Melgar said.

Melgar said that to be an effective member of society in Canada, people need to be conscious of their time. That is how Canadians operate and is what is expected from everybody eventually.

“Culturally here in Canada, students must be functional and reliable because that is how the system operates. They can see that with the bus system,” Melgar said.

He stated that social engagement could be different for some in Canada, especially for Latin American people.

“I am Latin, and I know we are touchy people. Here in Canada, people follow social boundaries; when people talk, they keep a half-metre away from each other. That, here, is a normal communication style,” Melgar said.

He added that culture shock could be attributed to different factors, but that asking, reading and researching with good sources can help minimize its impact. Melgar said that in the current generation, people usually go with what they see and read on social media, and they assume that is the reality.

“They do not research what is happening in reality, which leads them to create a false perception. If they do not know how to handle that shock, it can become disappointment, and if they do not know how to handle that disappointment, it can become depression,” Melgar said. “If you are a student struggling, come to our offices, we can help. You must come and let us know, otherwise, we would never know. If you are a student planning to come in the future, join our online sessions, which we do regularly.”



DIVERSITY

AT FANSHAWE

Zoë Alexandra King (she/her) | Interrobang



When walking through the hallways at Fanshawe College you can almost guarantee that the faces you see do not all belong to one culture. Fanshawe College hosts thousands of international students that diversify its campuses. This is a great feature for students to have because of the opportunity to become familiarized with other cultures. With all of the international students that attend Fanshawe yearly, how is the college allowing them to embrace their own cultures?

Joseph Pazzano, the Director of Equity, Diversity, and Inclusion at Fanshawe College, said that he has been actively working on a variety of projects to promote diversity since he began his position in 2021.

“We launched our Equity, Diversity, Inclusion, and Anti-oppression Task Force last summer,” Pazzano said. “That’s a diverse cross-section of more than 30 students, faculty, and staff of diverse and professional experience.”

Additionally, Pazzano acknowledged that in the past year, the task force has been working on identifying barriers to advancement and have found a strategy that will be launched in Fall of this year.

“A lot of what we talk about in that strategy really focuses on increasing diversity and harnessing the power of the existing diversity that we already have,” Pazzano said.

Another project that Pazzano mentioned was the federal government’s 50-30 Challenge that Fanshawe has signed on to. According to Government of Canada, the 50-30 Challenge consists of two goals:

1. Gender parity (50 per cent women and/or non-binary people) on Canadian boards and/or in senior management
2. Significant representation (30 per cent) on Canadian boards and/or senior management of members of other equity-deserving groups, including those who identify as Racialized, Black, and/or People of colour (“Visible Minorities”), People with disabilities (including invisible and episodic disabilities), LGBTQ2S+ and/or gender and sexually diverse individuals, and Aboriginal and/or Indigenous Peoples.

“It’s one of my favorite projects because I think they’ve moved beyond talking about advocacy to actually taking action and literacy,” Pazzano said.

Creating a sense of multiculturalism and belonging is also a priority to Pazzano and his team.

“There’s definitely been conversations about holding events and bringing folks together from different communities,” Pazzano said.

When it comes to how Fanshawe presents itself as a diversified community, he indicated that “it really provides as a model for how organizations can diversify in general.”

Students Syed Zaheer and Patricia Nguyen spoke about their feelings towards being an international student attending Fanshawe College.

Zaheer is from India and studies business analysis. Zaheer said he appreciates that he has been able to make friends from all over the world from being at Fanshawe and that he would love to see more events held by the college that would further encourage diversity.

Nguyen has been at Fanshawe for two years studying supply chain and accounting (post-graduate) and came from Vietnam. She believes that Fanshawe does enough to encourage diversity at the school by “organizing events and activities for international students” but did add that she would love to see more food outlets on campus selling Vietnamese and other international foods.

Whilst Fanshawe can be considered a well-diversified place, it is still growing with a mission to promote diversity for all.



THE INCLUSION OF WOMEN AND DIVERSE GAMERS IN ESPORTS



ALEX ALLAN (HE/HIM) | INTERROBANG

Playing video games in a competitive setting has grown dramatically over the years. According to Gamelevate, the Esports industry is expected to grow by 10 per cent in the next two years. Esports Canada shows a list of 25 post-secondary schools that are actively committed within Esports Canada. Ten of these schools have varsity level teams that play competitively and Fanshawe College is one of them. While most sports have a men's and women's team, here at Fanshawe, women and men play on the same team for Esports. Rachel "angelgrime" Billion is a student in Fanshawe's video game design program but also is the Esports assistant director for Fuel. She played on the *Rainbow Six Siege* (R6) Academy team for Fuel. She mentioned that women being included in regular league Esports is important.

"Many of our Fuel teams have included women in our regular collegiate leagues," Billion said. "However, I think if a collegiate league occurred only for women, it would be great if Fuel got involved."

Rachel isn't the only Fuel player that feels this way. Marcelle "Splatt" Platt is a student in Fanshawe's business program and is on the *Valorant* Academy team for Fuel. She would love to see the gaming community be more inclusive and advertise for women's tournaments as much as they do for men.

"I think it's important to represent us the same and it would be nice to get the same recognition and graphics too," Platt said.

She said that as a woman, she has faced some tough times when playing video games casually online.

"Growing up in the gaming community was not so amazing. I played *Counter Strike: Global Offensive* (CS:GO) growing up and that was horrible back then," she said. "But now it is so much better. Of course, you might encounter some rude people online here or there but nothing as intense as CS:GO. Thankfully the gaming community is more welcoming and friendly this time around."

Marcelle does hope to see a full women's team be put together at Fuel. Even though she won't be coming back as a full-time student in the 2023/24 academic year, she still thinks it would be exciting for a Fuel women's team to be able to compete.

Marie "angel" Sengupta is coming back to Fanshawe this fall for a business marketing co-op program. She was also here last year in the business fundamentals program. Marie was a substitute player for the Fuel *Valorant* Academy team but is also passionate about having a full women's team at Fuel.

"I know that *Valorant* has done a great job with including women and non-binary people in Esports through game challengers."

"However, I would love to see more gaming companies do this too," Sengupta said. She thinks that representation is important because this will inspire others to consider getting into gaming or try out for a collegiate Esports team.

Marie has also had some interesting encounters while growing up in the gaming community.

"I have run into countless sexist teammates, making it difficult to enjoy playing games at times," Sengupta said.

Some of the things that have been said to her online include insults like, "Go back to the kitchen" and, "Woman moment." She would hear these comments more as she became a higher rank in *Valorant*.

"That being said, I have also met some of my closest friends on *Valorant* so it balances out for me," she said.

Marie has only competed for one semester in collegiate Esports and said it was great.

"I love the adrenaline I get from competing and working with a team," she said. "I'm looking forward to competing next semester."

As the Esports industry continues to grow, hopefully we start to see more women and diverse gamers come try out for Esport varsity teams. Fuel Esports Director Tyler Hetherington is hoping to have a female *Valorant* team this coming 2023/24 academic year.

"I am proud of all of the women on our Fuel teams now and we champion them and support them any way possible," Hetherington said.



QUEER

REPRESENTATION IN HORROR

Ben Harrietha (they/them) | Interrobang



The horror genre and queerness have gone hand in hand since the inception of horror as we know it today. Many gothic novels of the early 1800s were written by gay writers. Some later works even had explicitly gay characters like *Carmilla* or *The Picture of Dorian Gray*. Possibly one of the most famous horror works, *Dracula*, has so much homoerotic subtext that not only has the novel been re-examined through a queer lens, but author Bram Stoker's whole life as well.

Examining contemporary horror films through the same lens shows how horror and queerness intersect more often than some would think. Some do it well, some do it poorly, and some have the heart, but fumble the execution.

THE GOOD

One of the most famous queer horrors is *A Nightmare on Elm Street 2: Freddy's Revenge*. Main character Jessie is played by Mark Patton, who was a closeted gay man at the time. Jessie is very rarely fully clothed in the film and plays the role of the typically female "Final Girl." Writer David Chaskin says he intentionally wrote homoerotic subtext into the film, saying that he tapped into the angst around being queer in the 80s to give the horror "extra edge."

Multiple moments during the movie demonstrate this homoeroticism, from Jessie being hit on at a leather bar by his gym teacher, fleeing to his best friend after being rejected by his girlfriend, or a cut moment where villain Freddie Krueger was going to sensually stick one of the blades of his iconic weapon into Jessie's mouth.

Unfortunately, this film also ended Patton's career. Chaskin denied the gay subtext, instead shifting the blame to how Patton played the part. He left Hollywood soon after.

The Chucky franchise is also very queer. The man behind the entire franchise, Don Mancini, is an openly gay man. Mancini has written everything in the franchise, barring the reboot, and even directed three of the films. *Bride of Chucky* has a gay best friend character who isn't stereotypical or played for laughs as is the norm in horror at the time. *Seed of Chucky*, besides having an awful title, has a genderfluid main character whose main conflict is accepting that identity.

Cult of Chucky ends with main character Nica being possessed by Chucky, and making off with Chucky's lover Tiffany, played by long-time gay ally and icon Jennifer Tilly. The *Chucky* series on Syfy has a gay main character and has a nice romance between two gay teens. Chucky is queer as queer can be.

THE BAD

Despite all this, queerness is not always handled well in horror. *Silence of the Lambs*, while a fantastic film, paints transgender women in an incredibly negative light. The villain of the film, Buffalo Bill, kills and skins women in order to make a "suit" for himself. The film reveals later that he applied for gender-affirming surgery but was denied, citing insanity. The film's director, Jonathan Demme, has stated that Bill isn't gay or transgender. Hannibal Lecter expressly states that Bill isn't transgender as well.

Despite this, Buffalo Bill, a self-admitted trans woman, brutally killing and skinning women to make a disturbed facsimile of a woman paints transgender women in a less than stellar light.

In the same vein, Alfred Hitchcock's classic *Psycho*, has a killer who dresses as his mother. Norman Bates has an alternate personality, a jealous and possessive perversion of his mother, that kills any women Bates finds himself attracted to. When wearing her clothes, he believes himself to be his mother. It's not as egregious as *Silence of the Lambs*, but the titular "psycho" subverts gender for little more than shock value. The movie doesn't have anything to say about it other than "Norman Bates cross-dresses. Isn't that weird?"

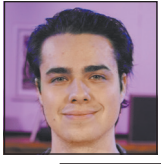
THE CONFUSED

Sleepaway Camp is a bad knockoff of *Friday the 13th*, with one interesting twist. The killer is one of the campers. Fourteen year-old Angela ends up being the one behind the killings at Camp Arawak. The second big twist is that Angela is actually her brother Peter. The real Angela died in a boating accident when the two were young and Peter was taken in by his aunt, who always wanted a daughter.

On the one hand, the portrayal of a young trans woman is actually not bad for the time. She's a quiet girl who sticks to herself, and when she's called out for being a "queer," she stays silent, in a way many closeted young teens do. On the other, her gender is played specifically for shock value. She's revealed to be a trans woman, with one onlooker exclaiming "She's a boy!" and with that revelation, the movie ends. There's no exploration of what that means to Angela or the other campers. It's a shocking ending. But that's all it is.

Horror is an inherently queer genre. For the longest time, we were the unknown monster in the closet. We relate to the ostracized villains of horror because we were ostracized. When horror embraces its queerness, we should celebrate it, even if the execution is fumbled.

Food as a bridge to acceptance



**Finch Neves
(he/him)**
INTERROBANG

Fanshawe College, and London as a whole, is comprised of a wealth of cultures, ethnicities, and identities. When such large numbers of people gather, intolerance or a lack of understanding is nearly guaranteed to occur. The rapidly shifting state of global politics, such as Russia's invasion of Ukraine, has led to the mistreatment and mistrust of uninvolved individuals. Despite that trend, there is one force that repeatedly tramples cultural barriers, overcomes systemic hate, and breezes by intolerance: food.

Food doesn't require extensive knowledge and it transcends the barriers of language. While it can often have deep ties to cultural or religious tradition, those elements are not necessary to revel in the simple pleasure of a delicious dish. Restaurants serving the world's many cuisines have risen to satiate the ever-evolving palette of London.

Look no further than the humble bowl of pho. It is seen by many as one of the pinnacles of cheap eats. Rich pork broth, simmered with an intoxicating blend of spices, meets springy rice noodles, crunchy bean sprouts and, often, a healthy portion of spicy sriracha sauce. It is beloved by many and only growing in popularity, despite the western portrayal of Vietnam during and after their war with America.

For some, all they knew about Vietnam was what they had heard in history class, and for others, nothing at all. It is a relatively small island country with little cultural impact on North America. Pho was a paving stone in the reinvention of the western view of the country.

A more recent example would be the way shawarma has helped to shape London's food scene and brought Middle Eastern cuisine, and



CREDIT: CALEIGH REID

The cuisines of foreign countries can become a warm association that breeds tolerance and acceptance.

the culture that comes with it, to the spotlight. For years, the public image of many countries, often with no connection to terrorism in any degree, was marred seemingly irreparably. Now, a simple grilled meat dish smothered in creamy tahini and mouth-watering garlic sauce brings a new perspective to many who only knew a false face that never represented those countries.

The simple truth is people associate entire countries with what they see the most.

The pivotal role that cultural cuisines can play in acceptance isn't lost on the Fanshawe Student Union's Oasis team on campus.

Michael Wong, who handles many of the decisions regarding what foods are included at Oasis, said, "We get feedback from students. If

it's something I can do, or my team can do, we definitely will." This year, his team made the change to exclusively use halal chicken, which was requested by many students, as well as their supervisors. They have found that both domestic and international students have loved the change.

Wong also spoke about the value of international students learning

about Canadian culture and bonding with those around them by trying standard Canadian food.

"We have a lot of students from India, and they love their poutine," Wong said, while smiling as he looked towards his team. Oasis will continue to expand their cultural reach, and only time can tell the impact that will have on acceptance within Fanshawe.

Navigating Fanshawe with vision impairment



**Gracia Espinosa
(she/her)**
INTERROBANG

Fanshawe defines accessibility as "making our information, services, and environment available to as many people as possible." That includes students with special needs like Alan Kalash, a person with vision impairment. Kalash graduated from the Human Services Foundation program and is now studying business at Fanshawe. He has big plans for when he completes his studies.

"I'm going to do a business about accessibility, in general, and how to make things accessible. And I want to make devices to help others," said Kalash.

Kalash knows what it's like to have to adapt wherever he goes. That's why he was impressed when he arrived at Fanshawe College.

"I realized they have fantastic accessibility," Kalash said. "They have a lot of support for students with special needs. The library, the accessibility services, or other services in the college."

According to reference specialist Carlie Forsythe, "There's been in the library a lot more emphasis on [Accessibility for Ontarians with Disabilities Act (AODA)] and a lot more focus on making things more accessible."

The AODA was enacted in 2005 by the Legislative Assembly of Ontario in Canada. It aims to improve accessibility standards for Ontarians with physical and mental disabilities to all public establishments by 2025.

"In the library, we try hard to ensure that students feel welcomed and can access our resources, including our various services," said Forsythe. "For example, our website is now much more accessible than initially. So, folks with visual impairments should be able to navigate the website better. We also do assessments yearly, so we go into different library databases and ensure everything's accessible. So, some databases are better than others. But we're always just trying to improve."

Data specialist Raghav Bali explained that he has been in talks with one of Kalash's professors so that they could accommodate his needs better.

"I was helping Alan put all the information he had gathered and collected throughout, and I was visually



Alan Kalash (pictured) has a goal of making the world more accessible for others.

CREDIT: BRANDON GRUBB

helping him. So, the professors have been very understanding and accommodating, and they also allow Alan a deadline extension, because they understand it takes time for him."

Despite these great resources on the part of the institution, Kalash

explained that there is still room to grow. He specifically mentioned the limited signs for people with vision loss and expressed a need for a tactile warning about stairs.

"If you have vision loss, you must face many challenges and get

used to it. And that's honestly who I am, which pushes me forward, to be honest. You know, I'm not afraid. I'm not scared of significant challenges. I can overcome those challenges, no matter what they are. I can do it."

Coffee around the world



Konstantinos Drossos (he/him)
INTERROBANG

Coffee is a global commodity that is loved by many around the world, with many countries brewing their own spin on it. From cold to piping hot, and even mixed in with different beverages, cultures have been able to make their take on coffee popular enough to make them staples of their global identities.

In Europe, many countries have adopted and produced their own coffees unique to their regions, especially in the southern countries. Italy most notably puts itself on the map as being a country with some of the world's strongest coffee options. In Italian culture, coffee is more than just a drink, it's a science and religion itself, as the process follows precise measurements and procedures that baristas must follow, or it will affect the flavour of the coffee, even by the slightest taste.

Everyone knows the usual espresso that is served in those tiny cups. Brewing coffee is a different art to where they've started to incorporate different flavours during the brewing process. In some cafes, they offer coffee brewed with a small bar of chocolate on top of the cup sitting

as the steaming espresso seeps from the coffee machine. Baristas do it this way as they believe that it strengthens the flavour's presence within the coffee.

Moving next door to Greece, they've taken specialty coffee to a different level in the cold and iced coffee game. The country's most popular drink is the classic frappe. What makes frappe so unique is how rich it gets with only adding a bit of sugar or sweetener and the way it's made. It's made from dried crushed coffee ground that is then mixed with water or milk. Ice is then added to a cup, shaken for a few seconds and then added to a chilled glass with ice. A bottle of water is also given alongside this drink, so that when you start running low on the drink, you can refill it as if it's bottomless!

Greece also has its own twist on espresso in a cold form called freddo espresso. It's made the same way as frappe except it's made with a milk base. It is then whipped with a special mixer for about 10 seconds and turns into a frothy foam. Water is then added, and the drink is ready to enjoy.

When we think of the brewing process, a machine is typically involved in the process of boiling the water to a high temperature. In Turkey, that's not always the case as they brew the



CREDIT: HUDIEMM

Coffee takes many forms around the world.

coffee in a unique way. Turkish coffee comes in a powder form and is added to a small pot like cauldron called a cezve filled with water.

They then sift the coffee in blistering hot sand for five minutes where the liquid boils and the coffee is ready. Turkish coffee is known to have a stronger taste than

espresso and contains a higher amount of caffeine as well. An old legend follows the drink, which says the leftover grounds at the bottom can be used to read your fortune, adding to the experience of enjoying this beverage.

Even though these takes on coffee come from afar, there are various local cafes where you can try these coffees for yourself in London, such as Black Walnut Cafe or the Reset Social Cafe.

The time to rust-proof your vehicle is now



Mauricio Prado (he/him)
INTERROBANG

While nobody controls the weather, everybody can limit how much it affects their cars by taking extra care. It is that time of year when car dealerships and workshops get flooded with clients looking to prepare their cars for winter. Franchise owner of UniglassPlus on Hamilton Rd., Dann Burt, said this time of year is one of the busiest seasons for them.

"We have had all types of clients over the years, but this year in particular, we have seen more young people compared to previous years," Burt said. "A vehicle is a fairly expensive piece of equipment for everybody at every age. You want to keep it up as long as you can."

Burt said that cars must deal with salt and other ice-melt techniques on top of the weather conditions, which makes it easier for corrosion to develop in cars.

According to The Government of Canada, five million tons of road salt is used annually to keep snow and ice from building up on roads and to make driving safer. Ontario, Quebec and the Atlantic are the regions that most use salt for roads.

"With the new metals used to build vehicles nowadays and their prices, it must be necessary for every car owner to do rust-proofing," Burt said.

Burt, who has been in the mechanic industry for 32 years, said the best time to do rust control treatment is generally in the fall, just before the weather changes and gets damp.

"Whether it is the permanent rust-proofing, which is a tar-based product or the annual rust proofing,



CREDIT: MAURICIO PRADO

According to Dann Burt (pictured), now is the time to look into rust treatments to prepare your car for winter.

which is generally an oil-based product, it helps protect the vehicle from the elements," Burt said.

Fanshawe student Luisa Amaya said she has had two cars and the first had a severe corrosion problem.

"I did not know how to take good care of cars back in the day, and due to that, the rust and corrosion even got inside my car," Amaya said.

Amaya added that she lives in Hamilton, so having a car in good condition is necessary for her safety.

"I travel every other day to my hometown because that is where I am from and where my family is," Amaya said. "Sometimes, I must drive in awful weather conditions to return, and I do not want to have car problems under heavy rain or snow."

According to Burt, the rust treatment process generally takes about two hours because they first need to clean the bottom of the vehicle to remove any debris.

"Each vehicle is going to be different. In some vehicles, we just need to pull their taillights out to get to the panels; in others, we have to drill holes in the doors to get inside the panels," Burt said. "The time it takes depends on each car."

Burt said that some vehicles, unfortunately, are prone to rust because of the materials being used when manufactured, but the rust treatment helps them increase their longevity a little longer.

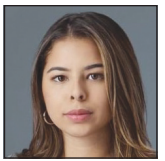
"The rust control treatment is around \$150 in most workshops around London," Burt said. "Some workshops even offer a warranty for their services and products."

It's all about The Conjuring



The Conjuring films are spooky season staples.

CREDIT: DEMARCUS MILLER-DUNCAN



**Zoë
Alexandra
King
(she/her)**
INTERROBANG

Spooky season has arrived and it feels almost sinful to not write about my favourite horror movie, *The Conjuring*. This three-film series that began in 2013 is based on real-life couple Ed and Lorraine Warren, who have a connection to the “spiritual world.” Throughout their investigations of disturbed families who have been haunted by evil spirits, Ed and Lorraine walk us through some of their most chilling stories. A series based on true events that leaves viewers with goosebumps as the directors of *Saw* and *Insidious* bring these hauntings to our screens.

The Conjuring

The movie that started it all, the original *Conjuring* tells the story of Carolyn and Roger Perron who move into a house where, unbeknownst to them, supernatural

activity once took place. Famous actress Joey King plays one of their children, Christine, one of the first of the family to connect with the demonic spirit attacking them.

The movie begins with a video pertaining to the Annabelle case where Ed and Lorraine are introduced telling the story of this possessed doll.

The Perron family hauntings start as an ordinary family adjusting to their new home. It doesn't take long for things to turn sinister, showcased by one of this film's most iconic sequences wherein a game of hide and clap takes place between Carolyn, one of her daughters, and something supernatural.

While this movie tells the Perron story, it also dives into Ed and Lorraine and how assisting with getting rid of demonic presences can affect them.

The Conjuring 2

This is the story of Ed and Lorraine travelling to Enfield in North London to look into the possession of 72-year-old Bill Wilkins. Bill takes over the body of 11-year-old

Janet Hodgson, after she plays the well-known Ouija board game with her sister.

The film begins with Ed and Lorraine investigating the famous Amityville case, where Lorraine sees an evil spirit dressed as a nun. This nun appears to both her and Ed throughout the film before they even travel to the Hodgson residence.

Towards the end, the possessive spirit takes over Janet's body and makes it appear as though she's faking for attention and publicity. Evidence is brought to the table to make Ed and Lorraine believe that Janet was never possessed and that they should head back home. It's not until Lorraine is able to connect with Bill Wilkins herself that she realized that his spirit is really just a “pawn,” to disguise the true evil spirit who we come to find is named Valak, the one taking control of Janet.

The Conjuring: The Devil Made Me Do It

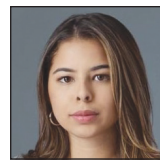
The most recent *Conjuring* film, released only two years ago, is based on the trial of Arne Cheyenne Johnson. This movie highlights a murder trial that turns the heads of many as they find it hard to believe that Arne was under the influence of a demonic presence during the murders.

This is the chilling case of when a murder trial claims demonic possession as a defense for the first time. The unfolding of exorcism, witchcraft, and murder are all presented.

Throughout the film, a witch's totem is found, making Ed and Lorraine believe that the family has been cursed.

With Lorraine's gifted visions and ability to connect to the spiritual side, she is able to relive murder, stabbings specifically, and uncover a suicide.

Kim's Convenience returns to the stage



**Zoë
Alexandra
King
(she/her)**
INTERROBANG

Kim's Convenience is a Canadian classic, likely best known as a TV series which aired for five seasons from 2016 to 2021 on the Canadian Broadcasting Corporation (CBC). This fall, *Kim's Convenience* goes back to its roots.

For those who don't know, *Kim's Convenience* started off as a play before it became the hit sitcom that most people know it to be. Twelve years later, writer Ins Choi, takes the play that sparked his career to The Grand Theatre. From Oct. 17 to Nov. 4, this 90-minute play will commence on the Spriet Stage starring Choi himself.

Director, Esther Jun, explained that the beauty of *Kim's Convenience* is how oftentimes, mindless interactions take place without stopping to think about what really goes on in other people's lives.

“There's something about *Kim's Convenience* where you're a fly on the wall and you see all of humanity actually happen in this one day,” Jun said.

Interestingly, Jun originated the role of Janet at the Toronto Fringe Festival in 2011. Coming back as the director instead has given her greater insight at looking at the play through another lens.

“I can take a step back in a different way than when I was an actor and really just see how this story is so generational,” Jun said.

This relatable and funny production will have something that

everyone (but especially immigrants) can relate to. Life can throw many hurdles at you and this play showcases both the hard times and the good times even when it's not so glamorous.

“*Kim's Convenience* is a love letter to immigrant parents,” Jun said. “It's about their hopes and dreams and what they have sacrificed for us to have more opportunities and a better life.”

Vicki Kim, the actress playing the role of Umma (which translates to “Mother” in Korean), expressed that this role basically chose her. After auditioning for Janet in various ways, Kim never really felt like it was her. It was only when she was asked to audition for Umma that she realized that she had been Umma the entire time.

According to Kim, Umma is the matriarch and the heart of the Kim family. Her role involves looking after everyone and making sure they are in her words happy and loved.

Appa, which translates to “Father” in Korean, is the role that Choi will be playing. The father of two children and the proud proprietor of the convenience store, will share his story as he showcases his life to the audience, highlighting the aches and pains of his ever-changing neighbourhood.

The Toronto-based convenience store gained popularity because of the show and is recognized as a tourist attraction. Located on the corner property of 252 Queen St. E. you can find this iconic convenience store that the play is written about.

This play is sure to be filled with laughter, but also demonstrates an uncut version of real life. Purchase tickets now at the Grand's website.



CREDIT: MAI TILSON

The Kim's are back! The Grand Theatre presents *Kim's Convenience* from Oct. 17 to Nov. 4.



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

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Tyler Harcourt

Student Representative to
The Board of Governors

Creepy video games to get you in the Halloween spirit



Alex Allan
(he/him)
INTERROBANG

As the leaves change colour and the nights become colder, you might be seeking a video game that will bring chills down your spine. That's why I've compiled a list of five games that promise you fright and suspense for this Halloween season. These video games were chosen to bring you heart-pounding thrills and tons of fun.

1. Alien: Isolation

Alien: Isolation brings players into unsettling corridors of the Sevastopol space station, where a monstrous Xenomorph hunts you down. The game has an incredible mix around suspense, stealth, and survival, and every step you take is fraught with tension. The unique creation of the designed environments makes it unpredictable where the Xenomorph will come from next as you adventure around. It makes for an unparalleled horror experience that will leave you breathless.

2. Resident Evil

The *Resident Evil* franchise has always been strong with survival and horror. The latest updates still continue to raise the bar with incredible environments you get to experience. The storyline will constantly keep you on the edge of your seat and the game is a must play for any Halloween fan looking for a spooky game. Facing off against bio-weapons, escaping a haunted mansion, and navigating through the village of shadows, the *Resident Evil* series brings a horrific experience like no other.



CREDIT: CALEIGH REID

From haunted mansions, to abandoned factories, to terrifying creatures in space, these games are sure to put you in the Halloween mood.

3. Dead Space

Dead Space plunges you into the abandoned halls of the USG Ishimura, a mining spaceship infested with unsettling creatures known as Necromorphs. This game has a horrifically beautiful blend of survival horror with futuristic sci-fi elements. With its innovative dismemberment-based combat and the claustrophobic environment gives an eerie feeling while playing. A story that gradually unravels the

ship's dark secrets, *Dead Space* is a bone-chilling journey through the depths of space.

4. Little Nightmares 2

The world of *Little Nightmares 2* is a spooky fairy tale come to life. Players step into the shoes of Mono, a young boy navigating a nightmarish world with grotesque quests. The game has a stunning art style while meticulously crafted environments draw players into a dark and foreboding narrative.

With all the puzzle-solving steps in this unique atmosphere, parts of this game are captivating and unsettling.

5. Poppy Playtime

Poppy Playtime brings players into a toy factory filled with creepy toy creations. This indie game delivers a chilling experience with tense and unnerving toy-based horror. When you explore the grimy halls and interact with the eerie toys, you'll be on the lookout for any signs of danger.

Poppy Playtime is an indie game that proves big scares can come from unexpected places.

These games will deliver the frights you seek this Halloween. From the isolated depths of space to the haunting corners of abandoned factories, this season isn't all about costumes and candies. Sometimes it's about the spine-chilling stories that will stay with you long after the final credits roll.



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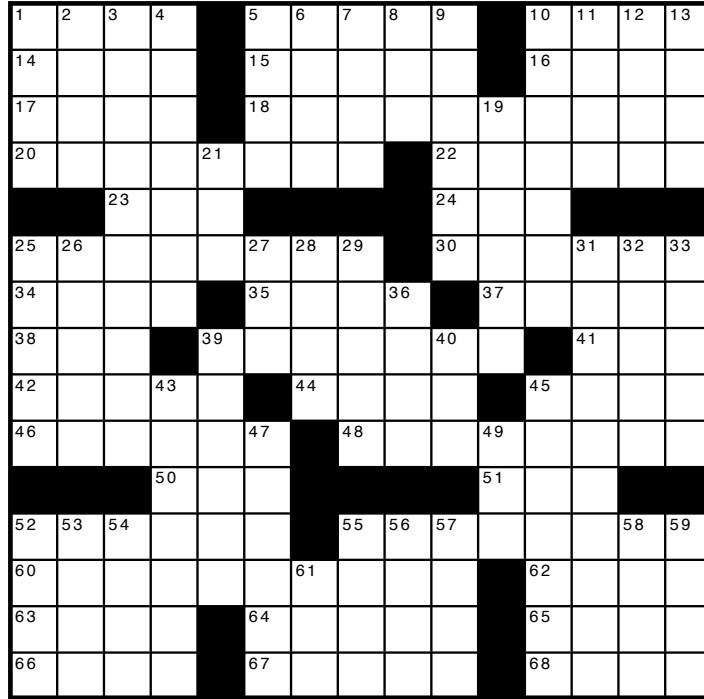


CROSSWORD

"Culture Clash" by Terry Gergely

ACROSS

- 1. Killarney's isle
- 5. Desert Storm weapons
- 10. Date tree
- 14. Fruity flavored cereal for kids
- 15. Ike's bride
- 16. Double-reed woodwind
- 17. Gemini grp.
- 18. Country club set
- 20. Creates Looney Tunes
- 22. Kathy of country
- 23. Veto, slangily
- 24. Not zero, in binary
- 25. Thick creamy antacid
- 30. Like powdered milk
- 34. "If all ___ fails..."
- 35. Rash of adolescents
- 37. Vermont and Virginia, to Veronique
- 38. PC key beside the space bar
- 39. Madison Avenue catchphrases
- 41. Grazing spot
- 42. Unwilling (to)
- 44. Campbell of Hollywood
- 45. Winglike
- 46. DiMaggio's was 56
- 48. Kind of permit
- 50. Lanka leader?
- 51. First name in the James Bond series
- 52. Word with metric or nervous
- 55. Plant sprout
- 60. Hoi polloi
- 62. Foot problem
- 63. Gelling substance
- 64. Palestinian fundamentalist group
- 65. Big name in environmental activism
- 66. Plots a course
- 67. Campaign topic
- 68. Cast furnace refuse



DOWN

- 1. Mediterranean peak
- 2. Land where Farsi is spoken
- 3. Emerging talent
- 4. Scrutinize
- 5. Obscene material
- 6. Good Hope or Fear
- 7. Strike arbiters?
- 8. Run out of gas
- 9. Oration from the Mount
- 10. Foreshadowing sign
- 11. Touch
- 12. Misplace
- 13. Prefix with physics or data
- 19. Transports in "The Last of the Mohicans"
- 21. Give the pink slip
- 25. Offerings on the table
- 26. Dispense
- 27. Actor Mineo
- 28. Religious symbol
- 29. Haloed guardian
- 31. Has-been diva
- 32. "Don't shed ___"
- 33. Russian emperors until 1917
- 36. Roof overhang
- 39. Unselfish sort
- 40. Educators org.
- 43. Examination administrators
- 45. Clocks with sweeping hands
- 47. Korean pickled cabbage
- 49. Eliminate
- 52. Tennis grand ___
- 53. A quiet stretch?
- 54. Exchange
- 55. Club for shoppers
- 56. Brother of Jacob
- 57. Latin 101 word
- 58. Nick's lady in "The Thin Man"
- 59. Eldest of the Brady boys
- 61. Vegas opener

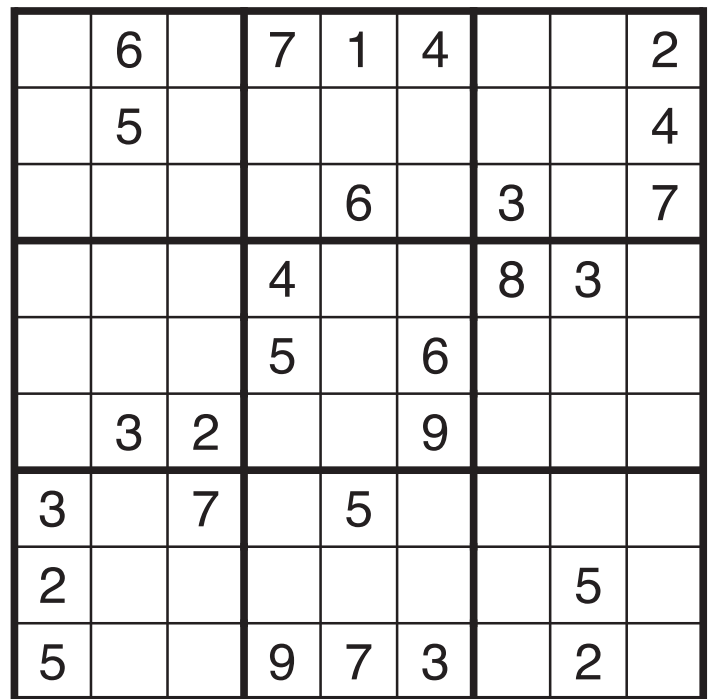
WORD SEARCH



BIOLOGICAL DIVERSITY

- Cheetah
- Bushbaby
- Grassowl
- Baobab
- Tortoise
- Wild Dog
- Blue Crane
- Rhino
- Bees
- Lion
- Vulture
- Border Barb
- Tree
- Wetland
- Albany Adder
- Riverine Rabbit
- Giant Bullfrog

SUDOKU



Puzzle rating: Very Hard

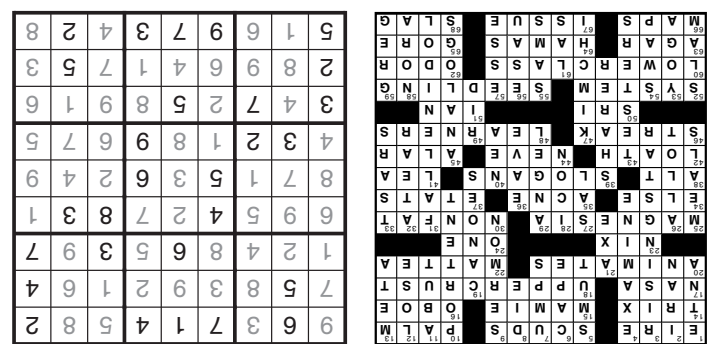
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			1					8									5								13

“
 21 6 7 10 6 10 7 25 25 2 22 11 6
 24 6 21 22 11 13 26 2 20 10 6 ; 8 22
 10 7 25 2 25 15 13 11 6 7 10 12 8 6 14 6 1
 11 13 19 25 1 6 20 5 22 7 25 1 8 25 17”

PUZZLE SOLUTIONS

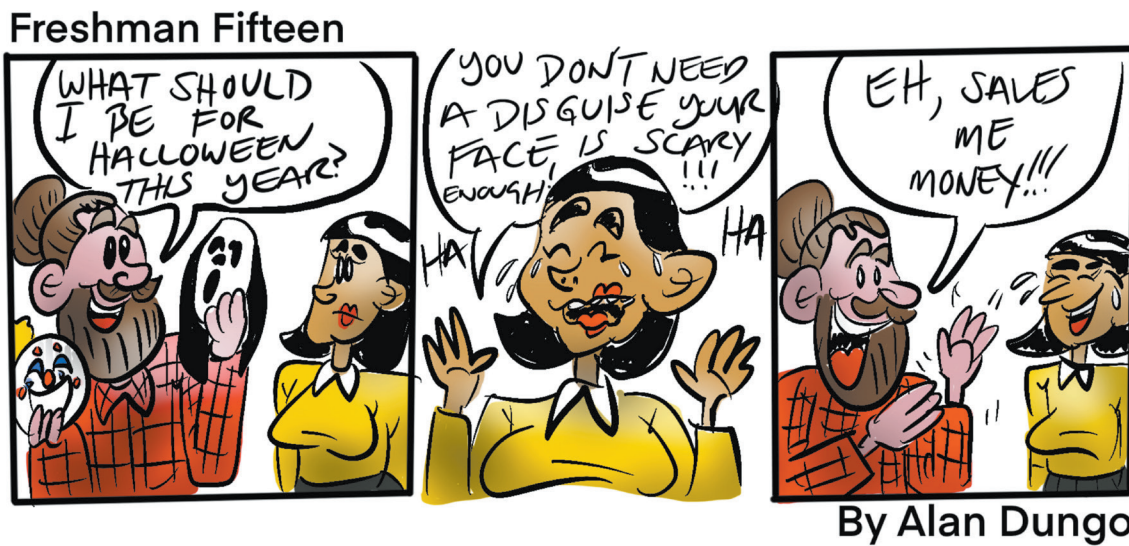
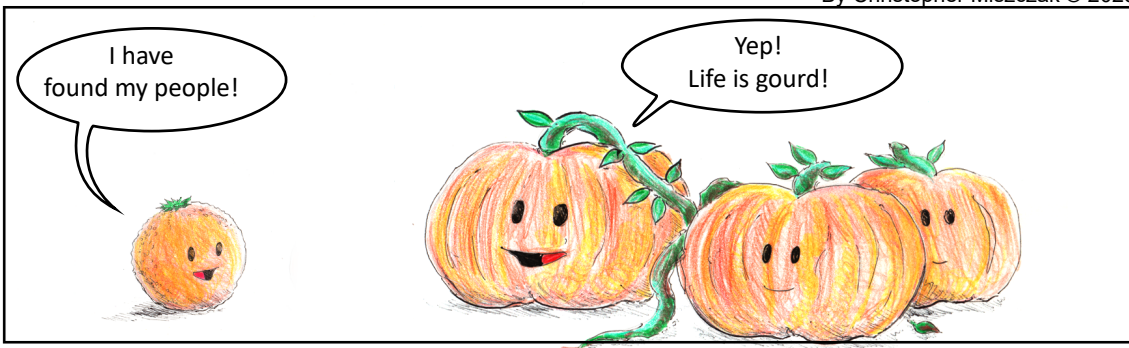


"Peace cannot be kept by force: it can only be achieved by understanding." — Albert Einstein

FREE INTERROBANG
 NEW ISSUE ON STANDS
Bi-Weekly

FIND US ON
YouTube
 FSU INTERROBANG

By Christopher Mischczak © 2023



By Alan Dungo



Editorial Cartoon by Mauricio Franco

Horoscopes

Aries

A suggestion will lead to an unexpected change. Keep an open mind, be sincere and passionate about your pursuits, and be strong enough to avoid being put in a vulnerable position. Say no to demands and indulgent behaviour. Concentrate on completing things on time and ensuring you have handled every detail correctly. A contract may sound good but look at the fine print before you commit. Take the high road and honour your promises. Letting someone upset you or bait you into an argument won't help you get things done. Discipline and making your intentions clear are the best way forward.

Taurus

Push for the changes you want. Have your argument ready to ensure you get your way. A unique perspective will win favours and help you build support to finish what you start. A gathering will allow you to voice your opinion and solicit support. You'll gain momentum if you participate in a challenge requiring mental and physical agility. An energetic attitude will motivate others to get involved in something meaningful. Validation is apparent if you act on behalf of those who can't. A kind gesture will gain respect.

Gemini

Take a stance and let everyone know what you think and want. Refuse to back down or give in to interference. Make your position clear and prepare to move forward alone if necessary. Protect your reputation, health, and home from someone trying to make you look bad. Honesty is the best way to avoid discord. Take pride in your work and be kind to those in need. Your actions, promises, and following through will dictate how others treat you. You'll face a roadblock if you lack information. Do your research before you venture down a know-it-all path. Someone is bound to correct you if you offer misinformation.

Cancer

Refuse to let an exaggerated opinion you receive influence how you decide to move forward. Gather the facts, assess the possibilities, and stick to a moderate plan that is within budget and offers peace of mind. Don't follow the crowd or let anyone push you down the wrong path. Look for unique ways to use your skills and you will gain interest and input that will help you get ahead. Not everyone will share your enthusiasm or your goals. Listen to suggestions but don't feel obligated to get involved in something that doesn't thrill you.

Leo

Handle money matters with moderation. Too much of anything will end up costing you. An emotional situation will take a turn if you don't take immediate action. Protect your home, your position, and the causes that concern you. Speak up for those who can't. Offer solutions and hands-on help to ensure you leave situations better than you found them. You may crave change but don't get in over your head. You'll come up with some unique ideas, but if they aren't budget-friendly, you'll have to return to the drawing board. Look for a clean-cut cost-efficient way to move forward. Get together with friends who challenge you intellectually and you'll gain perspective on alternative options.

Virgo

Keep your thoughts and intentions to yourself this week. Give yourself the time to map out precisely what you want and how best to reach your target. Learning the ropes and fine-tuning how you wish to proceed will help you achieve your desired success. Committing to personal improvements, better health, and fitness will pay off. You'll gain momentum if you attend meetings and listen to experts' opinions. Use your skills, connections, and intuition to turn your ideas to fruition. Give your best, and you'll get the most in return. Tidy up loose ends before someone points out what you left undone. Don't give in to temptation or laziness when action is necessary.

Libra

Do what you can to help others but not at the expense of turning their loss into yours. Offer suggestions and emotional support, not your space or money. Emotional manipulation is apparent. Do your best to control what's happening instead of letting someone step in and take advantage of you. Keep your ideas and plans to yourself. If you are too vocal, someone will interfere or mislead you. Set a goal and cap the amount of time you spend. Don't make changes based on emotions; plan your actions wisely. Don't get angry; get moving. Stay ahead of whoever challenges you by using your intellect to avoid interference.

Scorpio

Only share what's necessary. Too much information will leave you open to ridicule. An upfront approach to life, love, and happiness will spare you from unsavory situations. Do what's necessary to protect your reputation and maintain good health. Put more effort into home, family, and building a solid and stable future. How you conduct your activities with peers and those closest to you will determine the changes. Positive action will get you where you want to go. Put everything in place before you share your plans. You'll face opposition if you force others to do things your way.

Sagittarius

Express your opinions. Make your intentions known and use your experience and knowledge to enhance and move your plans forward. Call on someone you can count on for support and solidify your plans to coincide with others who share your concerns. Don't make promises or sign up for something that will come between you and what you want to achieve. Someone you least expect will offer false information that triggers poor choices. Don't make a premature change. You have more power than you think. Lighten up, have some fun, and you'll get the response you need and want.

Capricorn

Keep your plans simple to ensure you finish everything on time. Listen to what others say, and you'll learn a lot about the dynamics behind their beliefs and pursuits. Base changes on what you see and know are factual. Dedicate more time to better management. You'll gain strength and encouragement by using what's available to bring about change. Don't lose sight of your goal or let anyone convince you that expansion and overspending is required. Keep a low profile and go about your routine. Take inventory and declutter your life. A commitment will have a stabilizing effect on your life.

Aquarius

Pay attention to your relationships. Nurture and discuss your thoughts and intentions. Give those you love a chance to weigh in on your choices. Say no to excess and indulgent behaviour. Avoid spending money to ward off instability and anger. Choose your words carefully but be sure to get your point across. Fixate on loyalty, trust, and equality. Follow the paper trail and get to the bottom of anything regarding money and health. Someone will offer false information regarding something that concerns you. Use your intuition and intelligence to recognize and adjust anything that may rob you of your happiness, health, or cash.

Pisces

Size up your emotional situation and make choices that will encourage positive change regarding who you associate with. Setting boundaries will help you ward off anyone using persuasive tactics to take unnecessary risks or to be decadent. Plant your feet firmly on the ground and make moderation your mantra. Friendships will require attention. Look for concerning red flags or secrecy issues, and proceed to align yourself with people you know and trust. Build physical strength through fitness, diet, and common sense. Put your energy and discipline where it brings the highest return. Refuse to let anyone dictate what's next.

Professional Women's Hockey League: The future of women's hockey

THE FUTURE OF WOMEN'S HOCKEY IS HERE.

CREDIT: PROFESSIONAL WOMEN'S HOCKEY LEAGUE

The PWHL is a new, up and coming league that pays female hockey players at a professional level.



Konstantinos Drossos
(he/him)

INTERROBANG

A new all-female hockey league has been established in North America containing six teams, with three teams based in Canada and the other three in the United States. The Professional Women's Hockey League (PWHL) has a 24-game season and had its inaugural draft last month, selecting 90 players from a pool of over 250. The league is also paying players with salaries ranging from \$35,000 to \$80,000.

The establishment of this league also introduces a new form of hockey culture. The hype of women playing in a professional league of their own with the hope of reaching the same popularity of the NHL with a massive fan base. Claire Senior, who teaches a course about perspectives in hockey at Fanshawe, explained what we can expect of the culture revolving around the new league for both players and fans.

"For a long time there really hasn't been any recognizable way for fans of female hockey to follow players beyond the Olympic years," Senior said. "They were a pretty good vehicle for fans to see the top women players. But beyond the [Professional Women's Hockey Players

Association], Nothing really in the way of television coverage. Very few opportunities for fans to watch the game."

Fans of female hockey can now follow along and see their favourite players hash it out on the ice as many recognizable Olympian names were signed to the six teams from both Canada and the United States. Players can now have a league of their own where they can make a career out of engaging with their audience and showing off their skills.

"There are a lot of big names in women's hockey that have been drafted or have already been signed, there's a sense of stability where women are going to know which cities they're playing in,

having contracts from year to year and hopefully there isn't going to be the threat of, 'Oh, by the way, we're slashing your salaries in half,'" Senior said.

The other hope with establishing the female league is to promote an overall positive and fun atmosphere and rid the negative stigma that revolves around hockey culture.

"It is a different culture obviously and as we've seen recently with male hockey culture, there is a kind of toxicity that has been sort of brought to the surface, in a lot of ways that aren't really present in the women's game," Senior said. "That's not something for the most part that women's hockey has had to deal with. There's a lot more

positivity, there's a lot more support in the women's game and there's a lot of recognition. And I hope that's something that really shines through for fans."

The PWHL also offers a chance for the female players to establish a bond with younger fans where they can have strong female role models to look up to.

"These are women who have to work hard, often have to hold down second jobs while raising kids, giving birth and then coming back a couple months later," Senior said. "I think the main thing that this league is trying to do, or at least one of their goals, is to give little girls something to aspire to as the NHL has done that for little boys."

Fuel Call of Duty on a five-game winning streak



Alex Allan
(he/him)

INTERROBANG

The Fuel Esports *Call of Duty* (CoD) team has been the team to beat sitting with five wins and zero losses. Fuel played Conestoga College on Oct. 11 in the National Association of Collegiate Esports (NACE) open premier division. This was a big game between the two because they are the only two Canadian schools in their conference division. Fuel dominated on each map walking away with a 3-0 win in the best out of five match-up.

Team captain Jake "Bonk" Deneau still believes that the chemistry has been working well on the team but he doesn't want them to put their guard down.

"It's only going to get harder from here on in so we have to make sure we stay locked in," Deneau said.

Rocket League

All *Rocket League* teams have been showing great strides in the first few weeks of matches. The main *Rocket League* team won 4-1 in a best out of seven series match against Wake Forest University Oct. 10. The Academy Team had a strong 4-1 win against Los Angeles Tech Gray. The Rising Team had a dominating match and won 4-0 in their best out of seven series match against Catholic University on Oct. 12. All three teams have started sweeping the floors in the Eastern College Athletic Conference (ECAC).



CREDIT: ALEX ALLAN

Fuel *Call of Duty* players Bosfrost (Left), Sus (Middle left), Bonk (Middle right) and KMC (Right) are on fire with a five-game winning streak.

Valorant

Fuel *Valorant* has been keeping a strong pace in NACE action. Fuel won against Arkon Gold 2-1 in a best out of three series match-up. The Academy Team has also been meeting up to that same level too, winning 2-0 against Southern Arkansas University on Oct. 11. Fuel *Valorant* manager Adam "Boyc3" Boyce has

been happy with the team's execution out there lately.

Counter Strike 2

Games are back in action for Fuel *Counter Strike 2* (CS2). The game recently had a major update going from *Counter Strike: Global Offensive* to CS2. The update was mainly around the graphics of the game but there is also a bit of a different feeling

to mechanics as well. The Fuel team is happy to be back playing matches. They won their first match 2-1 in a best out of three series match against George Mason University on Oct. 6. They won their next matchup 2-0 against West Texas A&M University on Oct. 13. They had *Rainbow Six Siege* Captain James "Purzaa" Perez substitute in their most recent game.

Perez felt that in the match he was able to keep up with the team for the most part but said he noticed some areas where he would like to improve.

More matches are coming up in *League of Legends*, *Overwatch* and *Rainbow Six Siege* as we move through the month of October. Make sure to keep up with the latest announcements on Fuel's Discord and social media.

Fanshawe takes team silver and individual gold at men's OCAA golf championships



CREDIT: OCAA CHAMPIONSHIPS

The team came home with both a silver team medal as well as an individual gold medal for Ben Landers (pictured).



Justin Koehler (he/him)
INTERROBANG

The Fanshawe men's golf team combined to take home the silver medal at the OCAA provincial championships.

The team finished with a team total of 882 (+30), helping them to finish the tournament ahead of St. Clair by 15 shots to secure the team silver medal.

"The experience was great," said Ben Landers, who came away with not just the team silver, but also the individual gold medal at the event.

"The golf course was in fantastic shape as always, I've played in a couple events at Ambassador before, St. Clair did a really good job of it."

Landers was also named to the OCAA All-Ontario Team after posting rounds of 71-67-69 to finish six under par, four strokes ahead of his nearest competitor.

"It's all fun and great to get an individual win, but getting second with the team was a lot of fun," said Landers.

"The boys played really well. It's those things that I know in the future I'm going to look back on and wish I could go back to do it all with these boys again."

Brent Schidowka, Luke Evans, Griffin Rowe, and Austin Kuiack round out the remainder of the podium-finishing team.

With the individual gold medal, this is now Landers second year in a row medaling at the event after finishing with the silver medal last year.

"I stuck to it, worked a little bit harder over the summer. Going to the gym and getting more in the right mindset. It was kind of a night and day difference picking out the little things that made the big difference."

Even with the experience medaling last season and with the hard work during the off-season, Landers still said it's still hard to contain the butterflies at these bigger events.

"The nerves are there until after I hit the first tee shot on the first day of the tournament. I get so amped up before that first shot. As soon as I hit it, I'll settle in and find my pace."

Landers goes on to say that once the event got rolling, his confidence helped to carry him through. Understanding the standings and where he stood throughout the tournament.

"I wasn't really too stressed out, I knew I had a one shot lead going in. I was playing with Daniel [Talmage] from Humber and it was one of those things where I've been in that position before. I knew I was in control, so it wasn't anything new."

While the improvement from silver to gold is a spectacular achievement for the athlete, Landers also goes into detail on some of the other changes from last year to this year, including the difference in taking on more of a leadership role.

"When I was a rookie last year, the older guys kind of pushed me to get to where I am. I kind of like taking on that role now to push them to reach their full potential."

With the team's silver medal finish, they now head to the CCAA national championships at the Club de golf Lorette in Loretteville, Que.

Landers said he has clear expectations heading in, both for him and the team.

"I'm going to the tournament to essentially try to win it, to try and help the team do the best we can and hopefully we can come out on top. Just trying to keep my mindset in the same frame I had it with the OCAAs."

Landers ends by saying exactly how he approaches every match, from the start of the season, to the OCAAs, now heading to the national championships.

"It's a marathon, not a sprint," said Landers.

"You can't win it on the first day, but you can certainly put yourself in a good position to win it. It's just going to be a matter of keeping a good pace and staying patient."

BI-WEEKLY STANDINGS



Women's Softball OCAA West Division Standings

Team	GP	W	L	PTS
DURHAM	24	22	2	44
ST. CLAIR	24	22	2	44
HUMBER	24	19	5	38
FANSHAWE	24	11	13	22
MOHAWK	24	10	14	20
SENECA	24	7	17	14
LAMBTON	24	6	18	12
SHERIDAN	24	6	18	12
CONESTOGA	24	5	19	10

Men's Baseball OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	18	16	2	32
DURHAM	18	15	3	30
HUMBER	18	13	5	26
FANSHAWE	18	9	9	18
CENTENNIAL	18	9	9	18
GEORGE BROWN	18	8	10	16
LAMBTON	18	7	11	14
SAULT	18	6	12	12
SENECA	18	4	14	8
SHERIDAN	18	3	15	6

Women's Soccer OCAA West Division Standings

Team	GP	W	L	T	PTS
HUMBER	10	7	0	3	24
ST. CLAIR	10	7	1	2	23
MOHAWK	10	6	2	2	20
REDEEMER	10	5	1	4	19
CONESTOGA	10	4	5	1	13
FANSHAWE	10	4	6	0	12
NIAGARA	10	2	5	3	9
SHERIDAN	10	1	6	3	6
LAMBTON	10	0	10	0	0

Men's Soccer OCAA West Division Standings

Team	GP	W	L	T	PTS
CONESTOGA	10	10	0	0	30
HUMBER	10	7	1	2	23
ST. CLAIR	10	7	2	1	22
FANSHAWE	10	6	2	2	20
SHERIDAN	10	5	5	0	15
REDEEMER	10	3	7	0	9
MOHAWK	10	2	6	2	8
NIAGARA	10	1	8	1	4
LAMBTON	10	0	10	0	0

Printed standings are reflective of October 18, 2023.

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



Chess TOURNAMENT
GAME NIGHT
 Monday, October 23rd
 Alumni Lounge
 6pm Friendlies | 7pm Tournament Start
FREE EVENT
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FSU HALLOWEEN MOVIES
THE CONJURING
 DATE: TUESDAY, OCT 24TH
 TIME: 8PM - 10PM
 ROOM D1060

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WEDNESDAY OCTOBER 25TH
 11:00 am - 12:45 pm (or until sold out)
STUDENT CENTRE
BEST CHILI
 Winner Announced @ 12:45

Chili COOK-OFF
 Your Vote COUNTS!
BEST CHILI

\$5
 minimum donation
Includes: CHILI, WATER, BUNS & COOKIE
 *veggie options available

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SEX TOY 34
OCT 25TH 8PM

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HALLOWEEN PUB NIGHT
THURSDAY, OCTOBER 26TH
 8PM • THE OUT BACK SHACK

DJ Deon Carter
 Prizes for Best Dressed
 Spooky Cocktail Specials

TICKETS IN ADVANCE AT OBS & BIZ BOOTH (GUARANTEED ENTRY UNTIL 9PM) \$5.
 All ages with Fanshawe ID, 19+ with government ID

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\$20 STUDENTS
\$22 GUESTS

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

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GAME NIGHT
 Monday, October 30th
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HALLOWEEN IN THE FSU
TUESDAY, OCTOBER 31ST
 11AM - 2PM
 STUDENT CENTRE - FREE, ALL AGES EVENT

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What is your album of the year and why?

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SAY IT WITH A BANG!?

HAVE AN OPINION? SUBMIT YOUR STORY!

theinterrobang.ca/submit-letter

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