

London Food Bank deals with influx of international students

The best gifts are the ones without a price tag

The mystical world of *Charlie and the Chocolate Factory*

What's new with Fanshawe Fuel Esports?

INTERROBANG



OUR HOLIDAY TRADITIONS

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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
 Welcome to our final issue of 2023. It's been a busy term with many highs and lows, and now it's finally time to take a breather as we look ahead to the new year.
 The fall semester has flown by and it's hard to believe we've already put out eight issues of Interrobang since August. We've spanned topics ranging from sex to tech to mental health, and we've got even more exciting themes to cover in 2024.

Our Holiday Issue explores how and why Canadians are spending less on holiday shopping this year, and how some of the best gifts you can give are those without a price tag. We also look at some of the ways you can give back to your community through volunteer work and donations.

We hope you find this issue both informative and fun, and from all of us here at the Interrobang, happy holidays and have a beautiful new year!

This time of year is one of reflection, a time for coming together and looking back on the past year in anticipation for the next. The holidays have also become synonymous with the idea of peace and joy. But for many around the world, peace and joy are in short supply right now. So as you enjoy your break, cuddling up with family and friends and savouring the privilege of a peaceful holiday season, spare a thought for those unable to do the same, both abroad and close to home.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca

INTERROBANG PRESENTS

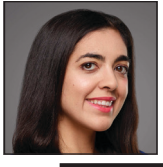


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Canada to cut off-campus work hours for international students



Gracia Espinosa (she/her)
INTERROBANG

On Oct. 7, 2022, Sean Fraser, the Minister of Immigration, Refugees, and Citizenship, announced a temporary lifting of the limit of 20 hours per week for off-campus work for international students in Canada. The pilot project, which benefited 500,000 students, will end on Dec. 31.

“We know why students try to work more hours. Things are expensive. But it’s always been the rule about the 20 hours per week. And it hurts my heart when people come here thinking they can work more than 20 hours per week because they didn’t understand it was a temporary lifting,” said Rebecca Summerfield, a career services consultant at Fanshawe College.

However, Summerfield believes that when the government did the pilot project, it confused everyone because it wasn’t clear who could participate.

“I can’t say for sure that anyone who started at Fanshawe College, probably in the summer semester of this year, is not part of that pilot project. But everyone who started in September this semester is not part of the pilot, and no one else will continue in this project because it’s ending,” Summerfield said.

JaiRaj Bhambota, a student of Fanshawe College’s television and digital news program who started work in August, was one of the international students affected by the termination of the pilot project.

“I am managing my assignments and my work as well. And I know I can handle more, but the expenses are too much. It’s so expensive. So, to maintain that balance, we need to work more, for sure.”

Bhambota acknowledged that he works less than 20 hours because of this limit.



CREDIT: GRACIA ESPINOSA

International students will once again have to settle for working 20 hours a week or less while they complete their studies in Canada.

“It’s like, 18 hours a week, sometimes like 17 hours a week. So, in that scenario, calculations are all messed up, and we are not earning that much that we expected to earn.”

Summerfield explained that the limit on work hours across Canada was to ensure that immigrants coming to study could focus on

their programs. In addition, Summerfield said that she and other co-workers had seen in the past a negative effect on many of these students working more than 20 hours a week and how difficult it is to keep up with their studies.

The President of Fanshawe Student Union (FSU), Stephin Sathya,

stated that parliamentarians believe international students’ studies will be affected if they work 40 hours per week. However, according to Abacus Data, in 2023, more than two-thirds of international students who worked 40 hours or more per week achieved an academic average of 85 per cent or more.

“I feel like there should be freedom to work more hours because it will be easier for employers to hire people and students to work,” Sathya said. “You can choose a work environment that is suitable for you, and you can balance your studies.”

Students with children express frustration over lack of support



Gracia Espinosa (she/her)
INTERROBANG

Wendy Pereira is a Fanshawe College business insurance student with a seven-year-old son. She believes the college could be doing more to support students with children, especially international students.

“They know that most of the students who come here are between 18 and 22 years old, but a percentage of those, including me, are mature students who are 30 years old. If you also look at nationalities, especially from American countries, they come to Canada with children,” Pereira said.

The latest Fanshawe Facts report reveals that most students in the 2022 and 2023 academic years, including domestic and

international students, were between 20 and 24. Following them, students aged 25 to 29 were the next largest group. In terms of nationalities, Indians make up the largest group, while Brazil and Colombia come in at the sixth and ninth positions, respectively. However, it’s important to note that the college does not collect data related to the number of students who have children.

Peace Ezenwa is a respiratory therapy student from Nigeria, and said her biggest struggle was finding affordable childcare.

“I don’t kind of just leave the kids with anybody. And so, I find it difficult to find help. And the help I found charged me \$20 per hour. And that is too much,” Ezenwa said.

She found other students in the same situation in her program, like Jeff Van Den Ende and Brandi Griffin. Van Den Ende and Griffin both said they might consider bringing their children to class with



CREDIT: GRACIA ESPINOSA

Up until 2004, Fanshawe College did have a daycare centre which closed due to lack of government funding.

them as a last resort, however, they acknowledged that this can be a disruption for other classmates.

“I can’t imagine concentrating in class with a toddler who I must watch and entertain so that the child doesn’t bother other classmates,” Van Den Ende said. “If there were a place at Fanshawe where I could sign my kids up for the day where they could do activities, that would be a massive help because then my

wife wouldn’t have to use up her limited number of vacation days.”

Up until 2004, Fanshawe College did have a daycare centre for children in K Building, which closed due to lack of government funding.

“Many colleges that had early childhood education had their lab schools,” explained early childhood education program coordinator, Janet Foster. “And most of them are gone because of money.”

Griffin thinks it’s a wasted opportunity for Fanshawe not to offer childcare services because, “They have childhood development programs and other programs that rely on students having firsthand previous experience with kids. So, it’s like two birds, one stone if you can provide extra resources for students that benefit them in those programs.”

Misconceptions lead to surge in international students at London Food Bank



Mauricio Prado (he/him)
INTERROBANG

The number of international students attending the London Food Bank has increased significantly due to a misunderstanding about how food banks in Canada function and some misleading information on social media.

London Food Bank co-executive director Glen Pearson said the students “inundating” the Food Bank were from Fanshawe College. He added he found that out because he talked to some of them while in the Food Bank. That prompted him to call Fanshawe president Peter Devlin to discuss the situation further.

“I told him that it had been manageable until September. Then, for whatever reason, at the start of Fanshawe’s September semester, we were just inundated with East Asian students coming to the London Food Bank,” Pearson said.

He added that the influx had created some difficulties for their volunteers, but he also wondered if Devlin could help them understand how to deal with it.

“[The college] set up a liaison that would work with us in the process,” Pearson said. “So, we came out of that call very gratified because we partner with Fanshawe on several issues.”

He said that after some days, he approached a couple of Fanshawe students, asked them about the problem, and said they were “very apologetic.”

“The students said to me that they thought and assumed that food banks were part of the Canadian culture,” he said. “They were putting the Food Bank at the same level as a grocery store but free.”

Pearson credits the confusion to a popular video on social media making its rounds through international communities, which stated that Food Banks were sources of free food.

But Fanshawe student Laura Tibaquira said she started using the Food Bank because it was hard for



CREDIT: MAURICIO PRADO

Glen Pearson (pictured) said the number of international students attending the London Food Bank has suddenly increased.

her to get a job when she first came to London. She added that she did not know about the video on social media.

“London is more expensive than I initially thought,” Tibaquira said. “I did it for necessity and not for a video. I did not even know that video existed.”

Tibaquira stated that without the help of the Food Bank, she would have “died of hunger” in the first months in London. She said she was provided with some basic things like pasta and rice for her to cook, which helped her immensely when shopping for the rest of her groceries.

“The fact that I could go to the supermarket just to buy meat and chicken was a big source of savings for me initially,” she said.

Fanshawe Student Union (FSU) president Stephin Sathya said it is important that students understand the purpose of the Food Bank.

“We must ensure that students understand the difference between what is a government-funded service and what is not,” Sathya said.

He also said that an email from the college was sent to all the students to clarify the use of the Food Bank.

“That email explains all the resources available to students for them to understand they have a lot of support here on campus before they go to the community,” he said.

Tibaquira said she did not receive anything in her email. She added that she regularly checks her personal and Fanshawe email accounts to see what is new.

“I do not know if they did not include me or simply did not send anything,” Tibaquira said.

Sathya said they have seen a common reason for students not being able to afford food.

“The lack of jobs and at the hours at their current jobs has led them not to have enough finances to spare for groceries,” Sathya said.

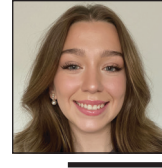
Sathya shared a social media video explaining the use of the Food Bank. In the video, he emphasized that the Food Bank exists to serve people in crisis and in extreme need of food support. He ended the video by encouraging every student to remember the purpose of the Food Bank and be conscious about it. Sathya added that the FSU will work with the college to inform students through all possible channels.

Pearson said that Canada’s economic challenges are constantly changing and that the College must inform international students about this before they come to Canada.

“An accurate assessment needs to be given to students applying because they do not know. A proper and mandatory assessment needs to be given to them,” Pearson said.

Pearson said it is a manageable problem as long as everyone works together to solve it and prevent it from happening again.

Fanshawe employee makes a difference



Mia Rosa-Wayne (she/her)
INTERROBANG

When thinking about making a change in your community, there are many ways to go about it. For Arjun Bhardwaj, it was getting involved with United Way.

“I started my United Way journey in 2005 when I got an opportunity to do my internship here,” Bhardwaj explained. “The four-month internship went rather quickly, but the lessons stayed with me and stoked a desire in me to learn more about UW’s mission. So, when the Sponsored Employee opportunity came my way, I jumped at the chance.”

As part of the United Way Sponsored Employee Program, a 16-week program that provides service and implements fundraising strategies, Bhardwaj monitors campaigns and results and presents the values of giving to United Way to staff at Fanshawe College.

As someone who left India to come to Canada, he believes that change in people’s life is something that is important, and said working with United Way has changed his life for the better.

“I had always heard that Canada is a land of opportunities and I experienced it first-hand when I came to the land of coffee cups and hockey pucks. During and after my studies at Fanshawe, I have had lots of opportunities. The latest one being the Sponsored Employee position at UW.”

Bhardwaj went on to say that Fanshawe has also been a big support for United Way.

“Last year, Fanshawe College raised more than \$120,000 in support of United Way! This amount combined with other donations from across our region, benefitted 65,000 people as they used a United Way funded program or service.”

With Fanshawe’s support, they were able to help 314 unhoused adults, providing 5,326 community meals and food boxes and 276 children were able to look forward to a safe fun-filled week at Stevenson’s Children’s Camp.

“I was ecstatic to see what good can come out of doing something so big or little such as donating to UW and see the difference it can make on a family,” Bhardwaj said. “Coming from a country that also deals with poverty, I don’t want to see the country I now live in and love get worse. I wanted to step up, I want to continue making a change.”

During a community walk visiting numerous United Way agencies, Bhardwaj noticed the many issues London deals with such as homelessness and families struggling for food.

“At that time, I could not help but wonder what one opportunity could do to change the lives of the individuals I was seeing, just like one opportunity had changed my life,” Bhardwaj said. “It is only because of opportunities people have given me that I have been able to succeed here.”

Bhardwaj said every contribution to United Way helps and to consider helping out this holiday season. Students interested can attend the Memphis Jam on Dec. 16 at Aeolian Hall and the Silent Auction for United Way from Nov. 27 to Dec. 8 online at 32auctions.com/FanshaweUWSilentAuction23.



CREDIT: ALLEN GAYNOR

Arjun Bhardwaj is committed to giving back to his community through United Way’s Sponsored Employee Program.



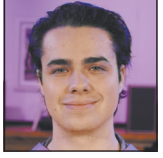
Have any questions or comments about Fanshawe’s Mission, Vision, Values or board policies?

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Tyler Harcourt

Student Representative to
The Board of Governors

United Way to hold rock concert for charity



Finch Neves (he/him)
INTERROBANG

United Way Elgin-Middlesex, the London area branch of the community-based charity, has begun their yearly holiday fundraising. Every year, they ask Fanshawe students to lend a helping hand for those in need, and every year Fanshawe students answer in abundance.

One of their yearly fundraisers is a rock performance held in the Aeolian Hall of Music and Arts, which this year is on Dec. 16 at 7 p.m. Fanshawe students and faculty alike will gather to listen to The Memphis Jam, a band consisting of two members of Fanshawe's staff, as well a graduate from Fanshawe's music industry arts (MIA) program, and a local musician.

The band's old rock sound is more than just an imitation of the greats, as the lead vocalist and guitarist Gary Lima, Fanshawe College's Vice President of Corporate Strategy and Business Development, spent his youth as a member of The Dice, a rock band that toured alongside Billy Idol and Stevie Ray Vaughan.

With this year being their 10th anniversary as a band, they look to put on a spectacular show in the

same venue as their inaugural show. Every year, the band gathers, with this being their ninth year in a row, to garner support for United Way's many community-based programs.

While United Way's projects are numerous and varied, they all focus on aid through the work of the community. They have developed systems to help individuals struggling with mental illness, the housing crisis, and most notably in this campaign, those going hungry.

Darlene O'Neill, one of the co-chairs of Fanshawe's campaign this year said, "If every student gave \$5, you could probably feed three or four hundred children."

Drastic increases in food prices have left many in the London area struggling to provide their families with food. United Way alleviates much of that strain for families through breakfast programs, and the support of many organizations directly targeting the issue.

"United Way offers all of the types of services that are really important in a community," O'Neill said. "Because we are a community College, we are part of this community and I think that some of us are more fortunate and others, but others use these services".

O'Neill said many students make use of the services and that for some, knowing that they are directly supporting students offers a face to issues that often feel distant.



CREDIT: JOHN SING

Gary Lima (pictured) performs with his band, The Memphis Jam, to raise funds for United Way.

"Mental health is something everyone struggles with at some point in their life, especially students," she said. "They are under a lot of pressure and that can affect anyone. When you support United Way, you are supporting your

fellow students to be healthy and successful."

Fanshawe's United Way campaign is looking for donations and volunteers for the holiday season, but their need for support expands year-round. Anyone looking to lend

a hand or help provide for those in need around them can visit D1063 in Fanshawe's main campus to learn more about United Way and Fanshawe's involvement, or by attending The Memphis Jam's concert.

The holiday season comes to London with the Lighting of the Lights



Justin Koehler (he/him)
INTERROBANG

London's annual Lighting of the Lights ceremony was held Nov. 24, featuring plenty of activities to highlight the night.

"The Lighting of the Lights is really a London tradition," said

Trevor Johnson, Special Events Manager with the City of London. "Its roots actually go back to the 1950s and it's something we celebrate each year as a moment to kick-off the holiday season."

According to London Mayor Josh Morgan, the event acts as a way to ring in the season.

"Since 1958, the Lighting of the Lights has marked the official start of the holiday season in London," said Morgan.

"I can't wait to see all the trees in Victoria Park lit up and hope it will help fill Londoners with the spirit of the holidays."

Along with the city's popular Santa Claus Parade, the Lighting of the Lights have become one of the city's key holiday staples, with many Londoners making the trek to downtown London to join in on the festivities.

"It's a great opportunity to get outside, see downtown, enjoy

something a little bit different, and be with your community."

Over 75,000 lights now illuminate the park nightly from 5 to 11 p.m. until the end of February.

The event also included food trucks, live music, and more.

Johnson said this year's ceremony also included an important focus.

"We're taking time to recognize the recent passing of Chris Bruinink, who was a Captain in the London Fire Department. A well-known and highly regarded member of the force," Johnson said.

Bruinink's family was there to switch on the lights alongside the mayor.

The event in Victoria Park also had a free 360-degree photo booth available to capture selfies with friends and family.

With the Lighting of the Lights, other festive London events will begin as well, some of which get started right once the event ends.

"Throughout December, there's activities all through downtown that families and individuals are invited to come down and participate in that are accessible and free for everyone. Horse and carriage rides, a number of different displays, that sort of thing. It'll be a bustling market district and we're looking forward to it."



CREDIT: CITY OF LONDON

Over 75,000 lights have been lit to mark the beginning of London's holiday season.

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Finch Neves
(he/him)
INTERROBANG

The holiday season is here and with it, many will be wondering the same thing: What gifts should I get my loved ones?

Gift giving comes with a series of complications like, 'What if they don't like it and can't return it?' 'How much should you spend?' and, 'What if you can't afford what they really want?' Well, fret no more because the best gifts I have ever received and given have all been homemade.

It is not that purchased presents aren't useful or appreciated. I am certain that most of us can think of a gift we have received that we use every day or care about deeply, but it is hard to beat the dedication and care that goes into something made by hand.

I remember being eight years old and waking up on Christmas morning. My family didn't always have a lot of extra money, but my parents always found something for us to get excited about and that year was no exception.

Under the tree, I found a long thin box that was surprisingly heavy, wrapped in red paper with white snowflakes on it. When my turn came to open my present, I eagerly tore apart the paper and threw aside the lid of what was a vacuum box only to find the greatest thing my eight-year-old mind could imagine: a sword.

My father had painstakingly carved me a wooden replica of Link's Master Sword from *The Legend of Zelda*, all at the perfect size and height for it to fit in my belt. I was ecstatic. I am pretty sure that they had to convince me not to bring it to church later that night.

It is not that other Christmases weren't great. One year I got a bike, which I still don't know how to ride to this day, another we got a Nintendo Wii, but somehow the sword is the most memorable. I loved that sword with everything my little heart had and I think a part of that was knowing how much had gone into it. Somehow, the sloppy edges didn't feel like flaws and the chip in one of the tri-forces tips added to the charm.

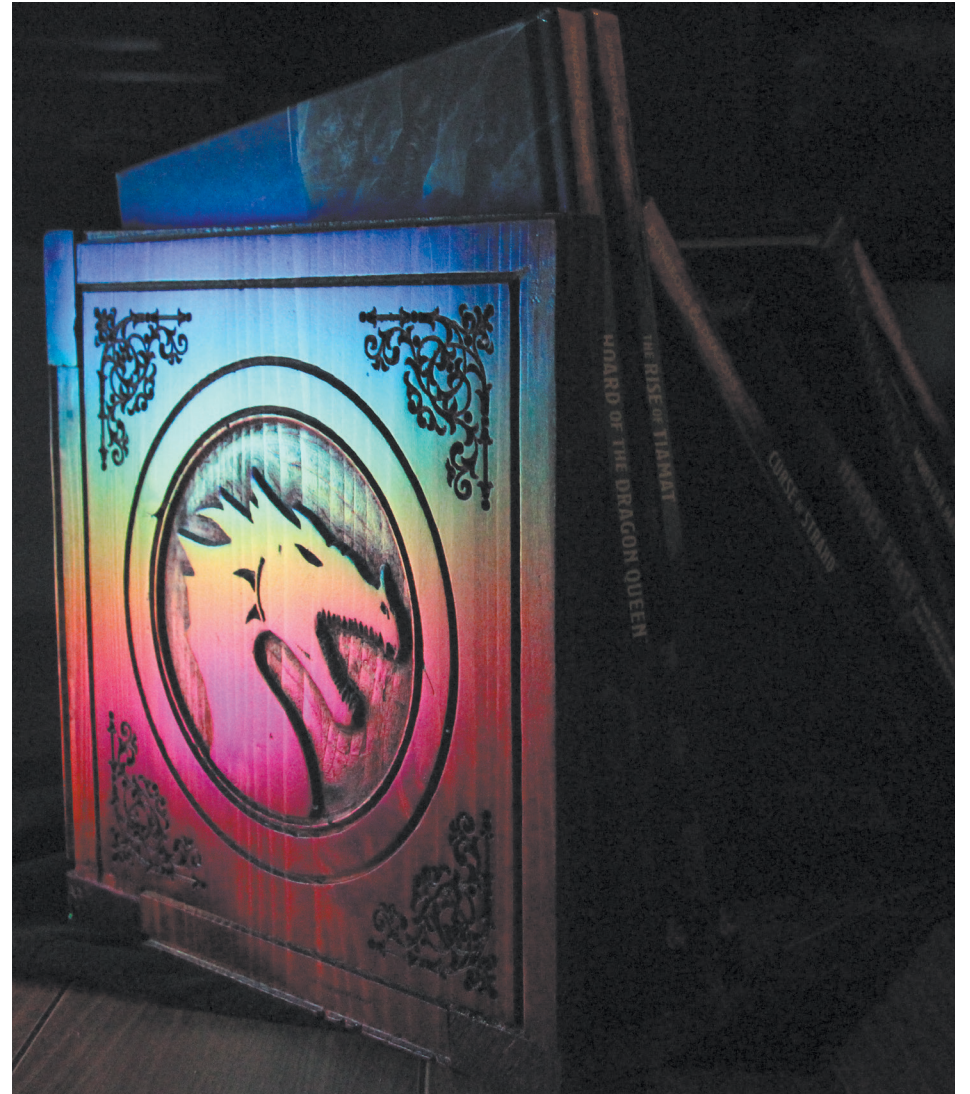
Like a torch, I carried the love imbued into that sword with me until I got the chance to do something similar. My first Christmas married; my wife told me that she didn't want anything. We had just paid our immigration lawyers and a lot of our future was unclear.

I toyed with the idea of getting her nothing, or even something small, but it felt wrong. I wanted our first Christmas to be special, to be something she would remember.

I spent the following weeks learning how to use CNC machines, which use computer programs to carve precise designs into wood, and how to finish wood. I called in some favours and borrowed a friends shop where I spent hours with a Dremel slowly cleaning up the rough edges that a cheap CNC bit leaves before staining and finishing the piece.

The idea was a simple one. She loved *Dungeons and Dragons* and had spoken about wishing she could display all of her books, so I made a tabletop display shelf with carved dragon heads on either side. It wasn't impressive, at least not as far as woodworking goes, and the finish was uneven, but she loves it to this day.

Perhaps, you don't have access to a woodshop, or hours to spend learning how to use a CNC design program, but there is something that you can offer. Poetry, cooking, a song, whatever it is, it may just be the best gift you could give.



CREDIT: FINCH NEVES

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Grief & Eugenics: An Ableist Horror Story, Part Eight



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

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

When I got home we embraced in excitement but as I sat down I knew what I wanted to do. I didn't want to go through the testing, the waiting, the anxiety and fear, or any of it. I would have preferred skipping all of that and terminating the pregnancy as early as possible. I had convinced myself that I was an unlucky person, and there was no way that this would turn out well. However, I didn't express this, as it wasn't my choice to make. I expressed my concerns, and asked Jolene what she wanted to do next.

She suggested rather than get emotionally invested, we should not tell anyone that we didn't absolutely have to tell. When the time came to make a decision if the results were the same as with Stuart, we had the option of a D&C (Dilation and curettage, a procedure to remove tissue from inside of a uterus). We wouldn't be able to meet our child but we wouldn't have to traumatize ourselves all over again. This is what she wanted and I was behind her to support her every step of the way.

To say it felt weird to keep all of this a secret from friends and family would be an understatement. All that I could do was hope that the odds were in our favour this time. It was a 50/50 chance with Stuart, what are the odds we would end up in the same spot again? Well, if you ask a fifth grade math teacher they can tell you, the odds are still 50/50, nothing changes. Unless you have good luck, which I don't. Again we went through the anxiety of getting the testing done and hoping Jolene wouldn't miscarry. Again, I waited by my phone for the result. Again, I hit the end call button with tears streaming down my face.

This time around we handled it so medically, so detached and most of all so cold. We had the appointment booked and I wanted to say, "wait, but what if we didn't do this..." Instead I packed my laptop so I could get some work done while I was waiting for Jolene to finish her appointment. On Nov. 16, 2016 we named our son Everett Moon. After losing Stuart I had introduced Jolene to one of my favourite sad bastard bands the EELS, fronted by Mark Everett. They sing hauntingly sad songs in a way that makes you feel like everything is going to be alright. As well, after Stuart I had gotten a waning moon tattooed on my bicep, Jolene thought it seemed an appropriate addition to his name and I didn't disagree.

These decisions weighed heavily on me. I felt as though I hadn't prepared myself properly for the situation at all. I now understand what effect disassociation from the disability community had. In an effort to be seen as more than my disability, I grew to increasingly hate all aspects of it. I felt like it had brought only pain, misery and grief into my life and that I would do anything to spare my future child the same. I didn't realize that by making these decisions I was further lowering my own self worth. If I thought that embryos who would have disability like me could be not viable, then why did I think my life was? With each loss, a part of me died. Though at the time I didn't have the vocabulary, or know the history behind it, I was playing an active role in Eugenics myself. I had bought the lie of the inferiority of life with disability, and could feel the blood on my hands.

A couple of weeks after saying goodbye to Everett, Jolene left for a trip to Paris. Something she had planned shortly after finding out about the pregnancy. I couldn't join her because I had used up all of my holidays at work for appointments for IVF and Everett. I was jealous and lost in a lot of my own emotions. I felt extremely alone. I was dealing with a lot of self-hatred and feeling like life was just unfair. I had put myself in this place, I should have left the relationship when I had to compromise myself to stay in it. I shouldn't have allowed myself to gamble with the odds of genetic inheritance like I had. I found myself beginning an inappropriate text based relationship with someone I knew. I was looking for a connection and I found it. It didn't end up lasting long, and never evolved into anything physical. Because it was only through a screen it didn't seem like it was "real," but it was real enough.

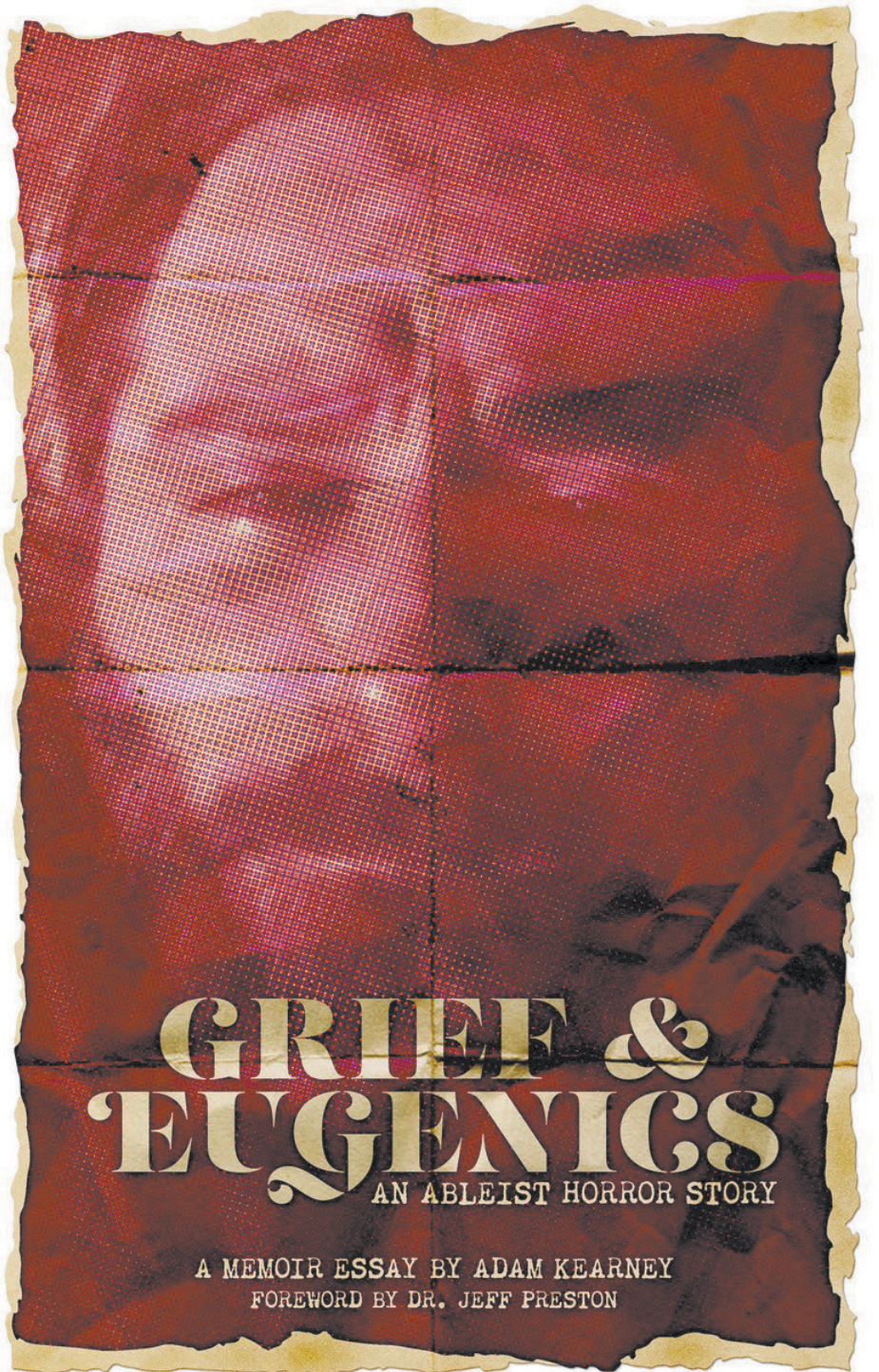
Jolene came back with all sorts of worldly stories and gifts. Meanwhile, I was still burdened with guilt, shame and jealousy. I tried my best to move beyond it and start to build back to a point where we could think about next steps on our journey to starting our family. We had some appointments with the same counselor we had after Stuart, which helped. The recurring encouragement was to keep on our journey and that maybe by having a child we could begin to truly heal. So that's what we did. Jolene would dip into some of her savings, and I was fortunate enough to have my parents offer to help significantly with the cost of trying IVF again.

We found ourselves getting off the elevator and into the same fertility office in Toronto a year after our last failed attempt. This time however things were different. Did we actually stumble upon a bit of good luck? After enduring the same torturous routine Jolene went through previously this time we had three viable (shudder) embryos. This time the first one took and we were again off to the races. This time we didn't have to worry about the increased chances of miscarriage that the prenatal testing brought. We didn't have to worry about waiting for test results to start telling our close friends either. I even went all out making a social media announcement post. A record is spinning on a turntable, but the sound of the Doppler heart beat is playing instead of music, and then the words "RELEASE DATE" with the due date comes up on the screen. Then the piece de resistance: as the album stopped spinning, the middle of the record was the ultrasound picture. Everyone we knew were just as excited as we were.

I started taking pictures every week of Jolene's belly as it grew so I could stitch them together into a cute little video when we got to finally meet our little person. We started the process of changing our spare room into a nursery. We met with one of Jolene's coworker's partner's who volunteered to help modify their old crib to make it more accessible for me. This was finally really happening. It felt real.

At just shy of 23 weeks, Jolene had been having some slight hip/back aches for a little while and went to a naturopath that someone had recommended. She was hoping to see if there were any stretches or anything to help relieve what she was feeling. She assured me it was nothing major. She had a small adjustment done and afterwards found it helpful. We went on about our business as usual.

A couple of days later Jolene wasn't feeling the best and decided she was going to take a bath. About a half an hour after she disappeared into the bathroom she called for me. I thought maybe she wanted me to bring some



CREDIT: ADAM D. KEARNEY

This installment further chronicles Adam and Jolene's relationship and their struggles to have a baby.

water or tea, but when I entered the bathroom I knew right away something wasn't right. You know that look people give you when you can tell they are trying to keep their composure so you don't lose yours? That was in full effect. She told me that she was pretty sure she had started to have contractions, and the midwife had suggested we go into the hospital to get things checked out. We just lived a short five minute door-to-door drive away so off we went.

I had an awful feeling as we entered the hospital. Flashbacks of going down the same hallways that led us to saying goodbye first to Stuart and then Everett. They rushed us into a private room and the staff quickly began triaging the situation. It felt like an eternity but was likely less than an hour before we knew for sure that Jolene was definitely in labour. So many things happened so fast. First they tried to stop/stall the labour with drugs and while that was taking effect they tackled the next issue. The baby was facing the wrong way so they then rushed us into an operating room. A doctor with support of a nursing team was able to successfully turn our little person around—a feat I was told was extremely hard to pull off. The next urgent matter was getting a drug into the

baby's system to help prepare their lungs to get to work early. As the drugs to stall the labour took hold, Jolene was going to try and rest a little, which left me call our families.

The first thing I did when I left the OR was completely break down and start bawling. Our midwife did an excellent job of consoling me and talking me down to where I could actually talk again. She shuffled me off into a room which wasn't being used where I could privately break down repeatedly while I called our families. I called Jolene's parents first and before I was even off the call her Stepmother was on the way. My next call was to my folks, who were already in Florida for the winter. Without hesitation my mother was booked on the next plane back. My dad had to stay back and wait for a new trailer to be delivered the next day. After I hung up my phone I took the biggest breath in and slowly exhaled to collect my wits to go back into the OR to rejoin Jolene.

To be continued...

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

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FANSHAWE'S STUDENT VOICE

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THE ART OF GIFTING DURING HOLIDAYS WITHOUT FINANCIAL STRESS

Mauricio Prado (he/him) | Interrobang

It's no mystery buying gifts during the holiday season can cause financial stress for some people, especially if the gift prices go out of budget. According to Bankrate, holiday shopping has become less attractive for some as the cost of goods and services escalates.

"When you are the head of a family of three, buying gifts, keeping savings and controlling my peace of mind is quite demanding and chaotic," said Fanshawe student Manola Aguilar. "The thin line between buying good gifts and keeping it inside my budget gets blurred most times."

A poll from the Angus Reid Institute found that more than half of Canadians feel more emotional and financial pressure during the holiday season.

Financial advisor and professor Kenneth Judge said Christmas could induce anxiety because gifting can sometimes feel necessary.

"Missing or omitting a person can often be considered an insult. Plus, the perceived cost of gifting is sometimes outside someone's means," Judge said.

He stated that if someone's budget requires cutting back on holiday spending or having a less gift-focused Christmas, the best thing to do is to communicate, design and create a list.

"When you plan and save for something, it is always easier to manage. Plus, you can also withstand any unforeseen cost increases," Judge said.

Every year, holiday marketing campaigns start as soon as Halloween ends. Without warning, there are holiday ads everywhere, with countless businesses rushing to cash in on a spending frenzy. Every person gets bombarded with holiday emails, offers, social media posts and TV ads.

"Holiday season is the perfect time for brands and businesses to engage their audience through gifts," Judge said. "Buying habits

increase significantly during holidays, and as a consequence, the demand for certain items increases, which alters the prices. The best way to manage financial stress, not only holiday times, is to do two things: manage the cost and save for it."

Judge said that, in the end, that is what the companies want with their relentless marketing campaigns of "buy, buy, buy!"

"There has not been a Christmas in which I have not gotten out of my budget buying gifts not just for my family but for close friends too," Aguilar said.

Judge stated that with the increase in expected sales comes an increase in production. He said that usually happens months in advance, which will always produce a spike in a country's Gross Domestic Product (GDP). He added that factors like inflation play a huge role when buying gifts each holiday.

"In January 2022, the inflation rate reached 5.1 per cent, the highest since 1991. Inflation happens when the economy's demand for goods and services exceeds the economy's capacity to meet that demand at the current price level," Judge said.

Aguilar said that beyond the financial stress the season represents, she has to deal with morally complex decisions. She added, "It does not feel right," to stop gifting someone close who always gives to her and her family.

"This can be tricky because not buying a gift for someone you have always previously bought one for may not react positively, but that is a worst-case scenario," Judge said. "Many times, discussing with these people the idea of a no-gift Christmas can be replaced with an in-person visit, which in my opinion is sometimes better than a physical gift."

Judge said that sometimes this cannot be an option because there are many miles between people, and a visit may not be possible or feasible.

"Sometimes the little details and gestures like a card are the ones that count more than an expensive gift," Judge said.

He added that anything could work out if the people involved have transparent and open communication beforehand.

"When the time to celebrate with the family comes, I feel like I am financially drained and sometimes even regret the expensive gifts I bought," Aguilar said.

Judge said that the holiday is not about guilt or financial stress but about enjoying with loved ones and close ones. He added that when someone feels guilt or anxiety, it restrains them from sharing and enjoying the moment.

"If people think about it, Christmas celebrates kindness and gratitude. Sometimes the best gift someone can give is not a physical gift that costs money but rather a gift of time and presence," Judge said.

He added that making a budget, taking care of basic needs and allowing peace of mind can be the most significant gifts someone can give themselves during the holidays.

"It is not only about what you can give to people, it is also what you can give yourself," Judge said.



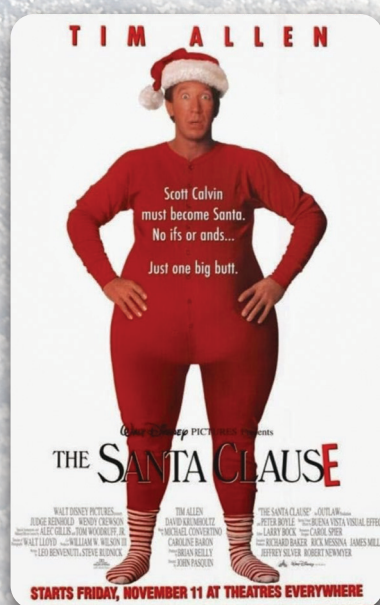
MY TOP LIVE-ACTION HOLIDAY MOVIES

Zoë Alexandra King (she/her) | Interrobang

Christmas has been my favourite holiday for as long as I can remember. The excitement around the acts of giving presents, family gatherings, and the overall holiday spirit, always puts me in a happy mood. Still, the movies are what really kick-start the season for me. Here are my top five favourite live-action holiday movies.

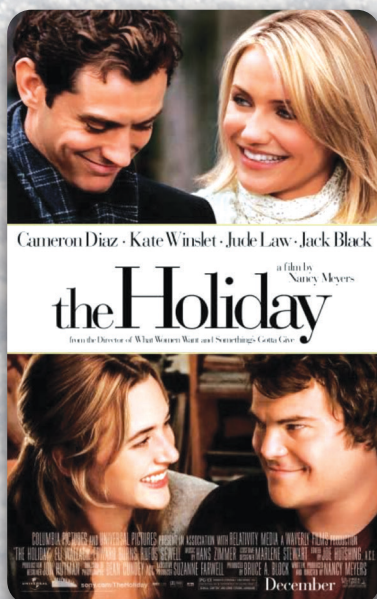
1. HOME ALONE (1990) AND HOME ALONE 2: LOST IN NEW YORK (1992)

When I was six years old, my dad came back from a trip to Trinidad with two DVDs, *Home Alone* and *Home Alone 2: Lost in New York*. *Home Alone* is considered a pretty big Christmas movie classic! For me, and I'm sure for many others, it takes us all back to the '90s, when there was no Netflix, no Hulu, no Amazon Prime. This Christmas classic will transport you to your childhood if you're currently in your 20s, but will also entertain you with laughs, the joy of Christmas festivities, and most importantly, remind you of the importance of family. Personally, my favourite is *Home Alone 2: Lost in New York*. It doesn't get better than Christmas in the city.



2. THE SANTA CLAUSE 3: THE ESCAPE CLAUSE

The Santa Clause is a series of three movies. The third one, *The Escape Clause*, is one that rarely passes by my TV screen during the holidays. This movie is filled with Christmas magic and showcases Tim Allen, as Santa Claus, living in the North Pole, in a factory with his elves, his wife and many other popular characters. It's a children's story that adults can also enjoy. I absolutely love the character of Jack Frost in this movie, and of course, Santa Claus, himself.



3. THE HOLIDAY

The Holiday is not your average upbeat Christmas movie. At least, that's not how it starts. This movie features the iconic actresses, Kate Winslet and Cameron Diaz taking part in a house switch during Christmas. As the two are going through their own personal struggles, spending the holidays in someone else's home seems like the perfect fix! This holiday film is a great rom-com, and I will admit that I watch this throughout the year, not only at Christmas.

4. THE NIGHT BEFORE

The Night Before is a hysterical Christmas comedy, at least in my opinion. This movie boasts the details of true friendship between its main characters, Isaac, Ethan and Chris, especially during challenging times. After the death of one of the friends' parents, the three friends create a Christmas tradition of partying to a very high extreme on the night before Christmas. Seth Rogen, who plays Isaac in this movie, is my absolute favourite! He's a great actor in general, and he was perfect to play this role. It should be noted that this movie might not be the most appropriate for young children and I would advise watching the trailer first.



5. TYLER PERRY: A MADEA CHRISTMAS

As I love all of Tyler Perry's movies, it's pretty fit that *A Madea Christmas*, would be on my movie list. Personally, I really enjoy Madea's humour and it always brings laughter to my household when she's on the TV screen. This movie is about two different cultures learning to intertwine during the Christmas holidays, when some family members were unaware that they were going to have to do so. Actress Tika Sumpter, who plays the role of 'Lacey,' falls in love and excludes to tell her mother about the new person in her life. This certainly stirred the pot!

6. ELF

Almost everyone that I speak to about Christmas movies has *Elf* high on their list. While *Elf* is a great Christmas classic, for me, I'm more likely to choose the above five over *Elf*. This movie is about a boy named Buddy who grows up in the North Pole amongst Santa's elves. Buddy finds himself in the real world where he has trouble adapting to a new lifestyle. For me, this is a great movie to have on in the background when I'm cooking or baking during the holiday season.



These six holiday movies are my staples during the month of December. If you haven't watched any of them, I encourage you to watch them this year.

Unique holiday family traditions

ALEX ALLAN (HE/HIM) / INTERROBANG

The holidays are times for families to come together and celebrate. Around these gatherings, some families keep traditions year after year. Many of these traditions might be similar to other families but some may be totally unique.

We asked the Interrobang writing team about their unique family traditions. Check them out!

KONSTANTINOS DROSSOS

Drossos said that his family follows a tradition that is rooted in his Greek heritage. They have a special cake they make on New Year's Day, known as the "Traditional Cake." In Greek it's called the "Vasilopita" which is the traditional cake dedicated to St. Nicholas. In this cake, they would put a gold coin in the cake batter and this coin will be hidden somewhere in the cake after baking it in the oven.

"The cake is cut up into pieces and whoever gets the gold coin in their slice of cake is the winner," Drossos said. He added that the winner is wished good luck for the year and good health. From what Drossos can remember, he has only won the coin twice.



MAURICIO PRADO

Prado, who is from El Salvador, said that Christmas for him usually meant getting the whole family together.

El Salvador is a very Catholic country," he said. "We usually get the entire family together in a house to have a good time and share experiences that happened during the year. At midnight, we gather around the biggest place in the house, usually the garden, and pray while holding hands. Everybody gets a chance to pray and give thanks for what has happened and what is coming in their lives."

He said the reason they do this is because as a family, they understand that you should never take anything for granted, and it's important to always be grateful for what you have.

"Praying, giving thanks and sharing wishes, struggles, and desires in unity helps everyone feel more connected and supportive spiritually," Prado said.

HANNAH THEODORE

Theodore shared a tradition that not a lot of other families might follow. Her grandmother would insert cash inside glass Christmas ornaments and would hang them on a tree but, there is a twist that came with it.

"On Christmas Eve, our family would take turns smashing the ornaments on the ground and whichever bill was inside was the amount of money you got to keep," Theodore said.

Even though it was just a fun tradition with the family that they did every year, Theodore said that it did get a bit competitive from time to time.

"It always led to some playful arguments with my cousins over who had been lucky enough to find the bigger bill," she said.

It also seems like quite the mess to clean up after all the glass has been smashed on the floor.



Holiday traditions are something quite special because we might only celebrate these moments once every year. My family is from Scotland, and we have kept a tradition going where we all gather on New Year's Day to have dinner, but we will have to bring food, drinks or treats into the household to provide good luck, good health and wealth for the year. Even though we brought these gifts at dinner to another family's household, we also give these gifts to our other friends and family members when we go to their house in the new year to give them good luck for the year. My grandmother told me in the past in Scotland, the gifts would be things like wood, charcoal, eggs or necessities to help your family and friends coming into the new year and it would be bad luck if you came into their household empty handed. Even if your family doesn't have any unique traditions that they follow around the holidays, maybe it might be something to think about for yourself and you can try to start one now to keep it going year after year.

Holiday stories through the generations



KONSTANTINOS DROSSOS (HE/HIM) / INTERROBANG

Around this time of year, many of us celebrate by spending time with our families and reminiscing about holiday tales. We create wholesome memories that grow to have sentimental meaning over time. As we age and mature, we reflect on these classic holiday stories, establishing a sense of nostalgia and comfort, connecting us to our childhood and livening up the feeling of the holidays.

Every holiday tale typically has a meaning for the listeners to take away, like a life lesson. Victorian author Charles Dickens' story *A Christmas Carol* is held in high regard as it teaches the lesson of being thankful during the holidays for the possessions and family you have.

Other popular stories spread similar messages about the holidays with different allegories and characters. Each new story impacts a new generation who reflect with their own personal viewpoints and emotions toward it.

Many staff from around the Fanshawe Student Union (FSU) hold sentiment with holiday stories as they tie them to memories with their families from their childhood. When the holidays come around, they reflect back to the good old days and continue to carry these traditions to this day, like Interrobang reporter Justin Koheler.

Koheler said that when he was a child, he and his family would travel up north to the Parry Sound area every Christmas to spend time with his family. Every single Christmas that he can remember, his family annually watched a particular collection of classic Christmas stories in Claymation movie format.

"I remember growing up, my family had this one DVD collection that had about four different classic Claymation animated movies. It was *Rudolph the Red-Nosed Reindeer*, *Santa Claus is Coming to Town*, *Frosty the Snowman*, and *the Little Drummer Boy*. Every single Christmas, I would

bring up with us up north to see some of my family and every Christmas Eve we would end up putting all those in and running through them."

Kohler also said that after finishing all four movies, his family would vote for which one was their favourite story, saying "Every year we kind of flip-flop which one got voted off the island, but those four in particular have a really, really near and dear place in my heart."

Veronica Visla, a Fuel Esports content creator, said her favourite holiday story is a movie called *Arthur Christmas*. The movie tells the story of two brothers who are left with taking over their father Santa Claus' workshop for Christmas one year.

"Back in fourth or fifth grade, I used to come home from school every single day during the winter season," Visla said "I just watched *Arthur Christmas* all the way through and sometimes more than once just because I was like, "This is a great movie."

Visla also said that she continues to watch that movie to this day as she has been doing it for so long.

For Interrobang reporter Alex Allan, it all started back when he was a wee lad, with a Christmas catalogue that his mother brought home for him as a child.

"The first one that I remember was *Rudolph the Red-Nosed Reindeer*," Allan said.

What made it most captivating for Allan was the animation style they used for *Rudolph the Red-Nosed Reindeer* film, with the Claymation boggling his young adolescent mind.

"To this day, I'm 24 now and like when I was a kid, I always looked at these puppets and wondered how they created something like that. The animation behind it is still unique to me to this day."

Allan would sit around the TV with his family and anticipate when these Christmas specials would come on the air. That led him to discovering his family's favourite story, *Shrek the Halls*.

"My parents and I would watch *Shrek the Halls* because we are huge fans of *Shrek*," Allan said. "We saw that on TV first and then we made the tradition just to keep watching it from here and there time to time just because it's funny seeing how the Shrek family were celebrating the holidays."

Another story that was most memorable for Allan was *Merry Christmas, Mr. Bean*, as he said that movie would make him fall off his chair from laughter.

"The way that he was using and playing around with the puppets had me crying out of laughter as a kid, when looking at it now, it's like, 'Yeah it wasn't that funny, but it's a memory,'" Allan said.

Regardless of the medium, holiday tales have always been a part of our lives, connecting us to our pasts by letting us reflect on the nostalgia of our childhood. It's important to carry on these traditions as we get older so that when one day we have families of our own, we can share what made the holidays so special for us with them.



Spreading joy beyond gifts

Eseoghene Mary Akpojivi (she/her)
INTERROBANG

As the winter chill settles in, a different warmth permeates the air, the warmth of selflessness and community spirit. The holiday season serves as an open invitation for students to step beyond their own worlds and into the lives of those less fortunate. Volunteering becomes not just a gesture but a transformative experience, creating ripples of kindness that extend far beyond the festivities.

In the heart of the community, where homes are adorned with twinkling lights and the air is laced with the aroma of holiday feasts, a different kind of magic unfolds. This is the season of giving back, where students can emerge as beacons of hope, contributing their time and energy to uplift the spirits of those who need it most.

Amidst the winter winds, local shelters become sanctuaries of warmth, not only from the cold but also from the harsh realities some face. Students can roll up their sleeves to serve meals, distribute blankets, and engage in conversations that transcend material offerings. The camaraderie forged within these walls speaks volumes about the power of human connection during the holidays.

The holiday season brings forth a tapestry of community events designed to bring joy to all. Students can use this medium to actively participate in organizing and volunteering at events such as toy drives, holiday markets, and festive gatherings. These events not only spread cheer but also foster a sense of togetherness that defines the true spirit of the season.

While many celebrate in the warmth of family homes, some spend the holidays in retirement homes. Recognizing the importance of companionship, students



CREDIT: NATALIE_

Taking time to be there for others during the holiday season makes this time of year even more special.

can dedicate their time to brightening the days of seniors through activities, carol singing, and simple conversations. The bonds formed in these moments transcend generations, creating memories that last a lifetime.

For underprivileged children, the holiday season can be a reminder of what they lack. Students can engage themselves in initiatives like "Santa for a Day," organizing gift drives and festive celebrations for children who may not experience the typical holiday festivities. The sparkle in the eyes of these

children becomes a testament to the magic of generosity.

In the tapestry of holiday festivities, the threads of volunteerism weave a narrative of compassion, empathy, and collective goodwill. Students can become architects of change, not just for a season but for the long-lasting impact their acts of kindness leave on the community. As the final notes of carols linger in the air and the last volunteer shifts conclude, the holiday season is not just marked by the exchange of gifts, but by the immeasurable gift of giving back.

Canadians expected to spend less on Christmas this year



CREDIT: CATLANE

With the cost of living higher than it's ever been, experts expect Canadians will be pinching pennies this holiday season.



Mia Rosa-Wayne (she/her)
INTERROBANG

Canadians are looking to spend less this holiday season.

A recent study posted by BMO revealed a significant percentage of Canadians will cut back on holiday spending, with a third of participants saying they would give to charitable causes. Economic factors such as inflation and the continuous rise of the cost of living have caused many to rethink their spending habits this year.

"So, I'm definitely cutting back. I'm going to be doing a lot of things like making cards and making gifts and things like that because I think the quality could be better in a way," said one local Fanshawe student.

The student said that sometimes what makes a gift special is the meaning that went into creating or finding it.

"[It's] the emotions that are put into it. Hopefully, many people aren't going to be spending a lot of money on it because nobody's in a position right now with the inflation of everything."

The study of Consumer Expectations by the Bank of Canada confirmed the results of BMO's study

showing that households believe inflation will stay high and force them to make large spending cuts. Canadians are becoming more aware of the importance of practicing financial caution, which is reflected in the trend toward lower holiday spending.

Even during the holiday season, households are forcing themselves to prioritize savings and cut back on unnecessary shopping whether it's for the holidays or free time.

In other ways though, people who are crazy about the holidays absolutely enjoy shopping for others.

"I love Christmas and I love giving gifts to people, so I actually have a separate account to put money aside throughout the entire year for Christmas gifts," the student added. "I don't have many people to give to, so it's not like I'm down on money or I'm scared about it. I put aside a good amount for everyone in my life for the whole year to come to this point."

She said that a focus on moderation in spending does not imply a lack of festive spirit. Alternative celebration methods like potluck events and homemade gift exchanges are becoming more popular in Canada.

They say that the move towards sustainable festivities and meaningful experiences are in line with the changing values of a large number of Canadians.

Culinary students put their skills to the test



Gracia Espinosa (she/her)
INTERROBANG

Since Nov. 10, the Chef's Table has been presenting a special winter dinner series by the culinary students. The unique menus feature several courses, with the final dinner being held on Dec. 1.

"Our menu has a Mediterranean theme," culinary management student Liv Baker explained, whose group served their menu on Nov. 17. "So, we have Barbari bread (a classic type of Persian flatbread topped with sesame and nigella seeds), a white bean soup, a coconut kale sorbet, or a tomahawk pork chop for the entrée."

Also featured on the menu is Spanakopita (Greek spinach pie), stuffed eggplant as an appetizer and a Baklava cheesecake for dessert.

These dinners are a part of the Signature Dinner Experience, in

which four groups of six to eight culinary students at Fanshawe's Downtown campus create a feast for \$65. They craft and plan the menu, cook all the food, and execute it on the night of their dinner.

"There are eight people in our group, so we just thought we'd put one person on each course and two on the entrée side, which is the biggest thing to do. So, we spotted who wanted to do what, went over it as a team, and conquered," Baker said.

"Some of us had to switch up our menu options a few times," culinary management student Serenity Shawnoo added. "But we all had to figure out different dishes that would go with every menu."

The Chef's Table at Fanshawe College is a restaurant, café, and event centre run by students at the Downtown Campus. It offers hands-on training for aspiring culinary professionals.

"You learn a lot of different types of cooking and techniques. And you even realize that, with everything you've learned here, you may have

more knowledge than other people who have worked in the industry for five or ten years, and that's because you've received proper training," Baker said.

Shawnoo agreed with Baker stating, "I think learning basic techniques is super important in this industry. Same with being automat, because you must have a lot of things on the go like a grill, the gas, and the meat should be at the right time before you can serve it up."

Beyond the special student dinner, the Chef's Table makes for a great night out in London and offers delicious food year-round.

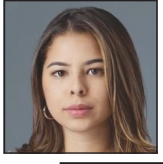
"The Chef's Table restaurant and the course our students take have [been around for] 25 years, before we even moved downtown here. So, the Chef's Table restaurant provides a great learning opportunity for our students, and they get real-life experience working in the Chef's Table restaurant as part of that," culinary skills and culinary management program coordinator Patrick Hersey said.



CREDIT: COURTESY OF THE CHEF'S TABLE

Over four Fridays, four unique menus were presented at the Chef's Table by Fanshawe's culinary students.

It's not Christmas without the *Home Alone* movies



Zoë Alexandra King
(she/her)
INTERROBANG

During the early 2000s, my father brought this 1990 Christmas classic into my life. Little did he know what he was in for when he introduced me to Kevin McCallister and the Wet Bandits. Every time we sat in front of the television to watch a movie during the holidays, it was always *Home Alone* or *Home Alone 2* that I requested. Some would think that we'd get sick of it, but the laughter and holiday spirit that these films brought to our household was unmatched. Not a year goes by that eight-year-old Macaulay Culkin isn't on our screen!

There are six *Home Alone* movies that were produced, but the first two that Culkin acts in are my personal favourites.

Home Alone (1990)

This movie was the start of a comedic and a heart-felt Christmas franchise. It begins showcasing the McCallister family in all its glory with them preparing for a holiday in Paris. The house is as chaotic as you can imagine but disaster truly strikes when Kevin becomes annoyed with one of his many siblings, causing an upsetting situation. Kevin, being chastised by his mother and sent to a room in the house that no one likes to sleep in, makes a wish that he wasn't a part of his family anymore. To an extent, Kevin believed his wish came true, when he woke up in the morning to an empty house and the cars still parked in the garage.

What he didn't know was that his family had all left for the holiday and taken two taxis just to fit everyone in. Unfortunately, the stress of traveling with so many people caused poor Kevin to be left behind and forgotten. It wasn't until mid-flight that his mother shouts out in disbelief and fear that her eight-year-old son is at home all alone. The rest of the movie highlights his mother's attempt to return to him while facing the struggle of getting a ticket home during the airport's busiest time. Most importantly, the introduction of the Wet Bandits, who are a pair of professional thieves, is what really brings the laughter to the film. The two criminals, Harry and Marv, have no idea the schemes that a little boy like Kevin is capable of. Thinking they could break into the house when the family was on holiday leads them into an adventure and a half when they realized that someone is still home.

Home Alone 2: Lost in New York (1992)

After a movie as iconic as the *Home Alone*, some would wonder, what next? But this time, Kevin ups his game with his schemes that cause even more laughter in my opinion.

In this sequel, Kevin isn't left at his house, but rather gets lost in the airport when his family is travelling to Florida for a holiday. Excited to put his batteries into his camcorder, he stops while his family runs to their gate. He thinks if he just keeps his eyes on his father's jacket that he won't lose them. Coincidentally, there is a man with the same jacket as his father getting onto another flight, and Kevin mistakes this gentleman for his father. When the plane lands and Kevin doesn't see anyone



CREDIT: DEMARCUS MILLER-DUNCAN

Revisit the first two *Home Alone* movies and find out why one reporter can't have Christmas without them.

in his family leave the plane, he discovers he is in the Big Apple and not in Florida.

Luckily, Kevin has his hands on his father's credit card and is able to stay at a hotel during this time. When exploring the city, he encounters his two favourite people—can you guess who? Harry and Marv! Over-hearing that the Wet Bandits have big plans to rob a children's store called Duncan's, Kevin feels it is his place to yet again put these two knuckleheads to the test. His scheming and pranks range from spilling beads on the floor to cause the Wet

Bandits to trip, to slight electrocution. Once again, Kevin finds a way to torment these criminals and keep viewers laughing.

Both films have something in common other than a child being left behind and two criminals that can make you laugh until your stomach hurts. There's more than one message behind each of these movies.

In the first movie, there's the addition of Old Man Marley, who is often recognized as the old man with the shovel from across the street of the McCallister residence. His touching story of people being fearful of him

when he was just a regular old guy, is especially touching when he has a reconnection with his family at the end of the movie. Similarly, in the second movie there is the addition of The Pigeon Lady, who also has a great role to play in Kevin's time spent in New York.

These two movies will hopefully never leave my television screen when it comes to Christmas movies and the holiday season. This is easily one set of Christmas movies that I hope my children one day will get to love and cherish the same way I do.

The dos and don'ts of holiday shopping on a budget



Justin Koehler
(he/him)
INTERROBANG

Gift giving has quickly become one of the primary staples of the holiday season.

For some, this can be an easy task, knowing exactly what to buy and for whom almost on a whim. For others though, this can be easier said than done, almost becoming a daunting task at this time of year.

Add onto that the fact that many students are often restricted on the financial side, already cutting costs and corners for their own living, and you have a tough situation to face when looking to buy gifts for friends and family.

Whether shopping for others is something that comes naturally or not, no one wants to be known for being a bad gift-giver.

Everyone knows at least one person who shows up to the gift exchange with an almost irrelevant knick-knack or someone who clearly went out to their corner store at the final hour looking for something to give.

You never want to be that person.

With that, here are a few easy dos and don'ts to make sure that you keep to a budget and don't look like the gift giving amateur at your next white elephant, secret Santa, or Christmas party this holiday season.

Do: Self-Care

This is something that most people either should be looking at for themselves anyway or don't know what to look for in the first place. This can include anything from bath bombs, skin-care lotions, soaps, and the like. Not only will you end up looking like a bit of an expert yourself, but you may also be helping someone out who could really use it.

Don't: Gift Cards

First off, they're just boring. No one wants to get a piece of plastic that forces them to buy items from just one specific store. There's very little thought that goes into it and, while that can sometimes be a nice thing, in this case it just shows a lack of thought. Just get them money, they'll appreciate it more.

Do: Games

No, not video games, but more in the realm of smaller board games and card games. Not only can they be fun, but getting something smaller and portable can give them something easy to play with their own friends and family. With so many different options, themes, etc., there's also plenty of options to cater the game to the specific person you're buying for. Plus, you may even get asked to play with them, so it's a win-win.

Don't: Funny Gifts

Everyone loves a little "gag" gift. Something fun and light-hearted can be an easy and inexpensive go-to for almost anyone. Although, it's extremely easy to fall into the



CREDIT: MAURICIO FRANCO

With many students already facing tough financial times, it's important to not break the bank this holiday season.

realm of crass or rude, possibly making you look the fool in front of not just the person you bought for, but also the rest of the room as well. Comedy can be a really fine line on every front, so sometimes it's best to avoid it altogether, unless you really know the person's tastes well.

Do: Essentials

Things people need to buy anyway that can make their lives a bit more convenient. Tumblers, mugs, wallets, all things people use on a regular basis, but sometimes

don't think to go out and buy themselves. Hard to go wrong, plenty of inexpensive options for each, and works for pretty much anyone you can think of.

Don't: The Too Essentials

Never get too personal. While it's sometimes nice to buy people things they may not think to buy for themselves, you never want to go too far down that road to the point of making things slightly uncomfortable. While you may think they'll appreciate getting acne cream or a toilet brush, they may not like it as

much when they open it up in front of a room full of people.

While these are just a few good and bad options to keep in mind, every person you buy for is different and can call for very individual options. The important thing to keep in mind is that you don't need to ever empty your wallet to have a successful Christmas gift.

Often, as cliché as it sounds, it's the thought that counts. Just make sure your gift isn't the one that gets the awkward smirk when they open it up this holiday season.

Take me back to Willy Wonka's mystical, musical chocolate factory!



Zoë Alexandra King
(she/her)
INTERROBANG

The musical adaptation of *Charlie and the Chocolate Factory* at The Grand made me feel as though it was only yesterday that I dreamed as deeply as the main character, Charlie Bucket. On Nov. 22, I watched the second night of previews before the musical opened to the general public on Nov. 24. A playful and light-hearted musical, this show had audience members of all ages peeling in their seats over what was to come in this two-and-a-half-hour play. If you read my preview in our last issue, you have an idea of what is to be expected from this candy-filled world and this production at The Grand knew exactly how to get those *wow* moments from its audience.

Neela Noble played the role of Charlie Bucket on Nov. 22. The 15-year-old Noble immersed herself in this role so seamlessly that every act she was featured in drew the attention of the audience in even further.

Right from the start, the audience is captivated as Charlie writes a letter to Mr. Wonka (Mark Uhre) and folds it into a paper plane, amazing the audience when the plane flies directly over our heads. Applause broke out as no one was expecting the plane to be thrown into the audience. It truly took my breath away. Another *wow* moment included the addition of a disco ball above the balcony that reflected on the ceiling as a starry night, which also inspired a round of applause from the audience.

As I mentioned in my preview, I've grown to be quite the "realist," but at heart, I try my best to never hold my dreams back. Seeing young Charlie believe so strongly in her dream of meeting Mr. Wonka, touring his magical factory, surpassing those dreams to even work with him in the end, reminded me how important it is to never give up on your dreams.

Previously, I spoke with cast member Melissa Mackenzie who plays the role of Mrs. Bucket. One of her favourite scenes is the lullaby that she sings to Charlie, reminding not only Charlie but also herself of the importance of dreaming. This was an emotional and heart-touching moment as she sings about how Charlie would be dreaming if her father were still there, a gentle moment that I believe encouraged the audience to never stop dreaming.

A spectacular yet hilarious part of this musical was the excitement Grandpa Joe (David Talbot) embodied when Charlie came home to tell the good news of getting one out of the five golden tickets. This wasn't just Charlie's dream, it was also Grandpa Joe's. This can be seen from the beginning to the end of the play. However, his reaction that he too would be going to the factory with Charlie, was priceless. He went



CREDIT: DAHLIA KATZ

Neela Noble (pictured) is one of two young actors playing Charlie Bucket.

from someone who was bed-ridden and collecting coins for his funeral, to someone who was now possessed to walk again due to his pure excitement.

Another eye-catching moment included the tour of the factory with all the golden ticket winners and their guardians. The unveiling of what had been behind those gates for so long was enchanting to say the least. From the set design giving the illusion of a candy-filled world, to the actors' amazement of what they too were witnessing, it was really a sight to see. Reflective streamers flowing from the ceiling into a machine on the stage that appeared to be chocolate is just one example of the many ways that the production team made this magical factory feel so real.

The tour of the factory was also where a lot of laughter took place. All the golden ticket winners, with the exception of Charlie, seemed to disappear due to disobedience towards Mr. Wonka. Augustus Gloop (Nathaniel Judah) is the first to go, falling into the same chocolate machine highlighted above, due to his greed. All the stories of disappearing children were hilarious. But Violet (Mikela Marcellin), best-known as the girl who chews gum all the time, tests an elaborate tasty gum that was manufactured by

one of Wonka's machines. While Wonka warns her not to eat it, she does it anyway and the consequences include her growing rapidly until she pops, which was presented in the form of a very detailed puppet portraying the sassy Violet.

There were so many moments that made this production what it was and of course, the Oompa Loompas' time on the stage was a highlight of mine. While staying for a chat with some of the cast members after the production, I found out that everyday there was a new addition to the Oompa Loompas.

This play certainly exceeded my expectations of bringing a sense of magic back to me and the attention to detail that was evident not only to the audience but also to the cast members is certainly worth a mention. Mackenzie and Talbot both mentioned that the bed where a lot of scenes took place had such thought behind it and attention to detail that it felt as if they were right there. Carvings in the bed were likely not even visible to the audience, but made the set feel more real to the actors.

Charlie and the Chocolate Factory will be performing at The Grand until Dec. 24 and tickets can be purchased online. I encourage readers to book their tickets to see this musical as the semester comes to an end. It's a perfect outing that contributes to the magic of the holiday season.



CREDIT: NEMKE

On Nov. 19, Voice of Men 360 joined International Men's Day with the Zero Man Suicide campaign.

Zero Man Suicide campaign aims to break stigma



Mauricio Prado
(he/him)
INTERROBANG

Voice of Men 360 joined International Men's Day for the Zero Man Suicide campaign to host a two-day virtual event with representatives from Sri Lanka, Malaysia, and Canada to discuss initiatives to create awareness on Nov. 19.

"Men typically avoid talking to people about their problems, hardships, and obstacles, which adds to their stress and strain and harms them and others around them," said founder and president of Voice of Men 360, Sivam Velautham.

He said that the stigma attached to mental health issues and men makes dealing with mental health much more isolating.

"It may be challenging for individuals to reach out and talk about their melancholy, anxiety, or depression due to social conventions," Velautham said.

The Canadian Men's Health Foundation estimates that one million men in Canada experience severe depression every year. Furthermore, research shows that only about 30 per cent of people who use mental health services are men, suggesting that men are less likely than women to make use of the resources that are offered.

"We as men sometimes do not know how to verbalize our emotions or share an emotion through any kind of feeling," Velautham said. "If you cry, society would say you are a man, and men do not cry. Just suck it up."

Velautham said that if men talk about their feelings, they are perceived as weak in the eyes of society.

"Men bottled up their feelings and emotions for too long. When it gets too emotionally heavy for them to carry, they explode," Velautham said. "That is when drugs, traumas, depression and even suicide come into play."

Velautham said that men make up 78 per cent of global suicides. He said having a reliable network of family and friends is crucial, especially during difficult periods.

"I am from Sri Lanka. When I came to Canada, it was hard for me to adapt to the new environment alone," Velautham said. "The peer pressure and the cultural shock were too much to handle on my own."

He said he could carry on, but he recognized that not everyone has the same luck or tolerance for those issues. He added that having strong and stable mental health is essential to succeed in any academic program.

"Students tend not to worry much about mental health," Velautham said. "Projects, homework, classes and academic pressure make it difficult for them to have time to dedicate to their mental health."

Velautham said having a support group before contacting medical professionals is better. He added that three or four friends willing to listen can make an "unbelievable impact and difference in someone's life."

"You can go to them whenever you feel down, or you cannot decide on something or just want to talk with someone," Velautham said. "Sometimes, even having someone who you can have a personal talk with, even over the phone or text, can be helpful."

According to Velautham, creating a robust social network with "tight and personal trust" can encourage someone to improve or avoid unhealthy lifestyle habits, boost happiness and reduce stress.

"Quality counts more than quantity," Velautham said.

Building solid, meaningful relationships that will stick through good times and bad can make someone feel more like they belong and are in better shape than having a wide range of friends and acquaintances.

Velautham encouraged everybody to work together toward fostering understanding, empathy, and support for men and boys facing life challenges, breaking the barriers of social stigma, and creating a society where everybody can freely discuss, seek assistance, and "find hope for their struggles."

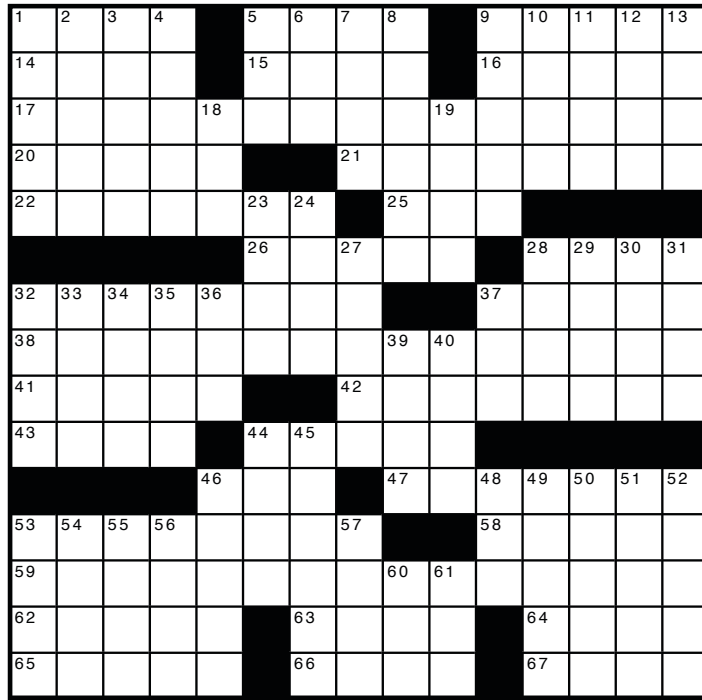
"Rather than mental health, I would call it mental wellness," he said. "It gives a little bit more refreshment, empowerment and positive impression."

CROSSWORD

"Heaven Sent" by Terry Gergely

ACROSS

- 1. Race between superpowers
- 5. Quahog or littleneck, e.g.
- 9. Plate appearance
- 14. Sound from the clock tower
- 15. Sexually provocative
- 16. Fort William Henry ordeal of 1757
- 17. George Harrison classic from "Abbey Road"
- 20. Climbing vines
- 21. Losing it, perhaps
- 22. Detest
- 25. Particle with a charge
- 26. Demand, as a toll
- 28. Baseball's "Georgia Peach"
- 32. Patellas
- 37. Big dipper?
- 38. Early weeks of new president's term
- 41. Calculated a sum
- 42. Thorn in the side
- 43. Capone nemesis
- 44. All pooped out
- 46. ___ Majesty, the Queen
- 47. Greeter at the Pearly Gate
- 53. Swinging weight on a clock
- 58. "Rolling in the Deep" singer, 2010
- 59. Old Glory
- 62. Type of bug or bomb
- 63. Birthright seller in the Bible
- 64. Bivouac abode
- 65. Poi roots
- 66. Branch of government: Abbr.
- 67. Black and Red, for example



DOWN

- 1. Rose garden pest
- 2. Superman portrayer Christopher
- 3. He hit 61 in '61
- 4. Subject of polysomnography study

- 5. ___-Magnon (early human)
- 6. Flight from the law
- 7. Serves a winner
- 8. Connecticut whaling town
- 9. Pale-looking
- 10. Bows and ascots
- 11. First Lady after Eleanor
- 12. Chills
- 13. Watch over, as flocks
- 18. CBS forensics drama
- 19. Jog
- 23. Coal deposit
- 24. 1967 Montreal attraction
- 27. In unison
- 28. Dear, to Luigi
- 29. Norse god
- 30. Political coalition
- 31. Venerable historian of olde
- 32. Genghis or Kublai
- 33. Network attached device
- 34. Terminates, as a relationship
- 35. Very wide shoes
- 36. "Singin' in the Rain" dancer Charisse
- 37. Guitar innovator Paul
- 39. Convent sisters
- 40. Brad of "Moneyball"
- 44. Emmy-winner Ward
- 45. Trimmed, as a hedge
- 46. Corn shucks
- 48. Course average
- 49. Checks for typos
- 50. Plains dwelling
- 51. Justice Kagan
- 52. Musical pauses
- 53. "Hey, over here!"
- 54. "At Last" singer James
- 55. Hair-removing brand
- 56. Early 007 villain
- 57. Retailers gds.
- 60. Maple syrup source
- 61. Boy king of Egypt

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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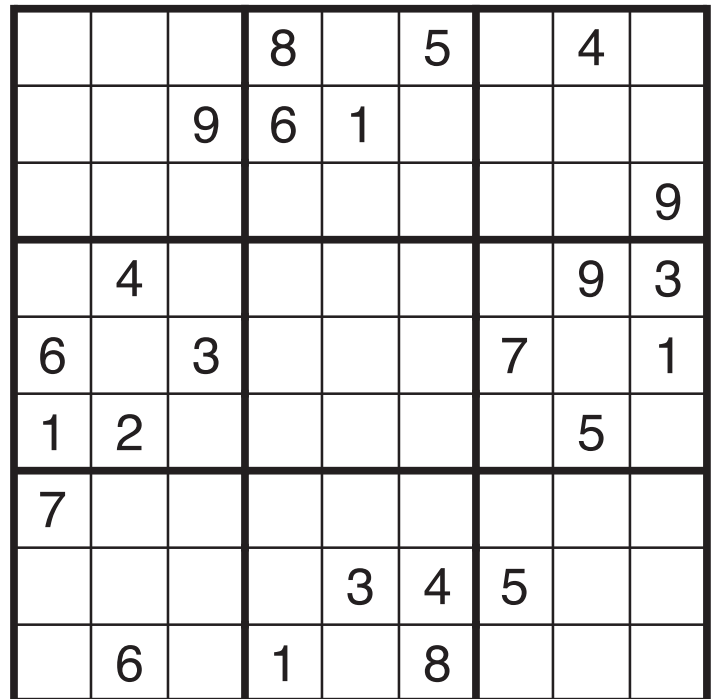
WORD SEARCH



CHRISTMAS

- Candy Canes
- Snowflake
- Friends
- Family
- Tree
- Crackers
- Decorations
- Angel
- Jolly
- Manger
- Nativity
- Jack Frost
- Christmas
- Santa Claus
- Gingerbread
- Merry
- Gifts

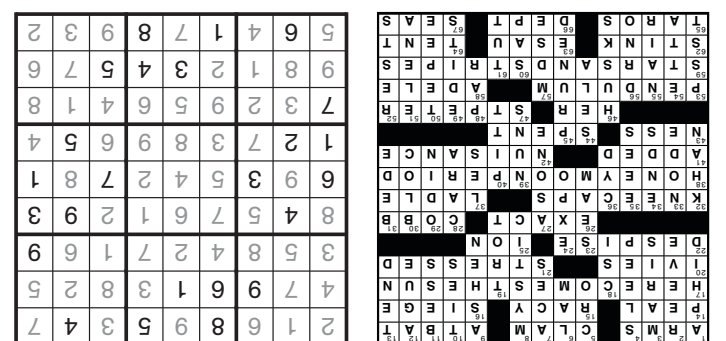
SUDOKU



Puzzle rating: Very hard

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

PUZZLE SOLUTIONS



"Peace is always beautiful." — Walt Whitman

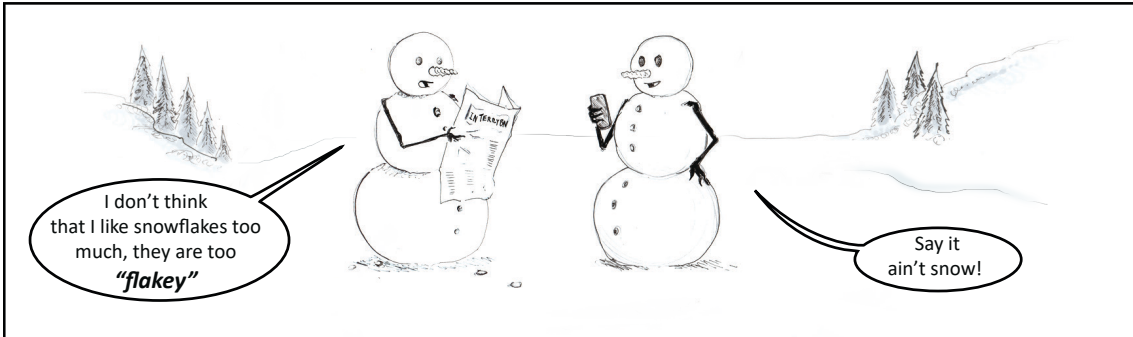
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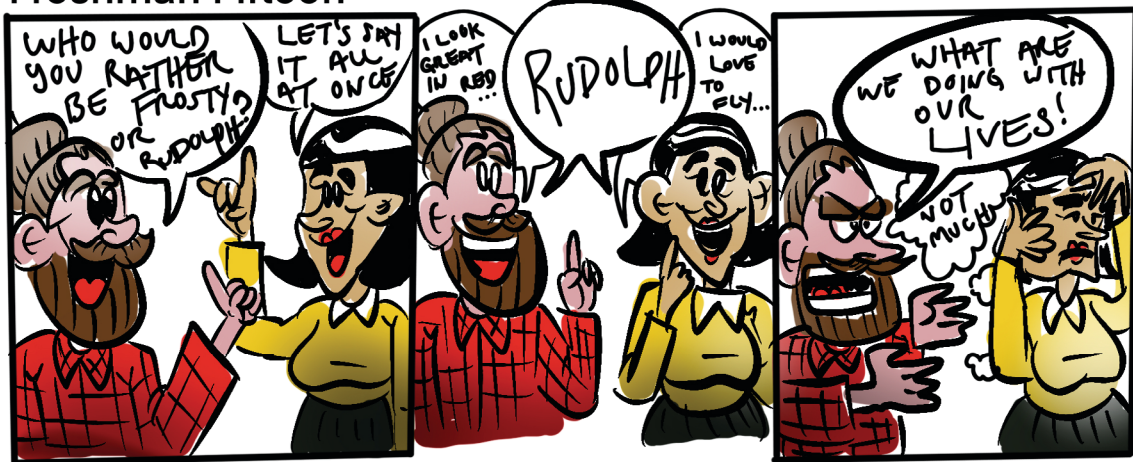
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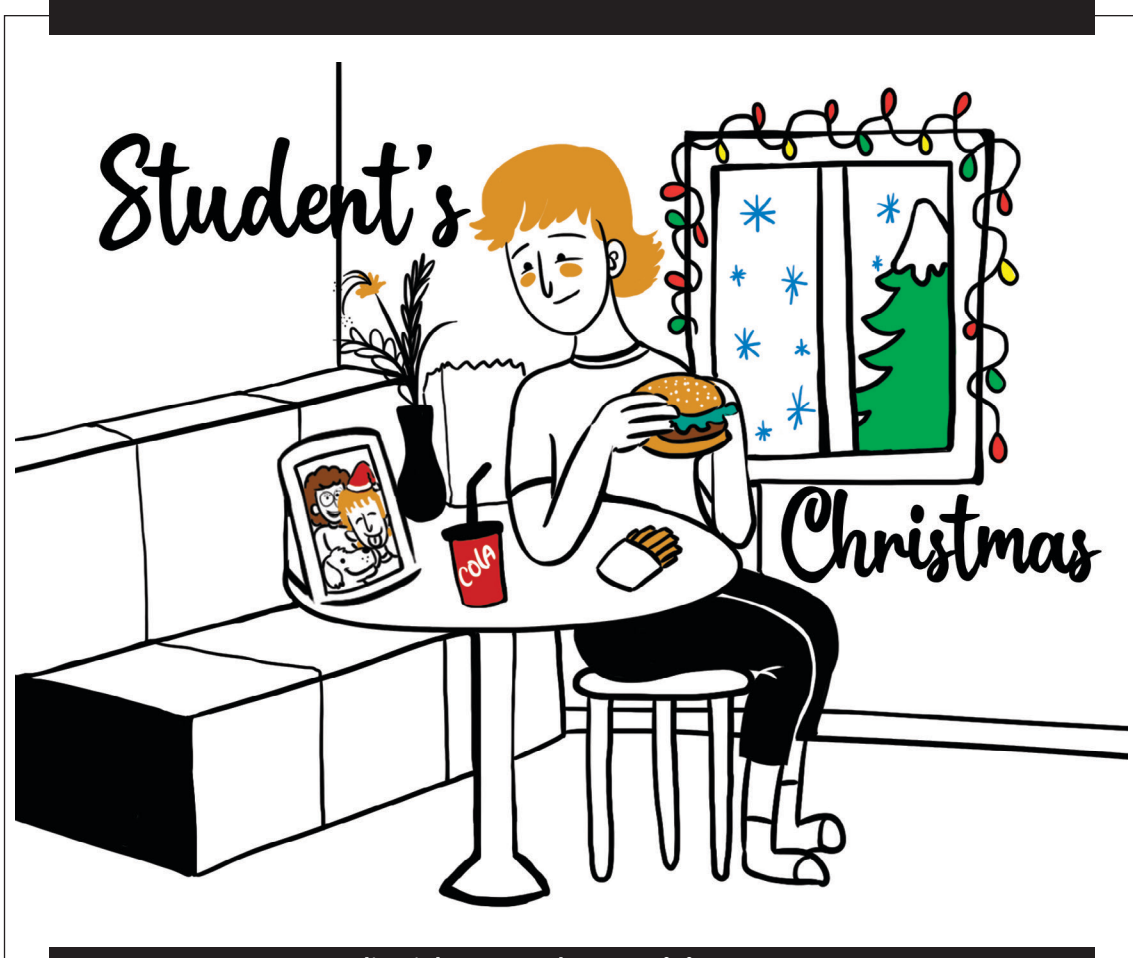


Freshman Fifteen



By Alan Dungo

Butt sweat n Tears by Andres Silva



Editorial Cartoon by Mauricio Franco

Horoscopes

Aries

Learn as you go, but don't take anything for granted as exams approach. Verify news you receive before you get your holiday plans underway. Pay attention to details. You'll gain a different perspective regarding friends, relatives, and peers. Listen to what they reveal and share your thoughts and compassion. Self-improvement and personal growth are favoured. Consider the changes necessary to make your space user-friendly. Don't let anyone talk you into something that isn't going to make your life comfortable. Participation will lead to new and exciting people and pastimes to help you network to the top.

Taurus

Preparation, ingenuity, and flexibility will bring opportunities and positive change. Welcome what comes your way and enjoy the moment. Be careful what you sign up for and how you handle your money. A scam or product review will be misleading, putting you in a vulnerable position. Question everything and be reluctant to spend unnecessarily. Information you receive will prepare you for something you want to pursue. Before you begin, ensure you are up for the task and can complete your obligations. Refuse to let your emotions get in the way. Stubbornness will not help you bring about positive change. Nurture relationships to ensure there are no hard feelings.

Gemini

Take pride in presenting yourself and your skills. Updating your look will attract attention and give your ego a boost. A kind gesture will nurture a meaningful relationship. What you suggest will be hard to resist if you speak from the heart. Pay more attention to cash flow this month. Put a strict budget in place and refuse to let anyone talk you into paying for add-ons. Create a plan that works for you and make changes based on your skills and long-term goals. Improve your mind by updating and making your space suit your needs. A positive shift in your living arrangements is apparent.

Cancer

Time spent with people who share your interests will give you insight into how to use your skills to generate cash or add stability to your life. Someone will spark your interest or imagination but before getting involved, consider whether the proposition is viable. Your emotions will skyrocket this month. Channel creative energy into something you love doing, and you'll gain valuable insight into your next project or move. Put more thought into how you use your energy and you'll achieve something worthwhile instead of wasting time over something you cannot change. Be proactive and forge ahead.

Leo

Focus on the process and completing what you start. Participate in learning to let go of whatever isn't working for you anymore. Put a budget in place and hold on indulgent behaviour. Reach out and connect with people who spark your imagination. Participate in talks, but don't make promises you cannot keep. Listen, ask questions, and apply common sense before committing to anything. Keep your plans to yourself. The less others know, the easier it will be to avoid interference. Trust your instincts and take a disciplined approach to achieving your goal. You can have fun without overspending. Make plans with someone you love, or focus on pampering yourself.

Virgo

A change of scenery will be eye-opening. Consider how you can improve your life mentally, emotionally, and financially. Don't let things fester over the holidays. Reach out and address issues causing you grief, and you'll find a solution that offers the security and stability you require to achieve peace of mind. Reach out to someone you trust to give you good advice. Keep your personal information safe and be wary of anyone with ulterior motives. Time is on your side; avoid making a snap decision or giving someone information that can put you in a vulnerable position. The less you share, the better.

Libra

Invest more time, energy, and money in you and your surroundings. Altering your living arrangements to lower debt will put your mind at ease. Live and learn. Communication will open your mind to a host of new ideas that can help you engage in learning, updating your skills, and trying something new. A reunion or travel will expand your vision. Don't let emotions interfere with your choices. Sort through your options before you discuss your plans openly. An opportunity may not be ideal, but it can help you reach your objective. Communication will help you resolve unfinished business and open doors to new beginnings.

Scorpio

You can gain ground if you structure a plan and start the process. Change is up to you; don't lollygag; research and act. Go over your expenditures. Cut corners and set a budget that allows you to breathe financially. Don't trust someone else to know what's best for you. Stay in control. You'll earn plenty if you get into an emotional conversation. Listen while those you encounter divulge sensitive information. The knowledge you gain will encourage you to implement a change that will stabilize your life. Do your best to simplify your life and relationships. Express your feelings and follow through with your plans.

Sagittarius

Make a financial plan before spending on something you don't need. Being proactive and money-smart will help you avoid unnecessary debt. Emotions will surface due to relationship differences. Don't assume someone feels or wants the same things as you. A misunderstanding will prevail if you aren't forthright about your likes and dislikes. Pay attention to details and how much things cost. It's essential to know your limits and recognize what's possible. Honest communication will spare you from taking on more than you can handle. Hard work will pay off. Invest more time and effort into honing your skills and managing your money and time better.

Capricorn

It's a good time for a lifestyle change. Home improvements will encourage you to be grateful for what you have. Reach out to someone reliable, and the input you receive will help you discover a new or more efficient way to use your knowledge and skills. Steer clear of people trying to control your life. Use your energy wisely. You'll run out of steam if you take on too much. Consider what's important to you and concentrate on handling one thing at a time. An innovative approach to money, school and work will pay off. Sum up your relationships and make changes that free up time with those who count.

Aquarius

Pamper yourself this month. Take time to reassess what you want to do next and refuse to let anyone monopolize your time. Concentrate on home improvements or update your skills to take advantage of trends. Don't let the changes others make entice you. Invest in yourself, not someone else. A change to your surroundings will require adjusting to ensure you have a suitable environment to achieve your goals. Protect against unnecessary physical changes that can affect your emotional well-being. There is power in your passion. Express your feelings, surround yourself with positive people, and look out for your best interests. Say no to indulgent suggestions.

Pisces

Listen, observe, and protect your secrets, passwords, and identity. Someone you encounter will be misleading, manipulative, or tend to exaggerate. Stick to your plans. Refuse to let last-minute changes get you down. Someone close to you will use emotional tactics to change your mind. When in doubt, sit tight until you feel comfortable deciding what to do next. Choose to do something creative or attend an event that allows you to network or brainstorm with someone you respect, and an unexpected opportunity will unfold. Pay attention to technology and what's changing. The information you gather will reinforce how to direct your energy and expand your knowledge and skills.

Extreme winter sports that will give you the chills



CREDIT: ARTUR DIDYK

Luge and skeleton are just a couple of the extreme winter sports that shine around this time of year.



Konstantinos Drossos (he/him)
INTERROBANG

As the weather gets colder, many sports are either finishing off for the winter season or moving indoors to continue. Meanwhile, the time for winter sports has come. Everyone knows the classics like hockey, skiing, and snowboarding but what about the others?

The Winter Olympic games have incorporated some of these sports into their daily events and watching them is thrilling due to how bizarre and daring they are. Here are some uncommon winter sports for you to check out this season.

Luge/Skeleton

Starting off the list is luge and skeleton, which both come from the country of Switzerland. They are time-based sports where a rider must push themselves from the start of a long, windy ice track and gain enough momentum to beat the set time.

Riders typically reach speeds of 80-90km/h. In luge, riders begin sitting on their sleds and lie down on their backs as they ride out the entire course. Skeleton requires the riders to begin in a standing position where they then sprint to gain speed, jump on top of their sleds and lay on their stomachs, headfirst down the track.

A typical track for luge and skeleton ranges between 1,300m to 1,500m in distance with parts of the

course that go up and down along with sharp turns and steep angles. Courses are also fitted with crash pads to help minimize hard impact for the riders.

Riders are outfitted with specialized helmets so that they can see from the difficult positions they are in to control their sled. Their bodysuits are built with padded material but are also thin and tight to help keep the riders' aerodynamic integrity at high speeds.

Canada is home to one of the 17 courses in the world, located in Whistler, British Columbia.

Biathlon

This one is an unusual mix of two opposite sports but has come to be a beloved one to watch. Biathlon takes the challenge of cross-country skiing and matches it up with one's marksmanship skill.

The sport originates from Scandinavian countries that once used it for military exercises to train and prepare their soldiers for snow combat. In the 1960s, the exercise was then taken and transformed into a sport for the Winter Olympics.

The sport tests the physical and mental capabilities of the athletes, exerting them to all lengths. Biathlon has different race formats that combine both racing and shooting in different ways.

During the race, athletes are required to either shoot standing up or lying down and cover about 12km in distance on their skis. Athletes use 22 calibre rifles that weigh close to eight pounds.

As peculiar as this sport seems, it has gained massive popularity

in Europe and has its own world championship that is held annually.

Crashed ice

Although this sporting event has been discontinued, it would be a disservice to not mention this sport as being one of the most insane creations of the 21st century. Crashed ice was created back in 2001 by two Canadian brothers and was picked up by Red Bull.

Similar to luge and skeleton, this sport takes place on an ice track with humps and sharp curves to throw a challenge at the participants. Four participants go head-to-head with one another as they fight to reach the finish line to clinch first place.

Racers are outfitted in some gear that is used in hockey, while other areas of their gear are more padded to protect the racers from extreme impact. Hockey skates are also favoured in this sport as they are more durable and reliable due to the material they're made out of.

The design of the course is meant to throw around the participants and give the audience a good show of action. The racers go as fast as 50km/h on the ice. Other than racing, Red Bull also created a freestyle version of the sport where athletes can showcase off tricks and are scored in a similar style to snowboard freestyle competitions.

While these are only a few examples of extreme winter sports, it goes without saying that once the cold weather arrives, there are many athletes who come out of the shadows to showcase how big of a dare devil they are by participating in these extreme sports.

BI-WEEKLY STANDINGS



Women's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
HUMBER	9	9	0	18
ST. CLAIR	9	8	1	16
CONESTOGA	9	6	3	12
NIAGARA	9	6	3	12
MOHAWK	10	6	4	12
REDEEMER	10	5	5	10
CAMBRIAN	11	4	7	8
SHERIDAN	9	2	7	4
FANSHAWE	9	1	8	2
BOREAL	11	1	10	2

Men's Volleyball OCAA West Division Standings

Team	GP	W	L	PTS
NIAGARA	9	7	2	14
FANSHAWE	9	7	2	14
ST. CLAIR	9	7	2	14
CONESTOGA	9	6	3	12
HUMBER	9	5	4	10
CAMBRIAN	11	6	5	12
MOHAWK	10	5	5	10
REDEEMER	10	3	7	6
SHERIDAN	9	1	8	2
BOREAL	11	1	10	2

Women's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
LAMBTON	8	7	1	14
ST. CLAIR	7	6	1	12
MOHAWK	7	6	1	12
NIAGARA	8	6	2	12
HUMBER	6	3	3	6
FANSHAWE	8	3	5	6
REDEEMER	8	2	6	4
CONESTOGA	8	1	7	2
SHERIDAN	8	0	8	0

Men's Basketball OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	8	7	1	14
MOHAWK	8	6	2	12
LAMBTON	9	5	4	10
NIAGARA	9	5	4	10
HUMBER	8	4	4	8
SHERIDAN	8	4	4	8
FANSHAWE	9	4	5	8
CONESTOGA	9	4	5	8
REDEEMER	8	2	6	4
CANADORE	8	1	7	2

Printed standings are reflective of November 29, 2023.

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

Fuel competes in Canadian Esports Nationals



**Alex Allan
(he/him)**
INTERROBANG

From Nov. 20 to 24, Esports Canada held a national competition for all Canadian post-secondary schools. Fanshawe Fuel had a break from regular Esports competitions due to America's Thanksgiving. Four teams from Fuel took part in competitions throughout the week.

Valorant

The team had a solid start in the race against Georgian College. They were able to clinch a 2-0 win in a best-out-of-three matchup. This win advanced them to face Brock University in their next matchup. The Academy team stood their ground against Brock. Adam "Boyc3" Boyce mentioned that this was a crucial game for them to win in order to keep advancing in the competition. Fuel ended up losing 2-0 to Brock in a best-out-of-three match and made it the end of the road in Nationals.

Call of Duty (CoD)

Back-to-back matches went underway for the Fuel CoD team while trying to manoeuvre their way on the new *Call of Duty* game.

Game one was against Durham College where the Fuel team took a dominating 3-0 win for a best-out-of-five matchup. Since this is a new game, the team had to adjust and learn how to work together since these are all new maps to the players. Some of the game mechanics also changed from the previous game which added some complications to the other adjustments. These changes have made movements within the games a bit faster and introduced slide cancelling back too. Every player in the game has the ability to slide and the term "slide cancelling" is when a player is able to cancel their slide mid-way. There is a mix of emotions around people enjoying slide cancelling in the game. Since it is in this game, it means all players have to re-adjust for the mechanic to be back.

In game two, Fuel CoD faced Carleton University. The team was feeling hot after having successful round wins against Durham. Unfortunately, they lost 3-0 in the matchup. Team captain Jake "Bonk" Deneau mentioned that they should have taken that win against Carleton but playing on maps that they haven't practiced much on led to their defeat.



CREDIT: FANSHAWE FUEL

Woody (left), Sistane (middle left), Ninja (middle right), BosFrost (right) represent the four Fanshawe Fuel teams to battle against other Canadian colleges.

Since they lost that match, this introduced a big battle of London matchup against Western University. Deneau mentioned that they went over some previous mistakes in their Carleton match. The Western team completely blindsided Fuel and walked away winning 3-0. It was a big upset for the Fuel team but also a big learning curve as they keep learning the new *Call of Duty* game. "With our loss, we are looking forward to going into our league

next semester. I hope to see everybody at try-outs," Deneau said.

Both *Overwatch* and *Rocket League* took part in the Nationals action. Sadly, the *Overwatch* team lost both of their first two games knocking them out of the competition early. The Fuel *Rocket League* team had a great run advancing into the playoffs. They did end up losing in a close match against St. Mary's University.

"Thank you to every player, coach, team manager, caster, producer and

social media manager for being involved with the Canadian Esports Nationals," Esports Canada said in their Twitter post.

Two Fuel teams are left in regular Esports action. The *Rocket League* team and *Valorant* team will start to unwind the final few matches before this semester wraps up. Make sure to keep up with the latest on Fanshawe Fuel's Discord and Socials.

Falcons take third place after the first badminton invitational of the year



**Justin Koehler
(he/him)**
INTERROBANG

Fanshawe recently hosted its 32nd annual badminton invitational.

The event was hosted at the Glenn Johnston Athletic Centre, where third-year Arpitraj Sinha led the Falcons to a third-place finish following the men's singles 'A' flight quarterfinal match with 21-8 and 21-14 victories.

"It was awesome," said Sinha. "When any one of us was playing, we had each other's backs. There's a lot of pressure behind these games, especially when it's a home match."

He would later drop the semi-final match to Humber.

This comes after a successful year for Sinha in the 2022/2023 season, where he was named a west region all-star, awarded as the OCAA men's badminton west region player of the year, as well as capturing the bronze medal at the CCAA national championships.

"Obviously the last year was personally good for me, but what I want to do is bring back gold in nationals for the college. I wasn't satisfied with what happened, so my off-season was spent working on the weaknesses that I exposed."

Roshan Jacob would also perform well but fell in a three-game match to Seneca in the men's flight 'A' quarterfinal round.

The duo of Sinha and Jacob would team up in the men's double competition and win three matches before being defeated by the men's double champions from Humber in the flight 'A' semi-final match.

In the women's doubles flight 'A' competition, Eugene Kim and Xinyi Ge lost in the quarterfinal round to Humber.

Aniket Ramrupwad and Eryn Long were crowned the mixed doubles consolation champions after winning four consecutive matches and were triumphant 21-16 and 21-15 in the final match.

Key plays by Jacob and Lalaine Siy would secure their second-place finish in the flight 'B' consolation competition.

"This might be my last year at Fanshawe, so one of the things I want to achieve is team bonding," said Sinha. "Last year was a bit all over the place, but from the looks of it, it's already going a lot better than last year. The team is showing that they care not only about the badminton aspect, but also being a part of a team."

Fanshawe's badminton team will be back in action on Dec. 9 and 10 at the George Brown College Invitational tournament, with Sinha saying this will be a good gauge of their overall skills.

"George Brown is not only a college invitational tournament, it's also an open tournament," he said. "It'll be a lot tougher than other competitions we have. Players from Indonesia, Singapore, China will all be coming to play."

He went on to talk about some of his goals for the tougher matches coming up.

"There will be tougher players all around, playing against players who honestly may be better than me. My goal is to improve my mental strength, my speed, and my consistency when I'm behind."



CREDIT: FANSHAWE ATHLETICS

Arpitraj Sinha (pictured) helped lead the Falcons to a third-place finish at Fanshawe Badminton Invitational.

Ultimately, he said that while he wants to replicate and further some of his successes from last year, his main focus is on finishing this season with a well-developed team bond.

"My main thing is to have fun with the team. The team this year is awesome, so whatever happens I just want to have fun and know that I'll have good memories with them."



NOW ON 106.9 THE X

ON AIR

INTERROBANG
PRESENTS

THE RED COUCH PODCAST



SUNDAYS AT 8PM



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Mindful MONDAYS

Stress Relief
December 4th | 11am-2pm
in the Student Centre

Meditation Glitter Jars | Colouring | Wall of Wisdom



FUEL FANSHAWE UNIVERSITY LEAGUE

EA SPORTS

GAME NIGHT

Monday, December 4th
Alumni Lounge

6pm Friendlies | 7pm Tournament Start

FREE EVENT
Connect with us @fsu.ca/discord

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TOP 3 PRIZING





The Canadian Library is a living art installation initiative created as a memorial to Missing and Murdered Indigenous Women and Children and Two Spirit People.

The Canadian Library

Fanshawe College
December 4th-8th
Fanshawe Library Learning Commons

FANSHAWE



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FANSHAWE ALUMNI

MOVIES

MOVIE **ELF**

DATE **TUES, DEC 5TH**

TIME **8PM - 11PM**

FREE PIZZA (WHILE SUPPLIES LAST)

ROOM D1060



Chill LOUNGE

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WEDNESDAY, DECEMBER 6TH
STUDENT CENTRE | MAIN CAMPUS
11 am - 3 pm

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IS YOUR BIRTHDAY IN DECEMBER?

Come get treats and all the warmest wishes from us!

December Birthday Month!

Thursday, December 7th
Student Centre
12pm-3pm

Proof of birth month required.



SPORTS NIGHT

DECEMBER 7, 2023
Leafs vs. Ottawa Senators

LEAFS on the BIG Screen

OBS 7PM
1/2 Price Wings

OUTBACK BAR & GRILL

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FALCON AWESOME DANCE PARTY

DJs FEATURED

deeccee

K-VIII
AJS HOUSE

FREE

WEDNESDAY, JAN 3

8pm to 11:30pm
DOORS AT 7:30PM | J GYMS 1 & 2



CALL FOR SUBMISSIONS: BLACK HISTORY MONTH ISSUE

SUBMISSIONS DUE JANUARY 22

Seeking: articles, personal essays, short stories, poetry, artwork, opinion pieces, other..

Email submissions and general inquiries to: h_theodore@fanshawec.ca

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