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INTERROBANG





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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
Art and music are central pillars when it comes to the culture of the city of London, and that includes right here at Fanshawe College. That's why, two years ago, we introduced this special Arts and Music issue of Interrobang. This issue aims to highlight budding talent growing out of Fanshawe, as well as the many ways students can experience the arts in London, Ont.

Our featured content includes a detailed list of theatres in the city, an in depth look at the process of writing and producing music with Grammy winner and Fanshawe's own, Dan Brodbeck, and even an exploration of how fields like engineering can be interpreted as an art form.

This issue also features an article by Finch Neves, profiling the up and coming noise rock band, Carmine, as well as an article by reporter Mia Rosa-Wayne, who spoke with Londoner Jane Roy about how painting has become a therapeutic exercise for her following the death of her parents.

A recurring theme you will find in this issue is that the arts, whether we're talking about music, painting, or dance, are a universal language. The arts both represent and transcend culture, connecting humanity in times of unrest and uncertainty. It's a good reminder, right now, that where words fail, other mediums speak. There is a healing power to the arts, a collective bonding that grows out of sitting in a theatre together, hearing a song, or sharing a dance. Do not lose sight of that power, even if the world seems bleak. Your creations are worthwhile, so do not stop creating.

Sincerely,



COVER:
Mauricio Franco



Mission Statement: The Interrobang is a student-funded, student-run newspaper at Fanshawe College published by the Fanshawe College Student Union. It serves the student readership by reporting news involving the Fanshawe campus community, surrounding areas and student activities across Canada. The Interrobang strives to be impartial in its reporting and believes in the public's right to know.

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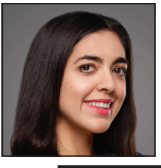
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Independent Jewish Voices member echoes calls for ceasefire in Gaza



Gracia Espinosa (she/her)
INTERROBANG

Protests in support of Palestine, demanding an end to the bombings in Gaza, are ongoing across Canada. One of the many groups in support of a ceasefire is the Independent Jewish Voices (IJV), who have publicly stated their support for systemic change in Israel-Palestine and who, on Nov. 7, released a statement calling for an end to the repression of Palestinian solidarity on post-secondary campuses, after student groups at several Canadian universities were condemned by their institutions for voicing their support for the people of Palestine.

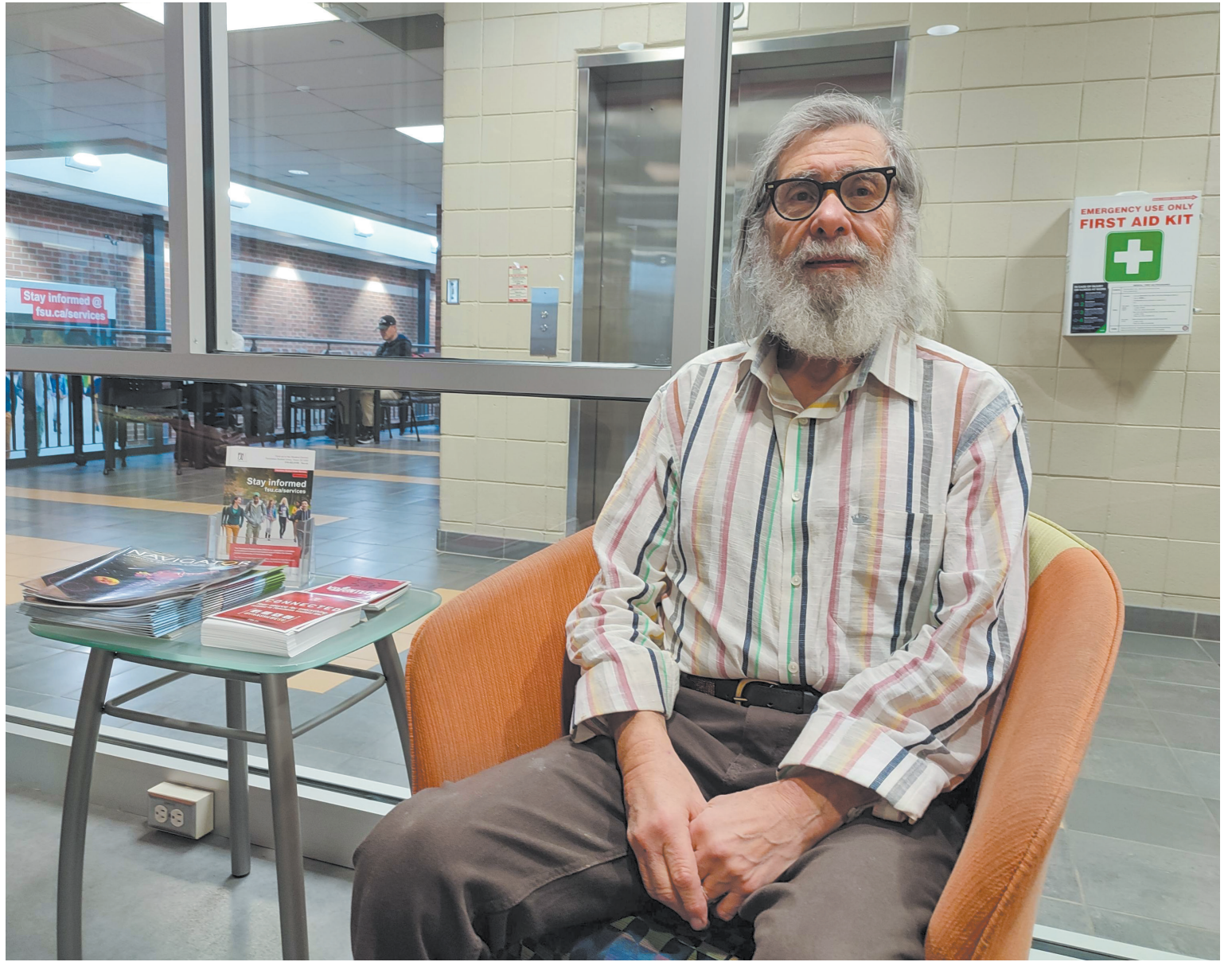
IJV is a diverse group that supports peace in Israel-Palestine based on equality and human rights principles. One of its most notable members is Bernie Koenig, a retired Fanshawe professor. Koenig also belongs to another group called We Are Not Numbers, which documents the experiences of Gaza's people and publishes them on its website.

Koenig explained that he personally never questioned Israel until the 1967 war, when he realized that Israel was a part-instigator in that.

"I'm reading a fascinating book by a Palestinian, Rashid Khalidi called *The Hundred Years' War on Palestine*, and the author goes back to the early settlements and how the early Zionists learned Arabic for foot, properly prepared to live with the Arabs in Palestine as long as it was like a Jewish homeland, but the First World War changed everything."

Koenig talked about the Balfour Declaration in 1917, wherein Jews from Eastern Europe who tried to escape from the antisemitism in Russia went to Palestine because England did not want to take them in.

"But after the Second World War, in 1947, all people cared about was



Bernie Koenig (pictured) speaks on behalf of Independent Jewish Voice, a group that supports peace in the Middle East.

CREDIT: GRACIA ESPINOSA

establishing the state of Israel. And everybody was sympathetic to the Jews at that time. And there was no question about what was going on," Koenig added. "Nobody considered the fact that people were living on that territory, and they were forced off the land to create Israel and pushed into the West Bank and Gaza."

One of the things that worries Koenig, and many other Jews is

that the idea of criticizing Israel is considered anti-Semitic.

"Most of us are opposed to that because one thing is politics, and the other is religion. I can be Jewish and be very critical of the government of Israel."

That's why Koenig and the IJV are also against Hamas because, "they have a view that that whole land should be Palestinian, and the Zionists believe that whole land

should be the Jewish homeland, so they are mirror images of the same thing."

Hamas was elected back in 2006, but after that, they stopped the elections. The group took over Palestine and became an anti-democratic group.

"We know what Hamas did against civilians, and we disapprove of it," Koenig said of Hamas' attack on Israel on Oct. 7. "But

Israel's response to that is horrific, just indiscriminately bombing civilians."

To follow closely what is happening in Gaza, check out these links to digital media and reporters on the ground:

- Al Jazeera: aljazeera.com
- Middle East Eye: middleeasteye.net
- Instagram: [motaz_azaiza](https://www.instagram.com/motaz_azaiza), [eye.on.palestine](https://www.instagram.com/eye.on.palestine)

Fanshawe student shares life-saving knowledge



Gracia Espinosa (she/her)
INTERROBANG

At the beginning of the year, a mother contacted Fanshawe College after her child experienced respiratory distress at her daycare. She wanted the professors to go to the daycare in Tillsonburg and train the staff on identifying respiratory distress to assist in an emergency and help her daughter if something happened again.

That's why respiratory therapist student Jessy Walsh visited the daycare last month to share life-saving information, coinciding with Respiratory Therapy Week in Canada (from Oct. 22 to 28).

"Her little daughter was struggling to breathe as a result of being born premature," Walsh explained. "So, my professor immediately thought of me because I have worked in daycares with my son for the last seven years."

Walsh is a mother of three children, her first born at just 23 weeks in 2016. The experiences she had with the respiratory therapists who saved her son's life inspired her to pursue the profession.

"My son still uses oxygen at nighttime. But he goes to school in his full-time wheelchair during the day. He brings oxygen wherever he goes. There's emergency staff with him. He has a nurse every day with him at nighttime and school. So, I've had to train many people before becoming a respiratory therapist student."

After seven years of caring for her son and the twins she later had, she decided to return to work. However, instead of returning to her old position as a social worker, she wanted to study to be a respiratory therapist.

"I'm a mature student of 34 years old coming back, which also causes frustration because I feel like my brain is slow, but it's because I have all these other commitments outside of school, taking care of a family."

Walsh first studied a one-year pre-health course and is now doing her second year in the respiratory therapist

program. But only a few people understand what she is learning and how vital her future profession is.

"Many ask me if I am a nurse, and I explain that I'm dedicated to the cardiopulmonary system. And if one thing goes wonky in your heart, it affects your lungs. If one thing in your lungs goes wonky, it affects your heart."

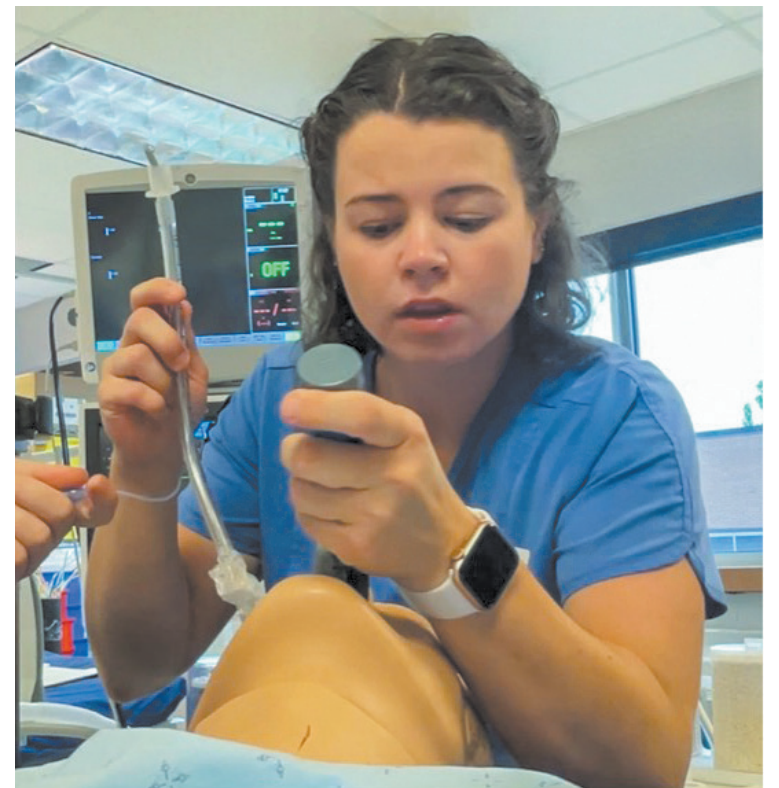
The course coordinator, Julie Brown, explained the considerable demand for respiratory therapists.

"Our profession grew quite a bit during the COVID pandemic. And, at that same time, we had the first sort of round of the original people in our profession retiring."

Walsh said she helps other people so that none of them go through the same situation she did.

After her time at the daycare, parents approached Brown to tell her that Walsh had done a fabulous job and that they greatly appreciated her work.

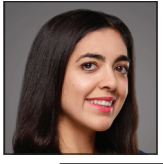
"I do this because it was the right thing to do. I'm all about patient-centred care, and I would have wanted someone to do this for my son if I had had access to it," Walsh said.



Jessy Walsh (pictured) is sharing her expertise with those who really need it.

CREDIT: COURTESY OF JESSY WALSH

Student-focused eating disorder clinic coming to London in 2024



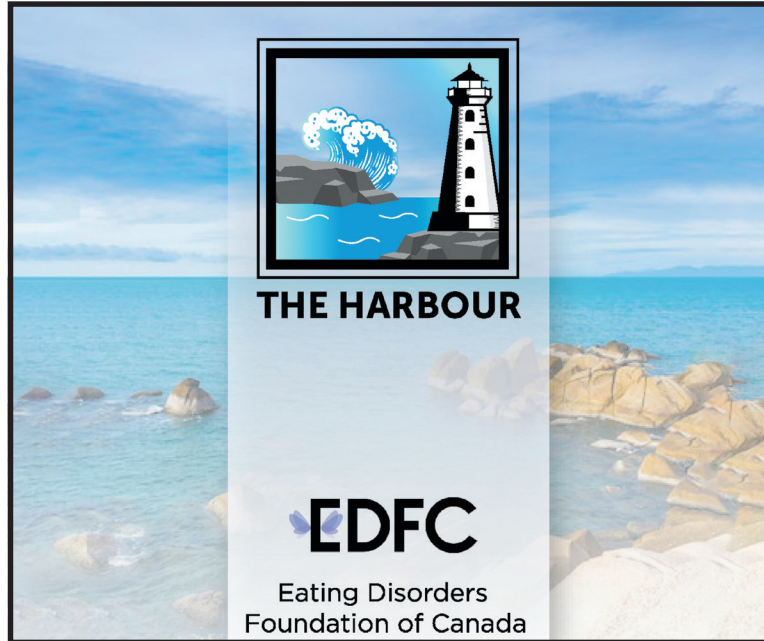
Gracia Espinosa (she/her)
INTERROBANG

A new project by the Eating Disorders Foundation of Canada (EDFC) aims to provide better support to students and young adults with eating disorders. The Harbour, envisioned by a former Western professor and founder of the EDFC Dr. Robbie Campbell, will act as a multi-disciplinary treatment clinic serving post-secondary students struggling with eating disorders.

The Harbour will follow a unique model of care and support, not currently found at any other educational institution nationwide. With the capacity to serve 100 students annually, Campbell hopes it will serve as a pilot program for other institutions to learn from and potentially adopt.

"The clinic would be close to access for students at Fanshawe and Western, so we don't want it necessarily at one end of the city or the other. We want easy access for all, including those from London attending college or university," Campbell said.

According to Campbell, untreated eating disorders can lead to mortality rates as high as 10 to 20 per cent, and the people who require treatment for eating disorders are currently facing a waiting period of two and a half years in London.



The Harbour is dedicated to offering specialized care to students struggling with eating disorders.

The reason for selecting both educational institutions for this pilot project is to ensure that patients are referred directly from the university and college's own Health Services, which will provide assessment both on and off campus.

From a scientific standpoint, the outcomes of this pilot initiative will provide a basis for further research.

"Eating disorders go together with other conditions such as anxiety, depression, PTSD (Post-Traumatic Stress Disorder), OCD (Obsessive-Compulsive Disorder), ADHD

(Attention-Deficit/Hyperactivity Disorder), substance use, and other illnesses. You must have a team approach, or you're not going to be able to cover all the all the other psychiatric co-morbidities that go along with it," Campbell explained.

That's why having a multidisciplinary team with psychologists, social workers, nurses, physicians, psychiatrists, dietitians, recreational therapists, and occupational therapists is crucial.

To access The Harbour, a student must first be referred by their

university or college's Student Health and Wellness Services. Once referred, the student will undergo a psychiatric evaluation. Following the assessment, a support plan will be formulated for the student. If the student agrees to the program, a Clinical Support Manager (CSM) will be assigned to them. The CSM will act as the student's primary therapist and organize and supervise a program of individual and group therapy as required.

EDFC is still looking for financial support from community sponsors,

corporate partners, and private donors to open The Harbour by January 2024.

"We're looking at putting together \$500,000 for one year of operation (\$400,000 Salaries and Professional services plus \$100,000 Miscellaneous), and we want to make sure that we have at least three operational years in place to sustain," said Campbell.

On the official EDFC website, there is direct access to support the project. Anyone can donate any amount, even once a month.

CREDIT: EATING DISORDERS FOUNDATION OF CANADA (EDFC)

Journalist Robyn Doolittle visits Fanshawe



Mauricio Prado (he/him)
INTERROBANG

On Nov. 6, award-winning journalist, author, and member of The Globe and Mail's investigative team, Robyn Doolittle, gave a presentation at Fanshawe College. She spoke about her 20-month-long investigation looking into the ways Canadian police services handle sexual assault cases. The findings exposed deep flaws at every step of the process. The presentation was over one hour long, and around 40 students attended.

Doolittle said that to investigate that topic thoroughly, The Globe and Mail gathered data from more than 870 police forces. She added that it was a journey from start to finish,

and the findings were "shocking."

"The Ontario Provincial Police (OPP) classified 34 per cent of sexual assault cases as unfounded," Doolittle said. "Unfounded means that the police have done an investigation about a raping and determined that the raping is a fake or baseless accusation."

She said this is important because "unfounded" does not mean there is enough evidence to convict. Unfounded means denying the veracity of a rape case. Her first step was to go to Statistics Canada or a federal agency to collect crime statistics, where she was able to find large annual crime statistics.

"They told me they do not collect and release those statistics anymore," Doolittle said. "So, I go to police services, and the police services say we do not release those anymore."

She said the police told her to

fill out a Freedom of Information request if she wanted those statistics. A Freedom of Information request is a process by which we, the people, can access records from public institutions that have not otherwise already been released.

"I had to file hundreds of Freedom of Information requests to get individual unfounded statistics for more than 1,100 police jurisdictions in Canada," Doolittle said. "It took a year. I went through many cheque books writing \$5 application fees."

She discovered that the rate of unfounded cases in St John, New Brunswick, was 51 per cent. That meant that 51 per cent of sexual assault complaints made to police in that city were being thrown out.

"I found out that when a case is dismissed as unfounded, it is not reported to Statistics Canada as a sexual assault," Doolittle said. "So, let's say you have 100 sexual assault cases reported to police. Fifty are reported as fake, and 25 result in an arrest and a charge."

In other words, only 50 per cent of allegations result in a charge being reported to Statistics Canada. Doolittle said that is significant because nobody understands the actual rate of sexual assault in communities.

To get even deeper into the investigation, The Globe contacted specific police departments to learn more about how they were approaching sexual assault investigations. The Globe sent a survey of 15 questions to more than 100 police services about training, policy, oversight, and resources.

"Only 18 replied with detailed answers," Doolittle said. "One small Ontario force said the Globe would



Award-winning journalist, author, and member of The Globe and Mail's investigative team, Robyn Doolittle (pictured), visited Fanshawe to share the truth about sexual assaults in Canada.

CREDIT: MAURICIO PRADO

need to hire a paid duty officer for \$68.44 an hour to reply."

She said that the majority of police departments were not collaborating, but they were able to get enough information through the numerous Freedom of Information requests she submitted.

"It is obscuring our understanding of sexual assault in Canada,"

Doolittle said. "Accurate statistics are vital, especially in this age where people don't want to read things that don't align with their worldview."

These findings have changed the landscape of how we speak about reporting gender-based violence, and have prompted a national overhaul of policy, training and practices around sexual violence.



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

London City Council proposes recreational use of Byron gravel pits



Konstantinos Drossos (he/him)
INTERROBANG

The City of London is planning the redevelopment of the Byron gravel pits. With the completion of the realignment of Commissioners Rd., the City has shifted its focus to its next massive project.

For many years now, the City has been planning to turn the area into a recreational space for Londoners to use. The City has proposed three different plans for the area, with pathways and different pockets of the land to be used for various conservation efforts.

Ward 9 Councillor, Anna Hopkins, said the City has been quite eager to begin the project.

“We’ve been talking about developing the gravel pits for many, many years and we are now finally reaching the stages where we’ve come up with a plan,” Hopkins said. “It’s a wonderful opportunity for the pit now that it has to be naturalized.”

The City proposed three plans showing the different ideas for how the area could be developed, mixing both environmental and recreational activities for locals to enjoy.

“At the bottom of the pit, there’s a lake there and so I think the naturalization is really important. It’s going to be looked at as we go through the process on trails and how we use it and...connect to other areas like Springbank Park,” said Hopkins.



CREDIT: KONSTANTINOS DROSSOS

With the gravel extraction project nearing completion, the City of London is planning on transforming the Byron gravel pits into a space for Londoners to enjoy.

Pockets of the pits also have native vegetation to the area which the City plans to make part of its conservation plans. Further research into the area shows that there are signs of wetlands developing around the lake, in the centre portion of the gravel pits, while the steep slopes

of the land are home to Bank Swallows and a discovery of a possible monarch butterfly habitat.

Other schematics showed proposed locations for recreational spaces around the land. The first showed a lakeside cafe and boardwalk paths that trail throughout the landscape

with others showing an alpine obstacle course, a dirt bike park, or for the lake to be transformed into a beach with a water park in its centre.

“We need to know a little bit more how that’s going to work and a lot of that is going to be undertaken when we start to develop it. We’ll be able

to determine a little bit more as we go forward how to conserve the multi-use pathways and I think there’s a lot more to be determined with the recreational part,” Hopkins said.

City council will discuss which plan to go with in the first quarter of 2024.

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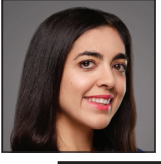
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Black Lives Matter London responds to proposed police budget increase



Gracia Espinosa
(she/her)
INTERROBANG

London Police are proposing a budget increase of 30 per cent over the next four years.

During a budget presentation to the City's Police Services Board on Oct. 30, Police Chief Thai Truong said that London is the province's third most dangerous city and has one of the most understaffed police forces. In an effort to combat this, Truong's proposed police budget for 2024-2027 includes recommendations for adding 189 new positions, including 97 police officers and 92 civilian workers. The proposed budget also aims to improve response times, provide better equipment and vehicles to officers, modernize police technologies, and establish a next-generation 911 reporting centre and joint training campus with the London Fire Department.

The cost breakdown by year is as follows:

- \$146,642,726 in 2024
- \$157,876,861 in 2025
- \$163,917,567 in 2026
- \$171,129,651 in 2027

The board members unanimously approved the proposed budget, emphasizing the importance of regaining public trust and addressing community frustration over slow response times. However, not everyone supports this increase in the police budget, including the founder of Black Lives Matter London, Ghaida Hamdun.

Hamdun questioned Truong's suggestion that London is the third most dangerous city in Ontario.

"When we look at this issue, we have to look at the root cause of crime in the first place: socioeconomic status, race, homelessness, and no access to community-based resources," Hamdun said. "All of that is the root cause of crime."

"A lot of crime stems from necessity, from the need to eat or survive or whatnot," said Hamzah Elhafdaoui, a student at New Jersey Institute of Technology and involved in Black Lives Matter. "So, social, and mental health services are two crucial things we should invest in more than the police."



CREDIT: FSU PUBLICATIONS DEPARTMENT

The advocacy group supports London investing more into mental health services than into more police.

The national average for the Crime Severity Index (CSI) was 78.1 per cent in the previous year. The CSI is a yearly measure utilized in Canada to track the variations in crime severity. This index assigns weight to each crime based on the seriousness of the sentence given by courts in each province and territory. Such an approach helps to evaluate the severity of different crimes accurately. The CSI for London was 79.7 per cent in 2022, higher than the provincial average of 58.5 per cent. Sudbury (82.8 per cent) and Windsor (83.8 per

cent) had higher CSI scores than London. Despite being number one on the CSI, Windsor had the most authorized police officers per 100,000 residents. According to Statistics Canada, last year, 603 officers served 434,099 Londoners, a ratio of 147.2 officers per 100,000 citizens. However, London had one of the top five most significant decreases in the CSI (dropping by eight per cent) by Canada's Census Metropolitan Areas (CMA) in 2022.

Hamdun said she was aware of what the London Police had

stated in their presentation and acknowledged the department's staffing issues. However, she does not believe more officers are the solution.

"I thought about what the police officers said. They acted as social workers and needed more employees because they had many calls. If you were investing in the community, social work, and intervention community, this wouldn't happen. But if people feel that their only hope is to call the police, the lines will be busy because there is no one to call," said Hamdun.

"The money could be invested in mental health response teams instead of the police responding," added Elhafdaoui. "A lot of times, when the police show up to a mental health crisis, it ends up in violence, which doesn't help anybody at the end of the day or ends up with them in jail, which also doesn't help anybody. They're going to come out, and they're still going to be mentally ill."

The budget will be presented to London City Council on Dec. 12. Londoners can give feedback until the end of January before a final decision in early 2024.

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East London YMCA permanently closing due to financial challenges



Mauricio Prado (he/him)
INTERROBANG

The Bob Hayward YMCA community and recreational complex in East London, Ontario, has declared its permanent closure effective Nov. 24.

“Financial challenges have worsened since the COVID-19 pandemic,” said YMCA Hamilton Rd. CEO Andrew Lockie. “We are all feeling saddened by having to make this necessary decision.”

Lockie said that the Bob Hayward branch has been around for 60 years and has served many people.

“We took a long time and careful investigation to determine that the branch was no longer financially sustainable, but in the end, it was evident that we had to make this news,” Lockie said.

He said they have three other YMCA branches inside of London.

“They are beautiful places for people to access, regardless of the ability to attend and to come and do healthy things like exercise in a positive, inclusive environment,” Lockie said.

Lockie said they are extending memberships to all of their Bob Hayward members to continue with them at their other branches. The other nearest branch from Bob Hayward is about 10 minutes away by car and 20 minutes by bus.

“YMCA has responsibilities in terms of being fiscally responsible and membership levels, which is how we generate revenue for the branch for the most part,” Lockie said.

Lockie said membership was already drastically dropping before the pandemic. His team knew it could not continue if it hadn’t increased by three times its current level. There are now fewer than 800 members.

“That is not even close to being what it needs for the branch to be



CREDIT: MAURICIO PRADO

The Bob Hayward YMCA community and recreational complex in East London, Ontario, has declared its permanent closure effective Nov. 24.

sustainable,” Lockie said.

According to Lockie, one of the things that makes it even more challenging for them is maintaining optimal conditions in the health, fitness and aquatics facilities.

“Every year the building ages, it becomes more expensive to maintain the ongoing cost,” Lockie said. “All of the capital maintenance required

for a branch that’s 60 years old is pretty high.”

He added that this closure will allow them to focus on the other and newer branches.

“I did what I had to do. These financially sustainable decisions allow us to be around for future generations,” Lockie said.

He said they tried several options

to keep the business running, but none worked as intended.

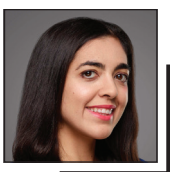
“We have tried things on price hold, increase,” Lockie said. “We have tried tiers of pricing, where you can access the basics, or you can get some enhancements to that, or you can get everything.”

He said that none of their multiple efforts helped generate the

revenue the branch needed to stay open.

Existing memberships at the Bob Hayward branch will be moved to the Waterloo St. Centre Branch. For the remainder of 2023, their memberships at the Centre Branch will be free, and they will have complete access to all facilities, including the pool.

Uber ranks London best party city in Canada



Gracia Espinosa (she/her)
INTERROBANG

Uber Canada has released the results of its annual Nightlife Index, which shows Canadian Uber activity in the wee hours of the morning. This Nightlife Index comes from Uber Rides and Uber Eats data. The American transportation company has determined that London is the most party-loving city in the country for the second year in a row, ahead of Toronto and Vancouver. To reach this conclusion, Uber measures the volume of rides between 10 p.m. and 2 a.m. based on the number of passengers in each city.

Uber’s Top 10 Partying Cities in Canada:

1. London
2. Toronto
3. Winnipeg
4. Halifax
5. Kitchener-Waterloo
6. Regina
7. Edmonton
8. Vancouver
9. Ottawa
10. Kingston

“London’s known as a party city because of Fanshawe and Western, and it’s like a tsunami or a tidal wave of students in the city, especially during the summer,” said the Events and Engagement Supervisor for the Fanshawe Student Union (FSU), Aaron McMillan. “That’s probably why many of the Uber numbers are going up. More people are staying here, and our population numbers are increasing.”

The FSU Finance Coordinator, Kara D’Arcangelo, agreed with McMillan and suggested a place in London’s downtown.

“My favourite spot is Joe Kool’s. Great layout. If you get bored in one room, you can change to go to the back, and it’s a different atmosphere, so I love Joe Kool’s,” said D’Arcangelo.

Another trendy club in London is Molly Bloom’s. FSU president, Stephin Sathya, explained why it’s his personal favourite.

“Great atmosphere, and the food is great too,” Sathya added, “And if you like karaoke, watching people sing their hearts out, go on Sunday night.”

However, some students disagree with this classification because, according to London Transit Commission (LTC) schedules, buses only

run until 1:30 a.m., so many take an Uber to get home after a night out because they have no other choice. Plus, as McMillan explained, partying in London will look different to everyone.

“It’s about all who you know, and how it’s your networking, so you need to look at particular places. For instance, you need to follow Downtown London on Instagram. You must follow the City of London on Facebook and Instagram. Social media platforms are the key, and they will tell you many events are happening downtown,” he said.

Uber Canada’s 2023 Nightlight Index results also show that London is the fourth most requested city on Uber Eats between 10 p.m. and 4 a.m.

The cities that order the most Uber Eats deliveries between 10 p.m. and 4 a.m.:

11. Windsor
12. Kingston
13. Niagara Region
14. London
15. Kitchener-Waterloo
16. Thunder Bay
17. Winnipeg
18. Saskatoon
19. Sault St. Marie
20. Toronto



CREDIT: DEMARCUS MILLER-DUNCAN

Based on data from Uber Canada, London has ranked as the number one city for partying in Canada.

This year’s results also show that the best days to go out are New Year’s and St. Patrick’s Day, and the most requested products to cure

a hangover (based on the volume of orders between 9 a.m. and 1 p.m. on Saturdays and Sundays) were coffee, hash browns, and bagels.

Grief & Eugenics: An Ableist Horror Story, Part Seven



Adam D. Kearney
(he/they)
CONTRIBUTION

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

It took some time but eventually Jolene became pregnant. We were ecstatic and wanted to tell the world, but because this was only the beginning of a process we only told the family and friends close enough that we felt comfortable sharing all the details with. It was nerve-wracking waiting for the prenatal testing appointment. Our house was electric with the excitement for all the joyous possibilities. We started talking about names and what colours we would want in the nursery. We knew it was a 50/50 chance that I could pass on my OI genetics and what we would do with that information. That didn't stop my ex from finding a heartbeat on a Doppler (portable ultrasound) and sending me a video of it at work. My heart melted the instant I heard it.

Finally the day came for the test appointment. It really is a difficult procedure to go through. Physically it involves a large needle and plenty of discomfort, and psychologically not only are you left waiting for results, but there is a significant risk of miscarriage as well. It went smoothly though, and before too long we were back at home trying to act cool as we waited for the result. Since Jolene was regularly on call, and potentially not somewhere appropriate to deal with the news we had the doctor call me with the results. I still remember seeing his number come up on the phone while I was at work about a week later. My voice cracking with nervousness as I answered it.

Unfortunately, the doctor did not deliver the news we were hoping for. I was crushed, and

shed a few tears as we discussed coming in for our follow up appointment. We had already discussed with him what our decision would be depending on the results. After hanging up, as the tears continued to roll down my face, I thought of how I was going to break the news to Jolene.

I firmly believe in a woman's right to choose to do with her body as she feels is right, and that my role is to be the best supportive partner I can be. This story isn't to debate the right to choose, but to discuss the decisions made around genetic testing. I firmly believed in that moment that we were making the right decision with the information that we had. Jolene decided she wanted to experience labour, giving birth to our child after having been induced, so that we could meet, hold and spend time with them. I can not describe to you how anguishing it is making these decisions and also dealing with waiting periods after having done so. We cried ourselves to sleep every night leading up to the day of our appointment.

I am not going to go into any details of that day, but feel it is important to acknowledge that on Aug. 28, 2015 our son Stuart Indio was stillborn. We had named him after Stuart McLean, the famed Canadian raconteur from the CBC radio show Vinyl Cafe. Listening to it was our favourite Sunday morning ritual. Indio, we chose because we had just gone on a trip to the music festival Coachella, which is held in the Indio Valley of California. We spent a couple of hours holding and sharing our love with him. We took a few photos with him. I haven't looked at them in a long time - they are some of the saddest photos I have ever seen. The look of heartbreak on our faces is indescribable. At that time I wanted a family more than anything in the world. A feeling of regret snuck into my heart, though before long I was lost in all of the emotions all at once.

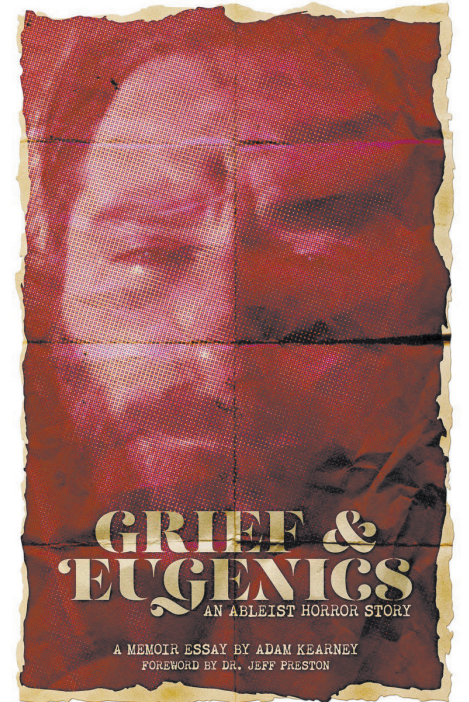
It took us sometime to come back from the loss. The hospital connected us with a counselor to talk to. This helped us navigate some very

raw emotions but what really carried us through this challenging time was still wanting to have a child. As we navigated our grief, one thing that managed to act like a light at the end of a dark tunnel was that the provincial government had just started a program that covered a couple's first round of IVF. Not wanting to find ourselves in the same situation as with Stuart we jumped at the opportunity to apply for the funding. We were able to secure it rather quickly, leaving only the genetic testing for us to cover. This was a fraction of the price of the whole process.

Still grief-stricken, we began making trips to Toronto to an IVF specialist clinic. Being the male half of the equation I got off far too easy in the equation. I tried to be as supportive as possible every step of the way. However, after months of appointments, countless self injections and procedures my partner had to put herself through, it was all for naught. At the end of the day only a couple of the embryos had matured to the point where testing was possible. After the testing, only one was considered "viable." I still cringe every time I hear that word. Sadly, our one chance with the whole process didn't work out and we were back at square one.

We took some time to unpack from the journey we had been on and tried to not put too much pressure on ourselves to figure out the next steps. To do IVF again would mean paying for the whole thing out of pocket and we were not prepared for that. Jolene was by far the breadwinner in the household, my paycheques were only a fraction of what hers were. By this time it felt like this whole thing was my fault and I couldn't bare the thought of her paying the lion's share of IVF because of my "undesired genes." IVF was our plan, but we were waiting for a better time to execute it. That's when we accidentally (drunkenly) got pregnant again.

Imagine my shock, wheeling through Value Village looking for an outfit for my upcoming birthday when I get a text which is just a picture



CREDIT: ADAM D. KEARNEY

This installment chronicles Adam and Jolene's attempts to get pregnant.

of a positive pregnancy test. I knew I was supposed to feel excited by this opportunity but all I felt was dread. The memory of holding Stuart in my arms came rushing back and in no way did I ever want to go through that again. I feigned an excited text and told Jolene I would be home right away.

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.

How I'm preparing for the holidays early



Zoë Alexandra King
(she/her)
INTERROBANG

The holidays are typically a busy season for everyone and with Christmas just a few weeks away, the Virgo in me is screaming to prepare as early as possible. If you're a student like me and reading this article, I know you're probably thinking that you already have a long to-do list just balancing school, life, and work. Preparing for the holidays might not be high on your priority list. But as Christmas Day approaches and the pressure of finals creeps up, shopping centres become more congested and the experience will only get more stressful. Here are my tips for avoiding stress in the lead-up to the holidays.

Create a detailed shopping list

If gift giving is a standard holiday practice in your household, making sure you have a few ideas of what you need to get will cut down time spent shopping. Although for me shopping can be the best pastime, not finding what you intended to go to a store for can always lead to frustration. Having an idea of the items you need to purchase and what stores you need to go to will allow for a smoother gift shopping experience this year. Additionally, this is a time where Black Friday deals

are happening which means it's the perfect time to secure your presents.

Make a holiday checklist/calendar

It can be so easy to get wrapped up in preparing for the holidays and forget about other important tasks. I'm a big Google Calendar girl, which means that all my family events, travel dates, appointments, final exams, and other important events are all housed on my Google Drive. This is also great because I can extend an invite to anyone who might be participating in these events with me so that everyone is reminded. Additionally, creating a task list can also go a long way. If you're someone who likes to check items off a list as you go, this option might be better for you.

Deep clean

Take one less thing off your list by doing a deep clean of your house or apartment before your time becomes restricted. As I'm travelling home for the holidays, making sure my apartment is clean for my return is always at the top of my list. Getting a head start during November will make the cleaning process a lot easier as the time for leaving nears. If you're staying in town, it probably means that you will be doing some hosting during the season which means cleaning now will make it an easier touch-up task throughout the weeks of December.

Embrace the holiday spirit

Yes, the holiday season can be stressful and can add pressure to an already filled plate. However,



CREDIT: ZOË ALEXANDRA KING

Take the stress out of the holidays with these simple steps.

it's important to remember what the season is truly about. I tap into the Christmas spirit as soon as I hear "We Need a Little Christmas" by the Glee Cast running through my house. Baking cookies, lighting candles, and maybe even throwing in a cheeky Christmas film closer to the end of November, are all ways that will certainly bring on the holiday cheer to your household.

These are four practices that I believe will make my holiday season that much more enjoyable this year. Most of all, finding time to demonstrate gratitude and remind myself of the magic of the season will certainly be incorporated into the many tasks that I know will populate my list as the days get closer.



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FANSHAWE'S STUDENT VOICE

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Get to know LONDON'S THEATRE SCENE

Dee-Dee Samuels (she/her) | Interrobang

Theatre in a community is important simply because it connects all of us in our humanity. It's the place where we collectively experience something we all have in common: feelings. They may be conflicting reactions, but we all experience them. Theatre opens us up to having different perspectives, stimulates our curiosity, motivates change and can be a means of escape from the drudgery of everyday stresses. Emotion transforms into story, characters, plot, humour, anticipation. Here in London, theatre is thriving, evolving, and waiting for everyone.

Patrick Hoffer, president of London's Music Theatre Players Company said it was working with theatre group, Musical Theatre Productions (MTP) that made him feel like he finally belonged in the city he moved to in 2019.

"I never felt like part of the greater community until I discovered MTP," he said. "I have a new and profound sense of pride for my new city and a greater understanding of the incredible amount of talent there is here."

Here is a list to get you started on your theatre journey:

THE GRAND THEATRE (471 RICHMOND ST.)

The Grand Theatre is a not-for-profit theatre with two stages. The Spriet Stage seats 839 people, hosts many touring and professional productions and is where the main stage performances are held. It is one of the last proscenium arch stages in Canada. The Auburn Stage space seats 144 and has a versatile black-box style configuration which perfectly suits more intimate, community and experimental theatre experiences.

THE PALACE THEATRE ARTS COMMONS (701 DUNDAS ST.)

The Palace Theatre is considered the home of London Community Players, London Youth Theatre Education and London Fringe. Their aim is to motivate interest in producing work through volunteer, educational experience, and the efforts of local talent. Productions are presented by the community and for the community.

Kelli Gough Chair, Board of Directors at the Palace Theatre described the Palace as an art-deco heritage theatre which has been restored to its original look as it was in 1929. Gough said at the Palace, they offer high quality live theatre for the community and that it is a place for the patrons to play a part in the theatrical community through volunteering.

"The Palace Theatre Arts Commons has roots as the London Community Players," she said. "This organization began 1974, fully operated by a team of faithful volunteers. Over the years, we have grown, and while the London Community Players still offers outstanding theatrical performances, we now are also home to London Youth Theatre Education (LYTE) and, since 2020, London Fringe. We continue to diversify our core programs and appeal to a more diverse audience."

ALLSWELL PRODUCTIONS

Allswell is a theatre company that nurtures an inclusive and innovative vision. Their ethos is to be a safe space for local artists to craft high quality theatrical works. Allswell fosters local pioneering talent. The company has been producing shows for nine years.

SCOOTER PRODUCTIONS

Scooter Productions is a local producing company that produces plays with a social conscious, drawing from the social issues directly impacting the local community. It was formed in 2017.

THEATRE WESTERN

Theatre Western is organized by Western University's Student Council (USC). They work with undergraduate students at Western University to produce high-end productions for not only the student body but the broader London community. There are opportunities for volunteers to perform, direct, choreograph, dance or work backstage in the productions.

TAP CENTRE FOR CREATIVITY

TAP Centre for Creativity is a creative hub. The space is compiled of studio spaces for artists in residence, a space for exhibitions. According to Kieran Belanger, communications support

representative at the TAP Centre for Creativity, there is a studio known as their Black Box theatre which is there to house an assortment of work including those in development.

"TAP provides an inexpensive, accessible space for local creatives to experiment in a safe theatre environment, whether that means local playwrights bringing shows that probably would not be able to be put on anywhere else, people who want to bring unfinished work to try things out in a safe environment."

TAP Program Coordinator, Jack Sizeland said the space was also used for more traditional conventional performances.

"The studio is also just a place for local community theatre groups if they want to do Shakespeare. There is a mix of giving writers a space to test their words and actors a space to test their chops in an inexpensive way."

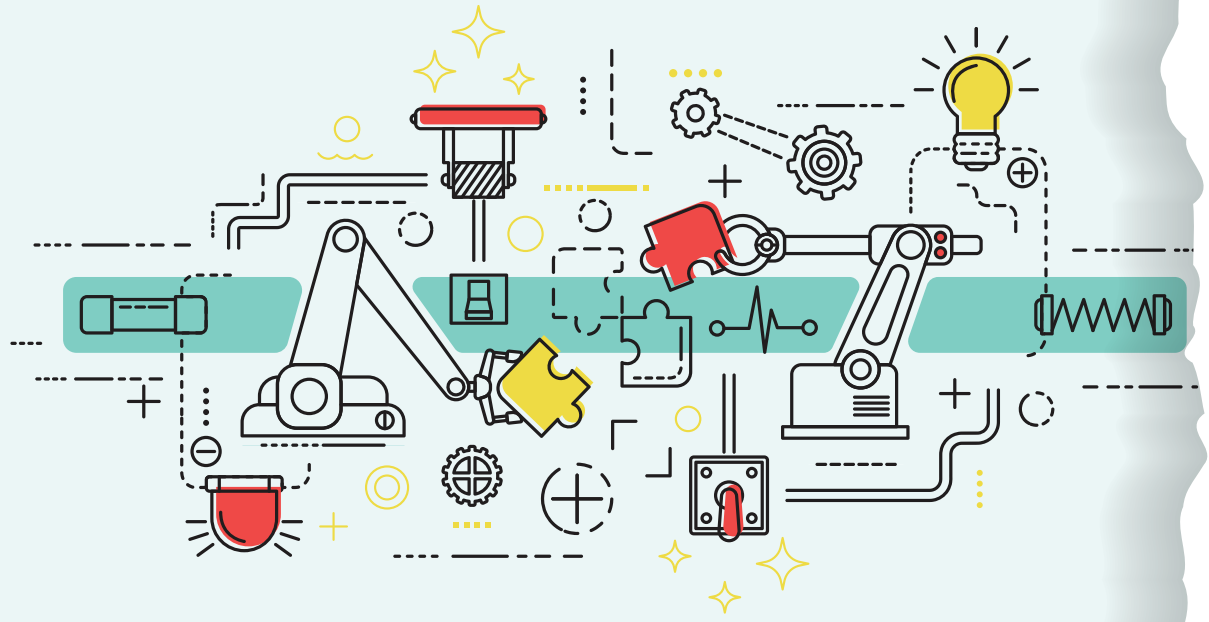
MUSICAL THEATRE PRODUCTIONS (MTP)

MTP host two to three annual productions that are chosen through a process where members of the London community are encouraged to submit their ideas for consideration. The submission must form a complete artistic team including producer, director, musical director, choreographer and stage manager who are prepared to produce a show.

There is something about sitting in a dark theatre that gets the heart pumping and the blood flowing. Getting involved in the theatre community in some way, shape or form is almost undoubtedly going to fill you with a sense of creative energy that inspires you to contribute your own individual offering.



LOOKING AT ENGINEERING AS A FORM OF *ART*



Alex Allan (he/him) | Interrobang

When we think of art, we might first imagine famous paintings, sculptures, or even large structures that multiple people came together to build. Art has brought many creations into our world. What if we look deeper at the role art has on our world? If we take Leonardo da Vinci for an example, he was able to use art towards his work, even as an engineer. According to The American Society of Mechanical Engineering, da Vinci is known for his famous art pieces like the Mona Lisa and The Last Supper but also went on to work as a military engineer for 17 years in Milan. Engineering was different hundreds of years ago, but some things still haven't changed. The advancement of technology also plays a big factor towards engineering in the modern world, but art still plays a role in our fast-developing world.

Jon Heise has his master's degree in mechanical engineering and is working as a product engineer.

"My role entails taking an idea or function that a client requires and turning it into a product," Heise said.

He added that this work also involves conceptualization, prototyping, design and design analysis. There is also risk management which requires testing. Computer Automated Design (CAD) is where technology plays a role in Heise's involvement with design.

"CAD is my least favourite part of engineering," he said. Most of the time, Heise is not working on a design alone and many thought processes are involved. There is a different approach when Heise is starting from scratch for a design though.

"I prefer to sketch what the concept needs to look like and iterate. Minimizing complexity is generally the goal," Heise said.

Even though this is how Heise does some of his design work, there are also other ways people approach their design work.

Kyle McGaw works for a start-up company called Forward Robotics. They specialize in autonomous aircrafts aimed at crop dusting.

"My job deals with designing, manufacturing and testing new aircraft," McGaw said.

He said that he uses CAD almost every day to design the look of the aircraft but also the shapes of how the parts will fit on the aircraft as well.



"Whether it be an air foil or an internal part, it has to be both efficient and aerodynamic but also still giving it an appealing look," he said. McGaw came out of high school not knowing what his next step might be but had a passion around CAD and aircrafts.

"Many of today's inventions have all come from human imagination," he said. McGaw also said how some of the creativity from comic books or movies like Star Wars or Star Trek shows how a type of art can spark ideas in modern day inventions.



"Being able to design in CAD all started from artists in the past with only a pencil and a piece of paper and it's what drives me to achieve a level of appreciation for the work I do," McGaw said.

Heise's and McGaw's jobs are similar, but it is clear how their thought process towards design has some differences. Heise comes forward with a practical approach for his work, while McGaw tries to be more creative with his work on CAD. This does not mean that Heise doesn't look at his work with some creativity, but he might look at the realistic approaches first.

"Most early concepts are the points at play," Heise said. "Then problem solving is where creativity thrives."

Even though McGaw is passionate towards design work, he does have to keep a practical base as well.

"While the main priority on our aircraft is aerodynamics, the appeal and design is important to me and the consumer," McGaw said.

Heise and McGaw both have to keep a realistic perception when it comes to their work, but they also still have creative aspects as well.

"All science is art in my opinion. To pursue something out of curiosity is enough to qualify an artistic endeavour to me," Heise said.

"Imagination plays a key role in my opinion. I get my inspiration for my work on aircrafts from both the real world and fictional worlds," McGaw said.

Engineering has played a crucial role in many of the world's major inventions. It is interesting how Heise and McGaw balance both creativity and logic in their work as engineers.

CORPORATE can be CREATIVE



Zoë Alexandra King (she/her) | Interrobang

A corporate lifestyle can be seen as a common career path as opposed to a creative one. While there are still many who choose a career based on creativity, society has been built on this “norm” of a nine to five job. It can be easy for individuals who are in a corporate industry to lose sight of the creativity that they once held.

Over the years, art has become a tool that people use as a form of therapy. Christel Bodenbender from my Online Art Therapy, explained that this is a form of “psychotherapy.” While many use this tool in a therapeutic way, individuals who work in a corporate environment can turn to this tool to solve problems as well.



Challenges appear in the workplace all the time and sometimes individuals can have difficulties in solving issues due to a variety of different reasons.

Registered social worker, Anna Riddell, who has training in art therapy, acknowledged that having a creative outlet can allow practice of skills such as problem solving.

“Skills transfer over, and they develop your brain and your mental emotional capacities so that you can bring them into other problems,” said Riddell.

Whilst allowing a space for creativity in the workplace can be beneficial from an employee point of view, it can also be beneficial from an employer standpoint.

Both Riddell and Bodenbender acknowledge that incorporating creativity in a work environment can strengthen communication and team building skills.

“It can and should increase productivity because people are more engaged,” said Bodenbender.

Most corporations include team building activities in their work environment already, so why not include creativity in that process?

Bodenbender recognized that some corporations host “art wellness workshops” for their employees and usually find it advantageous to the company.

“It’s usually beneficial for the people because it helps them to let go and put it on paper,” Bodenbender said.

The trendy way that corporations are integrating creativity in their workplace is by hosting a sip and paint event for new staff members to connect and build relationships, which in turn boosts the teamwork aspect of the company.

In most cases, these events take place sporadically throughout the year, if at all.

Some ways that employees can include creativity in their daily work routine is by simply putting pen to paper as opposed to working eight hours digitally.

Bodenbender said that something as simple as “doodling” can be one way to expel that creative outburst that individuals have. Another way is to simply make your tasks more creative. Those who work behind a screen all day more than likely have Microsoft Excel or Word processors open to track tasks. Many have chosen to incorporate creativity in these documents by using different colours, fonts, layouts, and more, to tap into their creative side.

“Don’t think of art and being creative as just painting or drawing. Really find what work for you and try to incorporate that into a routine so that your office job doesn’t feel so soul-sucking and you actually get to do something that’s a little bit fun every day,” said Arthur Bkric an artist and employee of the Fanshawe Student Union (FSU).

Bkric shared a great personal perspective on how he incorporates his artistic skills in his daily life with keeping art as a hobby and not a career.

“I am a very visual person and I like to imagine things,” he said. “Whenever I run into a problem with technology, I can easily imagine the pieces and puzzle them together to find a solution. I think I can really only do that because I’ve had years of thinking about things in a visual way and thinking outside the box.”

From both personal and professional opinions, having creativity as a part of corporate life can be beneficial in a number of ways. Don’t abandon your need for a creative release just because you aren’t in an industry that specializes in that field.



THE **ROCK** RECORD PRODUCING CYCLE

KONSTANTINOS DROSSOS (HE/HIM) | INTERROBANG



When we turn on our music and listen to our favourite bands, we might think to ourselves how the artists compose and produce the music. From writing the lyrics and composing the instrumental pieces to the final stage of polishing the final tape, the process is not commonly known to the average listener.

When recording the instrumentals and vocals, each band has a different approach to the creative process. Not everyone follows the same order when it comes to how they compose a song. Some songs start as just a mere guitar riff or four sentences that then evolve into lyrics.

At the start of the process, bands will always begin by creating what's called a bed track. A bed track is a single track that contains all instruments and serves as the groove and essence of a song.

Dan Brodbeck, the program coordinator for the music industry arts (MIA) program at Fanshawe, is a music producer who has worked with various artists, all with diverse creative work processes. He gave a glimpse at how it works when recording starts out and how different bands and artists operate in the studio.

"When you're talking about a rock band, it depends on what the process is," he said. "You're talking kind of old school recordings or even modern recordings that are trying to capture something more than old school, but a little bit more organic. We have a bed track, which would be the bass drums, guitar guide, vocal playing at once and try to capture what you can capture to keep the energy up."



Once the band has captured the essence of what they like for the sound of the song, they then move to the next stage where they start individually recording separate tracks, like vocals, guitar, bass.

"From that point, when that's captured properly, sometimes there's repairs made to those tracks, which would be the same as a bass mistake, you punch in, fix it and move on. Then when you're done with those bad tracks, the next would be overdub sessions, which is then individual people are working on guitar parts, vocal parts on top of that, pre-recorded that track," Brodbeck explained.



It's a very long and difficult process for both the producer and the artists, as they're doing this for multiple songs. They sort through each song individually and spend lots of time deciding what they like and don't like. The creative chemistry involves a lot of compromising and communication with members of the band and production team. All members have to understand that the songs they like may not make the final cut of the album.

"It's just a collective of people making decisions, coming up with ideas, bouncing stuff off each other, sometimes arguing, what was right, what's wrong, and in the end, you come up with a vibe there and you come up with something and you all agree on that you love."

The roles of the producer and the artist are considered outdated as now both the artist and producer do a bit of everything during the recording process. Both parties come together as a team and contribute to the project to what then becomes an album when finalized.

Writing lyrics is often assumed to be the job of the vocalist, but that is not always the case. Most of the time, songs are written either by one specific member or everyone writes together. If not the band, songs are picked up from songwriters who work alongside the producer and his team.

The lyrics are typically inspired and driven by things that are very personal to the writer or cultivated from another source. This is because the writer puts themselves in a specific mindset which influences their writing.

"Sitting down and writing a song or producing something or coming up with something can be a very kind of organic experience," Brodbeck said. "Sometimes it's a story, sometimes it's not about you personally. You're writing something, but you're kind of channeling something. It's not your personal experience, but you're writing it almost as if it is. I've worked with lots of artists where it's a very personal experience, and you know exactly what that experience is when you are recording and writing it and putting it together. That's ultimately where you want to be, because then you can kind of steer the production to fit that mood."

You may notice when listening to recordings, that certain instruments may not sound like the natural sound of a guitar or bass. Those unique sounds are produced by devices called guitar pedals. Pedals are designed to modify the sound of the guitar and manipulate it to sound more unique and interesting. Brodbeck said more often than not, instruments are recorded with players using their pedals live in the studio.

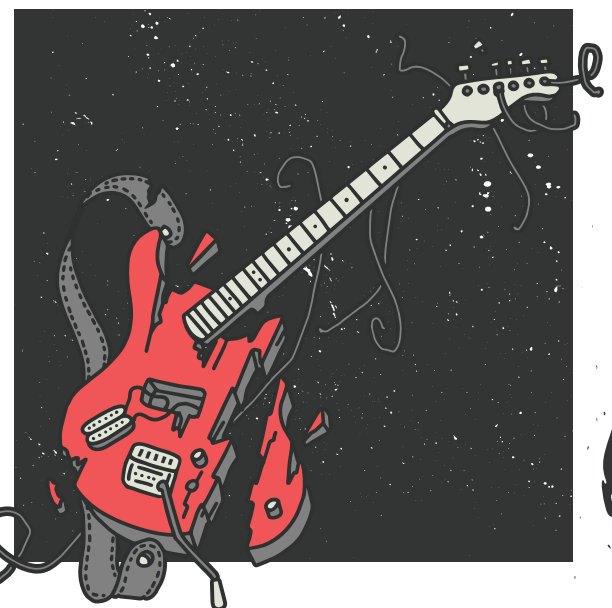
Once the recording process has wrapped, it's then time to move on and focus on mixing the sounds and cleaning them up. During this stage, the team will sit and listen to all the tracks recorded for every single song and compile all the pieces onto the multitrack like a puzzle.

Through the years, technology of this process has evolved from analog technology moving onto a digital interface through mixing programs, like Pro Tools or Logic Pro X. Many artists still record using analog technologies and will often debate over the pros and cons of digital and analog recording, but there are some artists who use both.

One massive advantage that digital has over analog is the cost efficiency. Due to its rarity, analog technology is more expensive and costly to manage. Digital mixing allows the artists to go beyond the limitations that come with analog tech, but only offers a close taste with the finished product opposed to that achieved through analog tech.

"If you have one very, very nice expensive compressor that's worth \$3,000 and it's a physical box, you can put that in one thing during your mix. It's a plug in, a sort of fake version of it, which isn't exactly the same, but very close. I can have as many as my computer can handle for probably \$300, not \$3,000, for one."

Writing and recording music is basic chemistry with cause and reaction. The artists and producers spend endless amounts of time testing and putting together different musical compositions to see how they'll work together. In the end, the result is the music that we download and listen to every day.



Sugar, We're Goin'... Up?: The resurgence of emo and pop punk



Justin Koehler
(he/him)
INTERROBANG

To some, the emo and pop punk genres of music have been on the decline for upwards of a decade now.

After peaking and being most notably known in the mid-2000s, plenty of genres tied around the emo, punk, and grunge scenes were seeing less and less traction each year from 2010 onward, including more recently into 2023.

The decline is so noticeable because of just how popular the genres once were.

My Chemical Romance's hit song "Welcome to the Black Parade" peaked at number nine on the Billboard Hot 100 in 2006. "Boulevard of Broken Dreams" by Green Day peaked at number two in 2004. Jimmy Eat World's "The Middle" peaked at number five in 2002.

When looking at the 2010s though, the drop can easily be seen by those same groups.

My Chemical Romance peaked at number 58 in 2011, Green Day peaked at 97 in 2012, and Jimmy Eat World never again made it into the top 100 after 2005.

This phenomenon and decline are inevitable for nearly every genre at some time or another though, with history showing natural declines for disco, blues, jazz, and more throughout the years.



CREDIT: CALEIGH REID

The genre that saw its biggest rise in the early 2000s is making a comeback.

The targeted age demographic most impacted by the emo and pop punk genres in the 2000s though, now on their way to becoming the prevalent age group in modern societies, may help them to be an exception.

The genre that had hit its *all time low*, may now be ready to make its long return.

"There's always something cooking and there's always bands who are off the beaten path who will do something different," said London music figurehead Mario Circelli. "The scene has actually ebbed and flowed over the last 100 years."

Circelli is an expert on the national music scene, particularly when it comes to local content. He is the founder of the Forest City London Music Awards (FCLMA) and, when it comes to emo and punk in particular, he created a documentary around the genre in 2003 titled *Stinkin' Out the Joint*.

He's been very vocal and proud about the growth of the genre as well as the increase in local talent in the city.

"It's so satisfying and enjoyable, I think that we've got world class musicians here. London has always been a place of music," Circelli said.

"Going back to some of the Indigenious bands to Guy Lombardo, Canada's first bona fide pop star. The music scene has been simmering here in southwestern Ontario ever since."

In both London and the rest of the world, the emo and pop punk genres are growing.

Hit groups like Green Day are back releasing new songs including a full album on the way, set to release in January. Rumours have begun to spread about the return of My Chemical Romance as well after some recent teasers from group members.

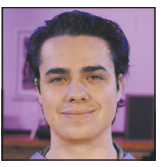
In London, groups such as Trash Puppets and Full Throttle are catching the local eye, further contributing to the comeback of the once impactful genre.

"We have some of the best bands and musicians in the country. Folks that would be at home on any stage anywhere in the world. It's exciting to be a part of it."

Whether it be nostalgia or the progression of music tastes, the return of a once beloved genre is sure to make plenty in both London and the world excited.

The case of whether it will succeed in the long-term or fizzle out a second time, remains to be seen.

Local band Carmine takes stage for first time



Finch Neves
(he/him)
INTERROBANG

The local rock scene is about to get even better as Carmine gears up to play their first official concert off campus. The noise rock band boasts a powerful three guitar core with lead guitarist and vocalist Colin Blisset, rhythm guitarist Lucas Joe, and Ali Chamas who plays "those dark melodies," to use his words. Pounding drums by Iain Toms tear through the deeply layered melodies and slick riffs by bassist Daniel Araujo tie the whole package together with a powerful bow.

Carmine is the kind of band you need to hear live. The members feed off each other, building momentum through the performance. They laugh and joke between songs, only falling silent when the time comes to play. There, the only noise needed is their music.

First, you will hear one of Joe's riffs tear through the room, his fingers flying across the fretboard in an elegant dance, but the sound is anything but elegant. The distortion seeps into you. The hairs on your arms start to rise as Toms queues the band in with a snare-heavy drumline. On the cymbal crash, Blisset, Chamas and Araujo bombard you with a wall of perfect "noise" and Carmine comes together.

Their sound is more than just loud, although it is plenty loud. There is a finesse to their power, a polish to their chaos. They don't



Fanshawe band Carmine prepares to play their first show in January.

CREDIT: SKYLAR EVERETT

ask for your attention, but command it with riff after riff of heavy rock excellence that leave you screaming for an encore.

The band formed almost as a fluke in December of 2022 when Chamas, Joe and Blisset, who had been playing together for some time, met fellow music industry arts (MIA) student Araujo at a show and bonded over the music. Soon after, Toms was added to the roster,

though he jokingly claimed he had "no choice in the matter."

According to the band, while each of them is a talented instrumentalist on their own, their friendship is what really takes them to the next level.

"The more we played, the more sense it all made," Toms said. "We all have a lot of obscure influences that amalgamated together in a very smooth way and it just

works. Sometimes one of us plays something cool and we just huddle together like penguins and when we leave, we have a new song. That wouldn't work if we didn't love playing together."

The band played for 106.9 The X's show Studio Red Live in October. Since then, they have been practicing and writing songs, ready to make their debut. Now, the time to take that step has come. An EP

is in the works with several songs nearing completion and multiple shows planned for the winter.

Their first show is on Jan. 26 at Palasad Social Bowl on Oxford and Adelaide, where they will play alongside Sunshine Express and Blossum. Fans can rock along for the low price of a game of bowling. Essentially, the cost of the concert is the ability to use your wrist for the next week.

Dance: An age-old universal language



Mauricio Prado
(he/him)
INTERROBANG

Throughout history, dance has been an expressive tool for fostering human relationships, often transcending culture and language barriers. Although dance genres have evolved and diversified over time, dance itself is still one of the most expressive physical arts.

“Dance does not discriminate. Dance is for everybody,” said Elan Dance Arts (EDA) owner Shawna Kwan. “It is the best tool to connect with yourself and then further connect with others.”

Kwan said she started dancing when she was 13 and that dance has always been a way for her body to “reflect a party of emotions.”

“If someone is happy, they usually want to celebrate it,” Kwan said. “Many of us have little dance parties with our bodies to celebrate it.”

Smithville Dance Academy owner Sam Burgoyne-Watson said that she started dancing at the age of two. She added that she loved it so much that she made it her childhood career.

“I got into competitive dancing when I was very young, so it is safe to say I have danced my whole life, made lots of friends and had many good, positive experiences,” Burgoyne-Watson said.

Burgoyne-Watson said there are many different styles of dance, like classical, jazz, tap, and Broadway.

“When it comes to dancing, there is no right or wrong. There are lots of ways,” she said. “Different expressions can come out through dance to help you manage what is going on in your life.”

Burgoyne-Watson said she met every one of her friends through dancing.

“We never stop talking. There are life friends you meet just because you share a connection in the art,”



CREDIT: MAURICIO FRANCO

Dance has the power to bring people together.

Burgoyne-Watson said. “Till this day, those are my most loyal friends.”

Kwan said that she once went to Las Vegas with her best friend, who is a dentist. They went to a dental conference with nearly 5,000 other dentists.

“During the conference, someone approached me and said that I was not a dentist, I was a dancer,” Kwan said. “I asked that person if we knew each other. She said, yeah, I took your classes back at Western.”

Kwan said this story shows how dancing has a long-lasting impact on people’s lives. She said that she feels fortunate to be able to use dance as a vehicle to meet new people and leave a positive impact on them.

Kwan added that people may not notice it, but dance is everywhere.

“What do people look forward to the most when watching a football game or a soccer game? What movement that player will do when they score,” Kwan said. “That is what fans then copy when they are playing their games. That expressive movement is their little dance party.”

Jhanavi Patel and Vipul Patel had a different experience with dance. They met through dancing in India and got married after some time.

“My dancing skills were at their peak when I was in my university years, so I used to do a bunch of choreographies,” Vipul Patel. He said a friend from his dance team introduced his future wife to him and the team while preparing a choreography show she later joined. Since then, their connection grew stronger

with every dance and performance, and they fell in love.

“I found myself through dancing, which led me to find my significant other later in life,” he said. “We have been teaching dancing independently for about 10 years.”

Burgoyne-Watson said that in dance, each movement speaks volumes, allowing people who cannot speak comfortably or adequately to talk in another way.

“That is the problem with the world. We have lost the ability to engage with each other,” Burgoyne-Watson said. “I am a firm believer that dance solves all of that.”

Kwan said that the whole goal and purpose for having a dance studio is that she can impact people of all ages to make new friends.

“I want to be the best part of their day or week or month or year, and I want them to remember the dance’s impact on them,” Kwan said.

Burgoyne-Watson said she teaches 18 seniors in different groups, and it amazes her how they become friends when dancing. “They are all different personalities, different friend groups,” Burgoyne-Watson said. “When they enter that dance studio, they all share one passion and one goal.”

She added that it is neat to see different people who would probably never be friends outside of dance come together and appreciate one another in the studio.

“Life without music and dance is just a hollow journey hard to get through,” Burgoyne-Watson said.

Five indie bands to watch right now



Konstantinos Drossos
(he/him)
INTERROBANG

Indie bands and musicians don’t usually get the coverage they deserve for the music and showmanship they produce. They travel from city to city performing at local venues and put on shows for varying sized crowds.

Ontario has a very active and vibrant indie rock scene, with many bands hailing from London. The sound of each band can accommodate the taste of anyone wanting to get into the local scene.

For those who don’t know where to start, here are five local indie bands you should start listening to.

New Friends

New Friends is an indie-pop group that sprouted right out of Fanshawe’s music industry arts (MIA) program back in 2018. The band consists of lead singer Stefan Boulineau, guitarist Cole Wilson, keyboardist Ayden Miller, bassist Conrad Galecki and drummer Nico Elias. They played their first show as a band together in 2021. The band draws inspiration from bands like Coldplay and Arctic Monkeys. They released their first song, “Purple Candy,” which hit over 7.8 million streams over an eight

month period. Their new EP draws from 2000s dance music, alt-rock, and pop. They have a show here in London, at Rum Runners on Nov. 23.

North of 64

North of 64 is an alternative rock duo from Ontario. Their sound offers great vibes, and their musical composition has a great rhythm that will get you head banging. One of their newest songs, “Letting Go,” was a summer song that I had blaring in my car when going out for long drives. The rest of their music follows suit by giving early 2000s alternative vibes with catchy guitar power cords and rustic harmonic sequences. Their newest EP, *Loving & Letting Go*, is a great listen and encapsulates the authentic blast-from-the-past sound. They deserve more attention for the content they produce.

Sun Junkies

The Sun Junkies are a four-piece group based out of Brampton, Ont. They take from a variety of different genres, like punk and emo, and infuse it with their own sound. Songs like “MDMA” and “Sometimes,” give off great vibes with upbeat rhythms and catchy lyrics. Their shows are known for their mosh pits and the band are great live performers by engaging and being involved with their audience. The overall experience of listening to their music is a feeling of being on cloud nine, which



CREDIT: SPECTRELIGHT PHOTO/VIDEO

Local bands like Lost in Japan (pictured) are making their mark on the Canadian indie scene.

is something anyone wants out of the music they listen to.

A Weekend at Ramona’s

This band is based out of Toronto and are an indie powerhouse. Their sound gives me some early Arctic Monkeys vibes with some hints of The Backseat Lovers. They’ve released one EP from 2019 that had a 50s surfer movie sound, with songs like “Chest Pains” and “Why Won’t You Be Mine.” What draws a crowd to their shows is the simplicity and softness of their instrumental composition.

Lost In Japan

Another band hailing from London, Lost in Japan is on the rise for their music, clocking in over a million streams since their founding in 2016. They’ve recorded with MIA’s very own Dan Brodbeck and two of their singles have reached the top of two Canadian charts. They fuse indie rock, alternative, and pop rock with songs like “Red Line,” “Don’t Wanna Let Go,” and “Animal.” They have played in cities across North America and have

garnered many fans from overseas as well. They are known to play in venues across London as well, like the Palasad Social Bowl and Rum Runners. They are playing in London at the Acoustic Charity for Melanoma on Nov. 25.

These are just a couple of bands from the area that you should check out. If you are hoping to check out local talent, there are shows going on almost every weekend at local venues and beyond. Check out local postings to learn more.

How one Londoner uses art to manage her mental health



Mia Rosa-Wayne (she/her)
INTERROBANG

An increasing body of evidence supports the idea that engaging with various forms of art can be a powerful antidote to the challenges of modern life. From painting and sculpture to poetry and dance, the therapeutic benefits of artistic expression on mental health are slowly gaining traction.

In a world where it can be difficult for those to find ways to deal with mental health, co-founder of the London Food Bank, Jane Roy, expressed how she uses art as a coping mechanism.

“I used to paint a lot, but after my parents passed away, I sort of stopped. My husband, however, rearranged our garage into a painting area for me so I can get back into it and keep me busy, so I used it as a way of grieving and just continued ever since.”

She mentioned how she gives her artwork to friends and family, or anyone she knows that is dealing with a hard time or the loss of a loved one to give back to them, since she

can understand how they are feeling.

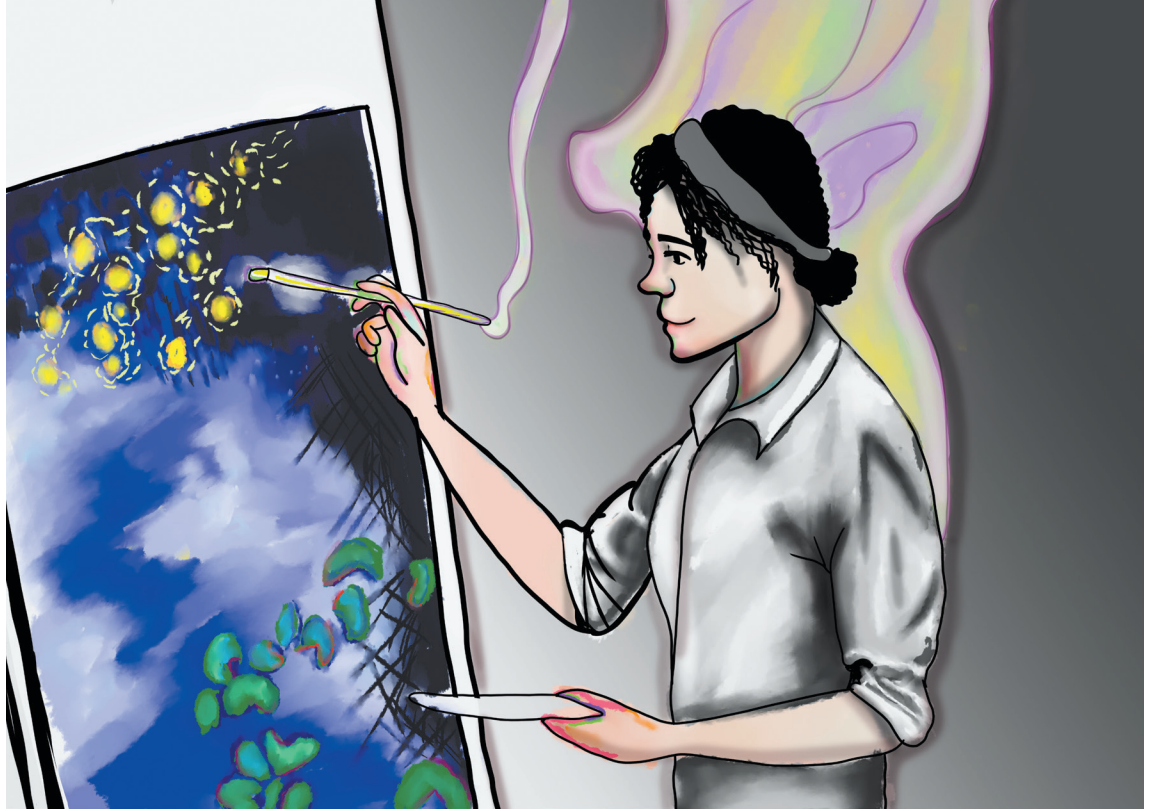
“I love giving pieces to people that I know that have struggled. It becomes my way of support. It’s definitely helped my mental health but it also for me is an outreach of services to others in terms of what they’re going through.”

For the past five years, Roy has been on a journey as an artist in London and found mentors to help bring her artwork to different galleries. Recently, she visited the Westland Gallery in Wortley Village where she held an “Art Talk.” One of her previous exhibitions that was also held at the Westland Gallery and all proceeds were sent to South Sudan as she is known for her humanitarian efforts there.

As the co-founder of the London Food Bank, she has given a lot of her time to that business. But in her spare time, she paints to keep herself busy.

“Working a nine-to-five can be a bit much for me, but I give my time fully to the Food Bank. I like to keep busy and even running a business still gives me time for myself in the evenings after a long day.”

Art provides a unique channel for individuals to express and explore their emotions. Whether it’s the vibrant hues of a painting,



CREDIT: CALEIGH REID

Jane Roy uses art to manage her own emotions and help support others.

the rhythmic movements of a dance, or the carefully chosen words of a poem. Artistic endeavours offer

a safe space for people to articulate and process their feelings. This process of self-expression is

increasingly recognized as a vital component of mental health maintenance and recovery.

INTERROBANG

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The healing power of music: A therapeutic escape from student stress



CREDIT: STATICNAK1983

Music has the potential to heal and de-stress, which can be incredibly beneficial for students.

Eseoghene Mary Akpojivi (she/her)
INTERROBANG

The life of a student is often characterized by a whirlwind of assignments, exams, and extracurricular activities. The resulting stress can take a toll on mental and physical well-being. However, music, a universal language that transcends boundaries, has been proven to be a therapeutic escape for students seeking relief from stress.

Studies have shown that listening to music can lead to a decrease in the stress hormone, cortisol. According to a study published in the journal *PLOS ONE*, participants who engaged in music listening experienced a significant reduction in cortisol levels. This decrease is associated with lower stress and anxiety.

Listening to music you enjoy triggers the brain to release endorphins, the body's natural feel-good

chemicals. This surge of positive emotions can help counteract the negative effects of stress.

Jennie Paquette, a certified music therapist and music teacher in London, Ont., said that music therapy allows for people to communicate through the music as opposed through words when people are unable to verbalize why they feel the way they do or what is causing the stress on a deeper level.

"As a client music therapist, it's amazing that some music chords can make you feel so deeply," Paquette said. "I remember bursting into tears just because I sang in E-flat and I don't even know why the E-flat broke me but it really did."

Paquette said she plays different chords according to the emotions of the client which assists them to let go of whatever they're feeling at the time.

Music has the power to divert the mind from stress-inducing thoughts and create a sense of

relaxation. Research published in *The Arts in Psychotherapy* suggests that "music interventions" can be effective in reducing symptoms of stress, especially when combined with relaxation techniques.

Creating playlists tailored to studying can also enhance concentration and reduce stress. Upbeat instrumental music or ambient tracks can be particularly helpful during study sessions. Websites like Spotify and YouTube offer a plethora of study music playlists to choose from.

Likewise, incorporating music into mindfulness and meditation practices can amplify their stress-relieving benefits. Slow, calming melodies can assist in achieving a state of mental clarity and relaxation. Apps like Calm and Insight Timer offer guided meditation sessions with soothing music.

Paquette further advised that it's important to identify the music that makes you feel something and actively listen to it as opposed to having it on in the background. Immerse yourself in it even if it's for 10 to 20 minutes.

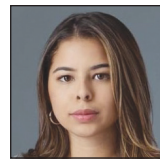
As student life continues to be filled with academic pressures and responsibilities, it is essential to recognize the therapeutic potential of music. Backed by scientific research, music serves as a versatile and accessible tool for reducing stress. From lowering cortisol levels to triggering the release of endorphins, music can provide a much-needed respite for students seeking solace in the midst of their hectic lives. By incorporating music into daily routines, students can harness its healing power to promote mental and emotional well-being.



CREDIT: THE GRAND THEATRE

Charlie and the Chocolate Factory is on at The Grand from Nov. 21 to Dec. 24.

A look inside *Charlie and the Chocolate Factory*



Zoë Alexandra King (she/her)
INTERROBANG

The enchanting world of Roald Dahl's *Charlie and the Chocolate Factory* will come to life on Nov. 21 on the Spriet Stage as the cast members embark into this classic fantasy musical. A captivating two-and-a-half-hour journey will be undertaken as the audience follows Charlie Bucket and the four other golden ticket winners through a magical land filled with chocolate wonders and Oompa Loompas. We're diving into the behind the scenes from the director and a cast member to get a glimpse of what audience members can expect from this enchanting show.

Director Jan Alexandra Smith, who holds 37 years of performing arts experience and has been directing since 2007, shared that she's lost count of how many times she's watched the 1971 film adaptation of this classic tale. Growing up with the film version as a child, Smith felt it had "a very lasting impression," on her and that she holds it "close to her heart."

For those unfamiliar with the story of *Charlie and the Chocolate Factory*, Smith explained that it follows "a terribly poor young boy who has practically nothing but the love of his family and the dreams of becoming a chocolate maker."

When young Charlie wins the chance to tour "the most famous chocolate factory in the entire world," he steps into a magical land of wonder.

Cast member, Melissa Mackenzie, who plays the role of Mrs. Bucket (Charlie's mother) a hard-working single parent who also takes care of Charlie's grandparents explained how imagination isn't the first thing on her character's mind.

Mackenzie explained that in some ways she can relate to her character in terms of being a "realist."

"There's a protection in Mrs. Bucket of not wanting to get hopes up too high and to stay tethered to the ground," Mackenzie said. "But also, we still need to encourage ourselves to dream."

While Mrs. Bucket restricts herself from a high level of imagination, there is a scene towards the end of the first act where she sings a lullaby to Charlie, highlighting her realization that she needs to dream and allow her son to continue to dream as well. Mackenzie said that this is her favourite scene and that Mrs. Bucket's journey is "quite lovely."

Both Smith and Mackenzie stated that the creative team they worked with was one of the main highlights of being a part of this production. For such an extraordinary musical, you really need "a team that works beautifully together and that always offers great ideas and great solutions," Smith said.

"The joy, dedication, and commitment to community and storytelling is so present," Mackenzie added.

As a big *Charlie and the Chocolate Factory* fan myself, I'm counting down the days until I can see an Oompa Loompa on a stage. Being someone a lot like Mrs. Bucket, who needs a lot of structure and in most cases a realistic point of view, I'm very excited to have my eyes opened by this musical that is filled with pure imagination.

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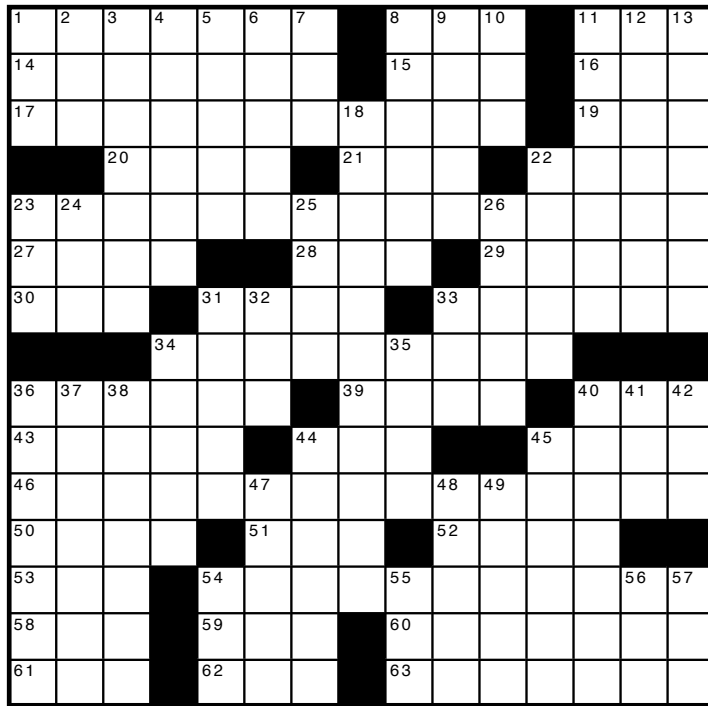
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"Color War" by Steve Zisser

ACROSS

- 1. Chevy sedans
- 8. Morning moisture
- 11. "____ Yankee
Doodle Dandy"
- 14. Trump or Biden, e.g.
- 15. Much of it may
be about nothing
- 16. Broken-down horse
- 17. Herbicide used by
the military
- 19. Had for dinner
- 20. Lands in the water
- 21. Diamonds, to a yegg
- 22. Place for an ark
- 23. "Star Spangled Banner"
illuminator
- 27. Workplace regulating agcy.
- 28. See 31-D
- 29. Chillaxes
- 30. Robin, the ____ Wonder
- 31. Not at all rich
- 33. They're doomed
- 34. It may be raised in defeat
- 36. "Campbell Soup Cans" painter
Andy
- 39. One-armed bandit feature
- 40. Jack and Bobby's brother
- 43. Bide one's time for
- 44. Center of a simile
- 45. Follower of Ships and Chips
- 46. Transportation option
for The Beatles
- 50. Preceder of scope or phone
- 51. Busy mo. at the IRS
- 52. Hydrocarbon suffixes
- 53. ____-Wan Kenobi
- 54. Fighting soldiers
from the sky, perhaps
- 58. Hand over, to Burns
- 59. Button on a DVR
- 60. Belonging to the sister
of Venus
- 61. They can be sudden death, for
short
- 62. Winter time in NYC
- 63. Noted lamp rubber



DOWN

- 1. "This ____ test..."
- 2. ____ shot
- 3. Like overly moralistic speech
- 4. Golfer Sorenstam
- 5. Coffeehouse specialty
- 6. "It's ____ Unusual Day"
- 7. Abbreviated Sabbath speech?
- 8. Twist and Jerk
- 9. Two-____ sword
- 10. "____ is me"
- 11. Addled
- 12. Older and wiser, perhaps
- 13. Forever young
- 18. Tire specification
- 22. Neat-o, groovy, and rad
- 23. Mr. Reiner or Mr. Petrie
- 24. Mexican bear
- 25. What Santa Claus
should be covered with
- 26. Say "I told you so!"
- 31. Some publicity events
- 32. It may be burned
in a menorah
- 33. Mop & ____
- 34. At the same time as
- 35. Exerciser's target
- 36. "Attaboy!"
- 37. Not very much
- 38. Back-and-forths
on the tennis court
- 40. "____ up"
(packing crate instruction)
- 41. Long time
- 42. Color changer
- 44. Facet
- 45. "Roses ____ violets..."
- 47. Seller's goods
- 48. "The Pirates of Penzance" heroine
- 49. The end of ____
(torch passing time)
- 54. Test for potential
PH.D seekers
- 55. Covert org.
- 56. Mai ____
- 57. 9-digit identifier
- 51. Follows the
"when in Rome" motto
- 54. Phobia starter
meaning "crowd"
- 55. Throw for ____ (astound)
- 57. Québécois land?

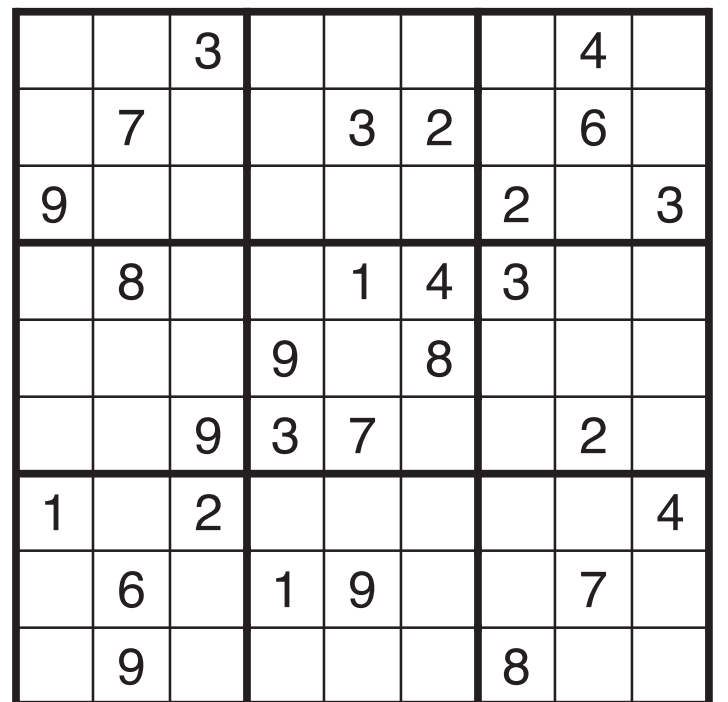
WORD SEARCH



FAMOUS SINGERS WITH ONE NAME

- | | | | |
|---------|-------|---------|-----------|
| Madonna | Akon | Duffy | Timbaland |
| Dido | Bono | Eminem | Shaggy |
| Enya | Usher | Adele | Sting |
| Pitbull | Moby | Beyonce | Ludacris |
| Aaliyah | Yazz | Seal | Tiffany |

SUDOKU



Puzzle rating: Very hard

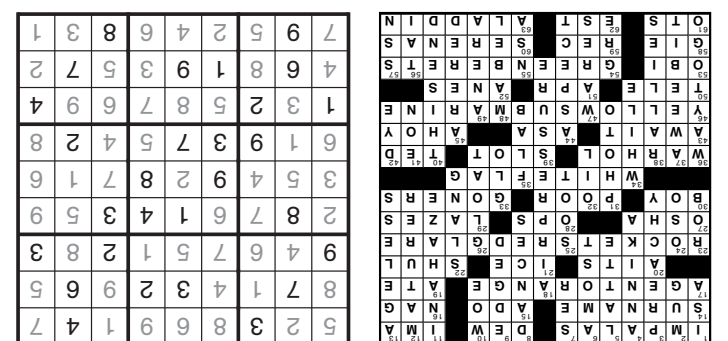
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CRYPTOGRAM

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



"Where words fail, music speaks." — Hans Christian Andersen

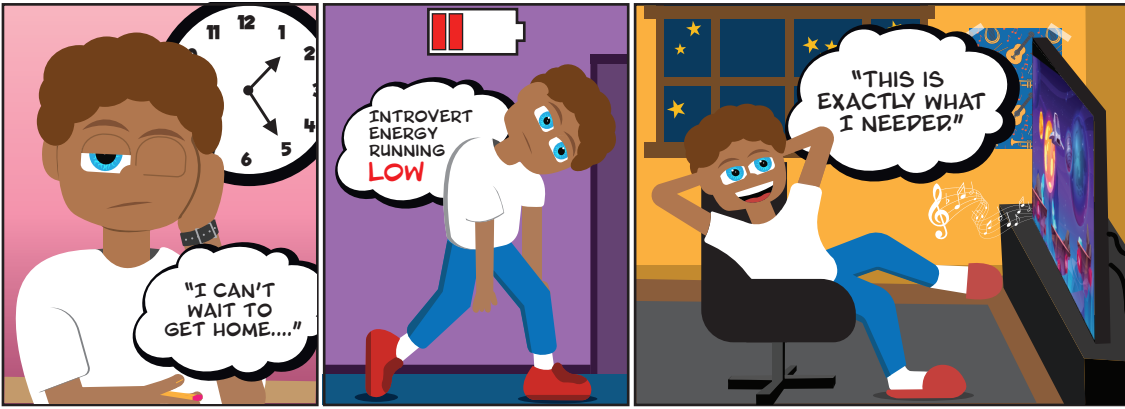
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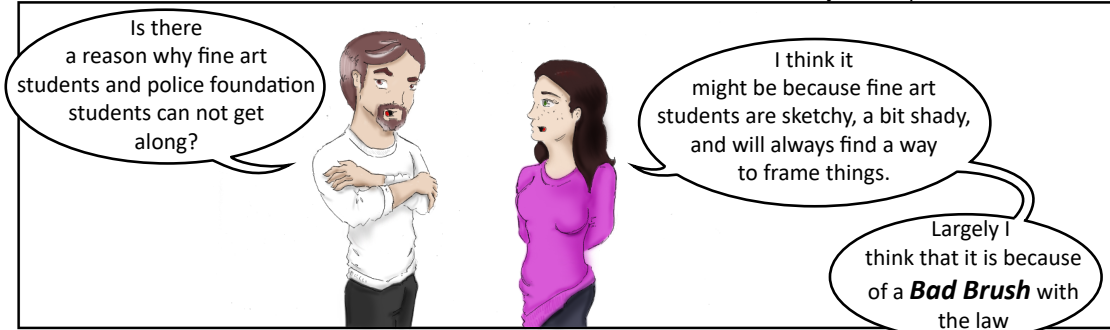
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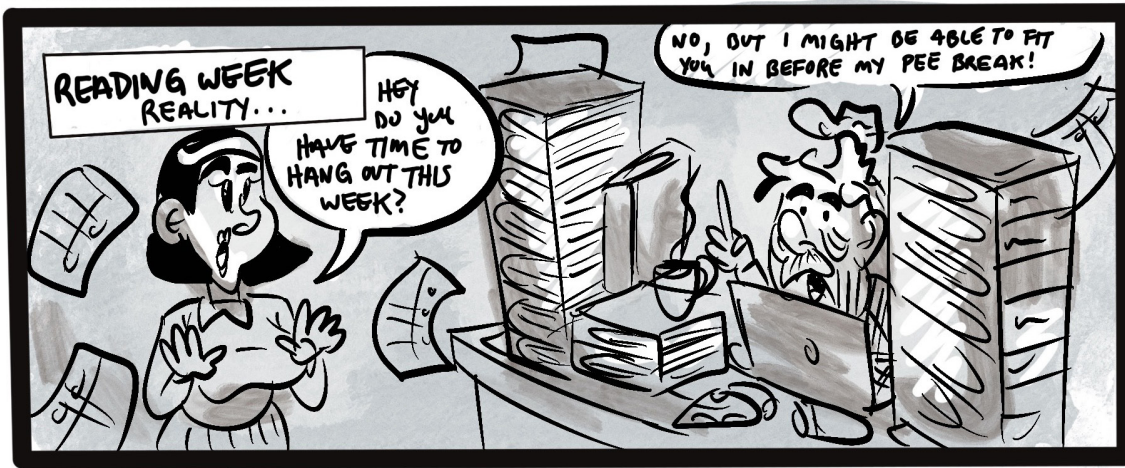
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Freshman Fifteen



By Alan Dungo

Butt sweat n Tears by Andres Silva



Editorial Cartoon by Mauricio Franco

Horoscopes

Aries

Get everything you want to do the rest of this month sorted out in your head before you begin. Having a plan in place will make your journey enjoyable. Learn from the experience and you'll make choices that enhance your life. A short trip, open discussion, or firm plans with someone you find entertaining will encourage you to participate more in family or community events. Expect to be corrected by someone critical. Listen attentively, be gracious, and use the information to further your pursuit. Refuse to let an emotional situation get to you. Go about your business and tidy up loose ends.

Taurus

A positive attitude will draw helpful input that points you in a unique direction and encourages forward-thinking change. Consider the benefits of personal growth. Be careful regarding money and dealing with red-tape issues. Listen to what others say but verify the information before you proceed. Someone you thought you could trust will let you down. Take the high road, be kind, and be responsible. If you expand your mind and opinion, you'll get a different perspective. An unexpected change will give you the freedom to incorporate something you want to do into your plans. Trust your instincts and pursue your dreams.

Gemini

Observe, formulate thoughts, and rely on yourself. Please don't depend on or trust others to do their part. Use your imagination, and you'll devise a plan that won't disappoint you. Stick to basics, use your insight and vision, and focus on completion. You'll draw people who challenge you to use your imagination, but before you share all your ideas and secrets, consider what you must gain or lose by trusting someone with your thoughts. Keep an open mind, listen attentively, and take the information you receive and alter it to fit your purpose. Charm, coupled with intelligence, will encourage others to give you the right of way.

Cancer

Take something you enjoy doing and turn it into something lucrative. Learn to use your skills to your advantage instead of letting others exploit your talents to benefit themselves. Don't be shy, exude confidence, and you'll exceed your expectations. Take a moment to evaluate what others say or contribute before you decide to connect yourself and your plans. Don't fall short of your goals because you are insecure and choose to rely on others. Take control, move forward alone, and reap the rewards. You'll get a better sense regarding who can and will help you get ahead if you rely on their past performance.

Leo

Wipe your slate clean and start using the experience and lessons learned to make the most out of what you can offer. Don't shy away; take responsibility for your actions and your success. Don't trust anyone offering the impossible. A loss will follow if you get caught up in someone's hype. Use your intelligence and physical attributes to get ahead, and you'll dodge ending up in a vulnerable position. You can offer guidance, but don't give away your ideas. Pay attention to what's happening around you. Someone will portray a vision that is far from accurate. Dig deep, and you'll discover flaws and recognize your good fortune.

Virgo

Adjust your schedule to ensure you don't miss anything that can be advantageous. What you learn or discover and the connections you find in the process will offer insight into what's possible and who is trustworthy. Implement changes that suit your needs. Take a step back when dealing with domestic affairs. Keep an open mind, but don't buy into emotional blackmail or take on responsibilities that don't belong to you. Listen, share your thoughts, and head toward something that benefits you. Participation will lead to positive change. What you discover will open your mind to all sorts of possibilities. Get involved in activities geared toward health, fitness, and a vibrant lifestyle.

Libra

Listen and gather information that can help you manage your money better. Researching and learning how to improve your situation by updating your skills will pay off. Use your charm to your advantage, someone will share information or connect you to someone beneficial. A heartfelt appeal will help you sway the way someone thinks. Invest time and money in yourself and your ideas and attributes. Keep your emotions in check to avoid a run-in with someone close to you. A positive attitude will help you get your way. Do your best to reduce your overhead and lower stress.

Scorpio

Look for and take advantage of any opportunity that comes your way. You can stabilize your life and secure a better future if you are faithful to what you do and your beliefs. Opportunity is apparent if you are focused and willing to do the work yourself. Money will slip through your fingers if you aren't cognizant of where each dollar goes. Don't buy into someone else's dream when you have your own to discover. Say no to temptation and yes to self-perseverance. You'll instinctively know who you can trust. Align yourself with people with something to offer and form a team that brings out your best.

Sagittarius

Avoid sharing too much information. Be more observant and secretive regarding your whereabouts and plans. Look at the possibilities and concentrate on whatever will help you reach your goal. Keep your home life private. Refuse to let anyone test your patience. Stand your ground over issues that influence how you live or where. A passionate approach to life, love, and happiness builds confidence and depresses opposition. Get serious about earning money. A force play will push you in a better direction. Don't hesitate to make a move that offers personal or spiritual growth. Do what's best for you.

Capricorn

Connect with people who enrich your life and share your ideas. A change at home or hosting an event will lead to a window of opportunity that offers a way to use your skills to conquer your expectations. Initiate, nurture, and finish what you start. Check out every possibility. A positive change will develop if you promote yourself and what you have to offer. Embrace change, and your journey will lead to more extensive opportunities. Share your feelings and you'll find out where you stand and what's possible. A change at home conducive to comfort and convenience will free up time to do the things that bring you the most joy.

Aquarius

Protect your reputation. Don't pass along information that isn't factual. Someone will make you look bad if given the chance. Don't accommodate someone by agreeing to participate in a questionable move. Listen to your heart and surround yourself with trustworthy people. Don't take a financial risk. It's better to be safe than sorry when dealing with money matters. Romance is favoured, but only if equality is present. Pay attention to what's happening at home. Don't share information; it will give someone the upper hand. Anger will put you in a vulnerable position. Bide your time, take notes, and avoid making a premature move.

Pisces

Explore the possibilities. What you discover will lead to personal gain, independence, and knowledge that can change how you use your skills. Refuse to let anyone stand in your way or make you feel guilty for what you want to pursue. An emotional incident will jeopardize your chance to advance. Choose your words wisely and only promise what you know you can deliver. Someone will undermine you if you give them the chance. When someone goes low, you go high. Reconnecting with the people you know you can trust will lead to benefits and new opportunities. A change of plans will take you on a journey you don't want to miss.

Fuel Overwatch team battles for playoff spot



CREDIT: JACOB WHITE

The *Overwatch* team has a couple more games that will decide if they make it to the playoffs.



Alex Allan (he/him)
INTERROBANG

Overwatch captain Albert Butros said that the team is currently sitting with three wins and one loss in their division. The main roster has ART3MIS, SORKED, THEDOOR, JESSICA and NINJX. Cashews is also a part of the team as a second captain. The team has been competing in the second highest division but Butros does not have much information on any other teams they are playing against and their skill level.

“We play outside of our games a lot as well as bonding by playing other games which enhance our team dynamics a lot,” Butros said.

“We definitely have a good chance of making the playoffs especially since a lot of players are now starting to improve their skills from practices,” he said.

Butros has been playing *Overwatch* since the beta. He said that

what inspires him to come back to play the game is the characters that *Overwatch* has. The graphics *Overwatch* has developed have much more of an animated style but the playstyle of the game also and *Overwatch* was one of the first games to break into Esport competitions.

“I have also played with professional *Overwatch* league players since I was top 500 on support for a very long time,” Butros said.

The Fuel *Overwatch* team still has a few regular season matches to finish in the upcoming weeks and will be striving to take a playoff spot.

Over on Fuel *Valorant* action, Micheal “Mink” Stastny mentioned that they have a guaranteed spot in playoffs. The Fuel team has been playing in National Association of Collegiate Esports (NACE) and Collegiate *Valorant* (CVAL). The Fuel team ended the regular season with five wins and two losses.

“Our team dynamic is surprisingly solid despite us not really playing with each other beforehand,” Stastny said. “We mesh really well, our team spirit is quite high and we

quickly manage to figure out how our dynamic should work versus our opponents,” he said.

There is no update on if the Fuel team has made a playoff spot for CVAL. Stastny said that they have faced teams that have given them a challenge, but no rivalries have been made. The only team who has won a match against the Fuel team has been the University of Wisconsin Stout.

“As long as we play together, I believe we can make the playoffs for CVAL as well,” Butros said.

More information as our Fuel Esport teams move into playoff action. Both *Call of Duty* teams have clinched a playoff spot and will start competing before the end of November. Fuel League of Legends are hoping to turn things around. Connor “Conrad” Grayley mentioned that they have not won a game yet. They recently had a bye week and Grayley said that they took that time to practice and hopefully get some wins on the board.

Make sure to keep up with the latest Fuel announcements on our socials and Discord.

Running ahead: Katie Rice defends her OCAA title



Justin Koehler (he/him)
INTERROBANG

Fanshawe’s Katie Rice has officially defended her OCAA gold medal title for women’s cross country.

Rice became the sixth person, and the first since 2018, to successfully defend the number one title.

Prior to the championships, Rice had completed a large accomplishment in finishing the regular season with a perfect record and winning all three invitational meets.

At the OCAA Cross Country Championships hosted by Conestoga College at Shade’s Mills Conservation Area in Cambridge, the third-year runner won the title, with both Fanshawe’s men’s and women’s teams finishing with the silver medal.

She took the lead in the 6km race with a time of 23:28, over 17 seconds faster than the next placed runner.

Along with Rice, other runners on the women’s team included Katie Funk who finished in 11th place with a time of 25:40, Grace Boyce who finished in 15th place with a time of 26:01, Brooke Jez who finished in 23rd place with a time of 26:57,

and Allyson Kwarciak who finished in 31st place with a time of 28:18.

Fanshawe collected 41 points, five points ahead of the third place Mohawk Mountaineers.

Following their result, Rice was named to the All-Ontario First Team and Funk was named to the All-Ontario Second Team.

With the win, Rice has now won five straight OCAA competitions dating back to last season’s 2022 OCAA championships, now including the three invitationals and this year’s championship.

After leading the way at provincials, Rice, along with both the men’s and women’s teams, punched their tickets to the CCAA National Cross Country Championships hosted by Dalhousie Agricultural College in Truro, Nova Scotia.

Against runners from across the country, Rice would end up finishing at number 11 with a time of 23:12.

Funk would finish 38th with a time of 25:01, Boyce finished 51st with a time of 25:48, Jez finished 81st with a time of 28:02, and Kwarciak would finish 85th with a time of 28:30.

The wins for both Rice, the women’s team, and the men’s team have secured the college with their second and third CCAA national championship appearance. They are joined by



CREDIT: FANSHAWE ATHLETICS

Katie Rice (pictured) finished with the gold medal at the OCAA championships with a time of 23:28.

just the men’s golf team this season.

With the season now wrapped up for the team, Rice along with the other runners now enter their off-season, with plenty of training, reflecting, and resting to come.

BI-WEEKLY STANDINGS



Women’s Volleyball

OCAA West Division Standings

Team	GP	W	L	PTS
HUMBER	5	5	0	10
ST. CLAIR	6	5	1	10
CONESTOGA	6	5	1	10
NIAGARA	6	5	1	10
MOHAWK	7	5	2	10
REDEEMER	7	3	4	6
CAMBRIAN	7	2	5	4
SHERIDAN	5	1	4	2
FANSHAWE	6	0	6	0
BOREAL	7	0	7	0

Men’s Volleyball

OCAA West Division Standings

Team	GP	W	L	PTS
FANSHAWE	6	5	1	10
CONESTOGA	6	5	1	10
NIAGARA	6	5	1	10
ST. CLAIR	6	4	2	8
CAMBRIAN	7	3	4	6
MOHAWK	7	3	4	6
REDEEMER	7	3	4	6
HUMBER	5	2	3	4
BOREAL	7	1	6	2
SHERIDAN	5	0	5	0

Women’s Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	4	4	0	8
LAMBTON	5	4	1	8
MOHAWK	4	3	1	6
HUMBER	3	2	1	4
NIAGARA	5	3	2	6
REDEEMER	5	2	3	4
FANSHAWE	4	1	3	2
CONESTOGA	5	1	4	2
SHERIDAN	5	0	5	0

Men’s Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
MOHAWK	5	5	0	10
ST. CLAIR	4	4	0	8
FANSHAWE	5	3	2	6
LAMBTON	5	3	2	6
HUMBER	5	3	2	6
CONESTOGA	6	3	3	6
NIAGARA	5	2	3	4
SHERIDAN	5	2	3	4
CANADORE	5	0	5	0
REDEEMER	5	0	5	0

Printed standings are reflective of November 15, 2023.

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

CHESSTOURNAMENT
GAME NIGHT
Monday, November 20th
Alumni Lounge
6pm Friendlies | 7pm Tournament Start
FREE EVENT
Connect with us @fsu.ca/discord

fsu FANSHAWE STUDENT UNION www.fsu.ca

TOP 3 PRIZING

@FANSHAWESU

ACADEMIC INTEGRITY-TEA

Sip and Chat!

NOV. 22ND
10AM-12PM
in the Student Centre

www.fsu.ca/academic-integrity

FREE Tea and Cookies!
*while supplies last

@FANSHAWESU

fsu FANSHAWE STUDENT UNION www.fsu.ca

SEX TOY BINGO with CRYSTAL QUARTZ

OVER \$300 IN PRIZES

THE OUT BACK SHACK & ONLINE
Doors open @ 7pm
TO PLAY ONLINE SIGN UP IN ADVANCE AT fsu.ca/bingo

SEX TOY 34 4

NOV 22ND 8PM 2

FREE (NO COVER) @FANSHAWESU

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SUPER SMASH BROS.™
GAME NIGHT
Monday, November 27th
Alumni Lounge
6pm Friendlies | 7pm Tournament Start
FREE EVENT
Connect with us @fsu.ca/discord

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TOP 3 PRIZING

@FANSHAWESU

SPORTS NIGHT

NOVEMBER 28, 2023

Leafs vs. Florida Panthers

TORONTO MAPLE LEAFS

LEAFS on the BIG Screen

OBS 7PM

1/2 Price Wings

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@FANSHAWESU

holiday CRAFT FAIR

WEDNESDAY, NOVEMBER 29TH

Buy presents from local vendors for family and friends and get them gift wrapped for FREE!

11AM - 3PM ❄️ STUDENT CENTRE - 2ND FLOOR

@FANSHAWESU

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Wellness Wishes

Wednesday, November 29th
Student Centre • 11am - 3pm

- Glassblower • Wellness Wishes Table • Psychics
- Hot Chocolate and Cookies • Pictures with Santa
- Present Wrapping • Christmas Movie

@FANSHAWESU

fsu FANSHAWE STUDENT UNION www.fsu.ca

OBS **Christmas Party**

Thursday, Nov. 30th
FREE | The Out Back Shack | 8 PM

DJ Deon, Christmas Cocktails

Prize for Ugliest Christmas Sweater

@FANSHAWESU

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FANSHAWE'S STUDENT VOICE

SAY IT WITH A BANG?

HAVE AN OPINION? SUBMIT YOUR STORY!

theinterrobang.ca/submit-letter

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