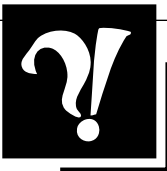


INTERROBANG



**PERSONALITIES
UNVEILED THROUGH
FASHION** PAGE 6



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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,
Welcome to Interrobang's annual Fashion issue. This issue was conceptualized as a way to highlight the amazing work of Fanshawe's fashion students, while also looking at the many ways in which clothing and self expression define us all.

Our featured content explores how students' culture influences their fashion choices, and how changing attitudes about tattoos are giving young people even more ways to express themselves. We look at how pop culture and fashion have historically worked in tandem, from punk music to the *Barbie* movie.

Also in this issue, reporter Justin Koehler tells us how fragrance plays a role in how we present ourselves to the world, while reporter Finch Neves speaks with students about how valuable it is to allow everyone the freedom of expressing themselves without the constraints of an enforced dress code.

Style is more than just the clothes you wear. It's part of how you conduct your life, your values, and your persona. Unbound, the annual fashion show put on by Fanshawe's fashion students, goes beyond fashion alone. Students explore themes of sustainability, diversity, equity, and inclusion in their work, inspiring us all to remember to see beyond the garment and think about how our choices impact the world around us.

Thank you to the students of the fashion design program for collaborating on the cover of this issue. We could not have done it without you.

Sincerely,



COVER:
Brandon Grubb



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

Land Acknowledgment: Interrobang acknowledges that our office is situated on the shared traditional lands of the Anishinaabeg, Haudenosaunee, Lenapeewak, and Attawandaron peoples. The First Nations communities of our local area include Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee Delaware Nation. We affirm the importance of our relationship with Indigenous peoples and students at Fanshawe College.

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Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

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Fanshawe's fashion students shine in Unbound 2024



Gracia Espinosa
(she/her)
INTERROBANG

Fanshawe College's third-year fashion design students will showcase their collections at Unbound 2024 on April 6 from 7 p.m. to 10 p.m. The event will occur at Innovation Village, specifically in Forwell Hall, followed by an after party at Canada Life Village Square. This immersive show will feature runway displays, music, a catered reception, champagne carpet photos, and a chance to meet the designers.

"This year's event is a must-attend," Leigh-Ann Waller, fashion design coordinator and Unbound creative director said. "Prepare to be captivated by the accomplishments of thirteen up-and-coming Canadian designers. Unbound stands as a testament to the powerful fusion of community, industry experts, and aspiring students. With the collective efforts of twelve Fanshawe College programs and

the dedication of over 166 individuals, Unbound promises to be an unparalleled success."

Student designers have created a broad array of collections based on the theme of New Narratives, representing a departure from conventional societal constraints.

The creative mastermind behind the *Hedgewalker* collection, Biz Clarkson, said they drew inspiration from an eclectic mix of influences like folk horror, historical fashion, and pop culture.

"I'm like a punk rock kid and a metalhead at heart," Clarkson said.

According to Clarkson's description of *Hedgewalker*, "the apple tree branch is a motif seen throughout the collection in both laser-cut and embroidery details, growing as the main character of my collection in power as ancient as the roots of the gnarled trees that populate nightmares."

In contrast, *Over It!*, Lauren Bailey's collection, embodies the spirit of individuality and defiance against conformity.

"This collection is for the in-betweens, the burnouts, the dropouts,

the almost famous. The ones who find themselves in a post-pandemic world unsure of where the lines ever were," Bailey said.

Bailey's designs challenge traditional norms, offering season-less, gender-less, elevated street-wear that celebrates diversity and self-expression.

"My everyday style is very gender-less and season-less," Bailey explained. "I'm non-binary, so I like to think my queerness shows through a lot of my clothes."

According to Bailey, the New Narratives theme was decided upon early on in the creative process.

"It was one of the first things we settled on—the central theme of Unbound 2024," Bailey explained. "It talks about how each of us has such an individual life and perspective, and we all come from different walks of life."

"There are only 13 of us compared to the second-year fashion design students, which has around 40," Clarkson added. "So, we're the latest COVID babies, which is great because we are a little group and all different."

Both Clarkson and Bailey emphasized the importance of sustainability in their collections, utilizing responsible production methods.

"I'm using linen and deadstock leather," Clarkson explained. "So deadstock means that it wasn't usable by the company. And I'm turning it into something. I'm also using all of my scraps to make embellishments."

At the same time, Clarkson has used natural materials to create garments that blur the lines between reality and folklore.

"I even make my own wooden buttons from the old apple trees that grow in my mum's backyard," Clarkson explained.

Bailey echoed this sentiment, emphasizing the need for sustainable practices in the fashion industry.

"I feel fortunate that we are taught and pushed to be sustainable designers because it's almost irresponsible for us to go into the world and create waste because the fashion industry is one of the biggest polluters on the planet right now," Bailey stated.

Unbound 2024 attendees can choose between two ticket options:



CREDIT: FANSHAWE COLLEGE

The third-year fashion design students of Fanshawe College will showcase their collections at Unbound 2024.

floor seating for \$55 and mezzanine seating for \$35.

Guests will also have the opportunity to meet the 13 emerging designers who will push the boundaries of fashion and spark discussions on self-expression and inclusivity.

Fanshawe enters partnership to improve cybersecurity education



Konstantinos Drossos
(he/him)
INTERROBANG

Fanshawe College and Jyväskylä University of Applied Sciences (JAMK University), have entered a partnership aimed at tackling cyber-attacks. This partnership will offer resources to students that will give hands-on experience to combat a variety of cyber threats.

"Our Dean was at a conference called the European Association for International Education and met our Finnish partners there and they invited her to come and visit the university and we started some discussions around what they're doing, what we're doing here in terms of cyber security and the capabilities and that aligned with the direction we were taking our school, so they broached the idea of a partnership and we jumped at the opportunity," said Dev Sainani, the Associate Dean to the School of Information Technology.

The tech space, called a cyber range, acts as a safety net for students to experiment with cyberattacks in a separate closed-off space to enhance their skills.

"A cyber range is a model simulation of the real internet in a sectioned-off area called The Sandbox," Sainani said. "So whatever happens within the cyber range itself does not get out into the public domain so you can build a simulation of the internet and you can attack it, you can introduce all sorts of threats and threat actors into the simulation and you can see how the system will respond and how to defend against it."



CREDIT: THAPANA ONPHALAI

With the growing demand for cybersecurity professionals, Fanshawe College and JAMK University have entered a partnership that aims to equip graduates with the latest skills and knowledge needed to build robust cyber systems.

Jobs in the realm of cyber security have been growing with companies wanting to hire workers equipped with up to date knowledge who are able to build a stronger reinforced cyber security network.

"It's certainly a burgeoning field and a growing area," said Sainani. "We see the need for cybersecurity everywhere with hacks and all those sorts of things that are happening with increasing frequency. It's an area where skilled practitioners are in high demand, from an academic point of view. It's a tough area to fill, but our graduates are in high demand, so certainly it's an area that's becoming more and more critical and central to everything we do."

The end goal of the partnership is to equip graduates with a wide variety of cyber defense skills that can be applied to different sectors with specific security needs.

"We are part of a global network that our partners have established in Finland and what they have been doing over the last maybe 10 years is to build several domain-specific areas," Sainani said. "So they have models that are based on the healthcare system, the food chain or, travel and transportation logistics, building out those capabilities. And then we can to build out any other capabilities that we see fit and contribute that as part of our contributions to the overall network."



Justin Koehler
(he/him)
INTERROBANG

Fanshawe students may have been exposed to measles, according to the Middlesex London Health Unit (MLHU). Several cases of measles have now been confirmed in London, with possible exposures occurring at various campus locations. The MLHU said they are currently investigating the cases, stating that they believe the cases were contracted while travelling.

The MLHU is alerting the community that they may have been exposed to measles in various settings across London between March 3 to March 8.

The places and times that the public could have been exposed include:

Sunday, March 3

- 9:30 a.m. to 3 p.m.: True Taco restaurant at the Western Fair District Market, 900 King St.

Monday, March 4

- 7 a.m. to 9 a.m.: Fanshawe College Wellness and Fitness Centre, 1001 Fanshawe College Blvd.
- 1 p.m.: Bus route 4 or 104 to downtown campus
- 2 p.m. to 7 p.m.: Fanshawe Downtown campus, 130 Dundas St.
- 5:20 p.m.: Bus route 20 leaving downtown
- 8:15 p.m. to 10:15 p.m.: Hi Yogurt Downtown London, 189 Dundas St., Unit B
- **Tuesday, March 5**
- 8:35 a.m.: Bus route 104 to downtown
- 9 a.m. to 2 p.m.: Fanshawe Downtown campus, 130 Dundas St.

- 2 p.m. to 4:30 p.m.: London Public Library, Central Branch, 251 Dundas St.
- Wednesday, March 6**
- 1 p.m. to 3 p.m.: Mr. Choco Bubble Tea, 670 First St.
- Thursday, March 8**
- 11:30 a.m. to 2 p.m.: Fowler Kennedy Medical Clinic at Fanshawe College, 1001 Fanshawe College Blvd.

The MLHU is now urging Londoners to keep an eye out for symptoms of the virus, with cases expected to rise.

"In terms of typical symptoms, you start off with a fever, feeling generally unwell and a cough," said Associate Medical Officer of Health with the Middlesex-London Health Unit, Joanne Kearon. "Then after several days of that, you'll develop this full-body rash, which is the typical rash of measles. For most people, it would resolve, but it could progress to heart and lung problems, pneumonia, and even death."

The MLHU said that two doses of a measles, mumps, and rubella vaccine are recommended for anyone born after 1970. In general, those born before 1970 are considered immune against measles.

"What we're asking people to do is to check their vaccination record, you can do that through your healthcare provider, and if there's any concerns about whether or not you're up to date, follow-up with your healthcare provider and get vaccinated if you need to be."

Symptoms for the virus included a high fever, cold-like symptoms (cough/runny nose), sore eyes, sensitivity to light, and/or a red rash lasting four to seven days.

For additional information about measles, including signs and symptoms, how it spreads, and how it can be prevented, visit healthunit.com/measles.

Beyond Ableism, Part One



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

This article is an excerpt from Fanshawe grad Adam D. Kearney’s essay, *Beyond Ableism*.

“Ableism is discrimination and social prejudice against people with physical or mental disabilities and/or people who perceive themselves as being disabled. Ableism characterizes people as they are defined by their disabilities and it also classifies disabled people as people who are inferior to non-disabled people.”

— Wikipedia, *The all knowing*

Hello, my name is Adam and I am a recovering ableist and alcoholic. Something I learned the hard way on my road of recovery is that there is no shame to be found in “being” an alcoholic, especially a sober one. Where that shame lies is in the past, or most specifically in the decisions I made in my active alcoholism. After putting a lot of work into myself, I am far less ashamed of the decisions I am making today.

All this is to say that I still make mistakes. The difference now is I know there is no shame in apologizing, learning from, and taking ownership of my mistakes. I can move beyond them; I can grow and become a better person from the experience. Some people say that is making a positive out of a negative, but I think that is a really fucking cheesy way of saying it. I acknowledge that even though I am sober from alcohol, I am still an alcoholic and that if I drink I will bring that negativity back into my life.

The tough reality I find now is that even though I have worked incredibly hard on my ableist behaviour (both internalized and external), I am still an ableist. This is true despite being connected to the disability community in a way that I have never been before. I try to read every book I am suggested on Disability. I watch every show or movie that has great disability representation. Yet, I can still fall back on some very toxic ableist behaviours and opinions. These moments happen far less frequently than they once did, but I accept that I am a work in progress. I have much more I still need to learn, and I will continue to learn until my dying day.

By having to live in a society that has been designed to exclude my body (buildings, sidewalks, and transportation) and mind (stereotypes, misinformation, and discrimination), I learned from an early age the many ways in which I have no value in a settler-colonial capitalist framework. This lens was how I learned to hate myself. Even within my own family unit I was the black sheep, being the only one in our house with disability. I subconsciously developed many unhealthy coping mechanisms in order to survive. My sense of humour may be the only one which has affected my life in any positive sense. By far the worst mechanism was my internalization of society’s unrelenting projection of ableism on my bodymind.

My mother recently shared with me what may have been my first act of ableism which occurred when I attended a preschool for children with disability. Up until that point in my life my experience with disability outside of my own (multiple fractures and surgeries) was at a handful of conferences for people with the same diagnosis as me. I seemed somewhat accustomed to people with Osteogenesis Imperfecta (more commonly known as OI or Brittle Bone Disorder), however when I ended up in the preschool classroom I found myself surrounded by individuals within the broad spectrum of disability. The classroom was a bit of a system overload for me, but I seemed to really focus in on a specific classmate of mine who has the diagnosis of cerebral palsy (CP). As a person with CP his motor skills and speech are affected in a way that I really hadn’t witnessed before. He used a large, and to my young mind, menacing custom wheelchair. Keep in mind this was the 1980s so all devices were twice the size and three times as ugly as they are today. I began to connect him and his disability directly to his assistive devices.

Up until that stage in my life, when I was not recovering from a break or a surgery, I was able to use a walker for short distances, or more often my trusty Fisher Price plastic trike to get around. As I continued to grow. My parents, knowing that the trike phase couldn’t last forever, started to make suggestions about me getting my own wheelchair. A suggestion I flat out wouldn’t even consider this suggestion; I would dismiss it by throwing a tantrum while saying “I don’t want to be like my classmate.” For me, using a wheelchair meant I was one of “them.” Sure, this is easily dismissed by a child’s limited ability to reason logically that a device does define who you are, but it now serves as a starting point for my cognitive awareness of my own internalized ableism. I wouldn’t actually know what that term meant until thirty years later. For the time being I felt that if I could ride my Fisher Price trike everywhere, surely no one would notice my disability. I only stopped using it when I started the second grade.

This touches on something that is rarely talked openly about outside of the disability community: there is an unspoken ableist class structure of disability hierarchy. Some folks with disability are perceived as better than others because of how their diagnosis affects their daily life. Generally those at the top of the pyramid are acknowledged to have the most cognitive and physical ability, and at the bottom are the folks with seemingly the least. This class structure is based in settler colonialism, and more specifically capitalism. Within this framework, a bodymind holds no inherent value unless it is able to generate money, and the more money it can generate the more value it holds. Even recently, people will ask me things like: “but you’re not that kind of “disabled” are you?” They offer air quotes while they say it to me, as if we are sharing the same prejudices, and are sharing an acceptance of the hierarchy of disability. Up until

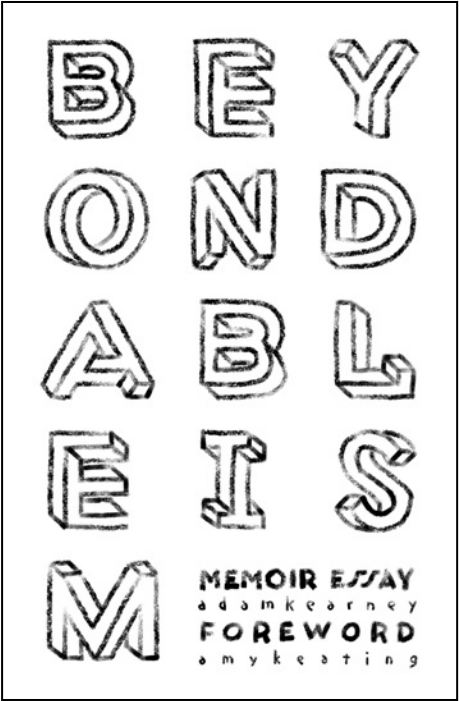
a few years ago, I would shrug this off and simply laugh and say, “oh no, not like that.”

As a young person, Being the only one in my school with a physical disability meant I didn’t need to really address this class system inside of the classroom. In truth, I can only remember one instance where someone actually made fun of me at school, and it was a misunderstanding. It was overheard by the teacher’s assistant, who reported it to the principal. It is now so long ago that I completely forget what it was all about, but we both got called into the principal’s office. I had to sit there while my friend was forced to apologize to me through his tears, and I explained I understood and forgave him. It seemed very performative for the adults in the room. The whole thing now speaks volumes to how adults project their own concepts of disability onto children. It is this harmful perspective that has been passed on for generations. We need to actively work on breaking this ableist cycle.

High school was a big game changer on the ableism front. On the first day of grade nine I was introduced to Johnny, the person who would bully me throughout high school and beyond. As an attempt to ease the transition from grade to high school, my school had adopted a structure of one set group of students who would go from class to class together. It was within the first month or so of starting school that Johnny unprovokedly stole and then proceeded to rip up my dollar store pencil case in front of the class while the teacher was out of the room. I have no idea why he chose that day, moment, or item to act out that way, but Johnny treated it like the opening day of hunting season. I was somewhat oblivious to what had actually happened. I had zero emotional connection to the pencil case and was kind of happy the ugly thing was out of my life. Yet, the adults forced Johnny to buy me a new pencil case and apologize to me in front of the class. This apology felt pointless because he didn’t mean it and only brought more unwanted attention towards me. In addition, this only angered him and he saw it as a reason to double down on his bullying of me. This was when he started whispering things to me in class after I would answer a question. “Shut up ret*rd.” “Think you’re so smart eh cr*ppe?” “Stop being such a f*ggot.” It was mostly the same dismissive comments with whatever slur seemed popular to him that day.

Once grade nine was over and I didn’t have to sit in every class with him all day every day, things actually got unexpectedly more complicated. It was a small school and our social groups weren’t that big so there was a lot of overlap in our circles. A lot of my close friends ended up being friends of Johnny, or at least friends of his best friends. While the classroom comments still kept coming, now I had to find ways to pretend to be cool with it. What better way to do this than to internalize it all and lash out at other folks I thought were lower on the ableist class pyramid than me.

I have talked about my disassociation from disability in my previous essays, that it happened around the same time as my transition from being a camper to counselor at a camp



CREDIT: ADAM D. KEARNEY

This excerpt from Kearney’s essay begins with an exploration of growing up and unlearning internalized ableism.

for people with disability, and my first experiences with alcohol. This drastic change in my peer group also allowed me the opportunity to climb the all-important class pyramid. There was another factor that came into play I haven’t really explored as it tied into my school bullying situation. But, “hurt people, hurt people” and sometimes we act out in the harshest ways to communities we are most tightly connected to.

Midway through high school they converted a wing of the school to be the new home of the “special education program” which was being moved from an obsolete facility. This opened up a whole new realm of potential material for Johnny and his buddies to bully me with. I was now constantly being told I was in the wrong classroom. When I spoke, things I said would be mimicked to have a speech impediment and hand motions similar to those made by folks who have cerebral palsy. Sometimes these things were being shouted in order to silence me, or just making the hand gesture at me when they wanted to silent.

Although I now regret the decisions I made, at the time I thought my best tactic was to join in the mockery of the new wing of students as an effort to deflect the attention from me. I tried to make them realize that I was not like “them” and that I was as “normal” as Johnny and his football buddies. It may have taken the wind out of their sails a little, but it didn’t bring the torment to an end. I certainly was never going to be acknowledged as an equal. In hindsight, all this did was further my ableism and disassociation from my identity as a person with disability. I caused more harm than good in my wake.

To be continued...

This memoir essay was published as a zine in May 2023. For more information visit handcutcompany.com.

Fashion at the expense of others



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

While its heyday may have passed, thrifted fashion is still incredibly popular. People will sift through the shelves of their local thrift store in search of hidden gems, relics from the past when clothes were made to last and wool was, perhaps, used a bit too often.

At first, this movement seemed fantastic. Why wouldn’t we want more people wearing used clothing, rather than having it go to waste? But once again, as seems to be an inescapable trend, capitalism has corrupted something great, as profit has become the focal point.

Thrift stores have been an essential part of life for low-income families, as they allow them to keep up with the rapid growth rate of children, without breaking the bank. Thrift stores also provided the unhoused with inexpensive clothing to stay warm in the cold.

For years, their clientele primarily consisted of individuals who could not afford to shop elsewhere, but with a new wave of customers that had money available, so have the price tags. Thrift store prices have risen at terrifying rates, making them inaccessible to the people that relied on them.

But they are a business, right? They have every right to try and make a profit, even if the situation is unfortunate for many. It isn’t like we see popular brands cutting their prices to be affordable, but this is different.

Thrift shops don’t create their merchandise or even purchase it most of the time. By marketing

themselves as a pseudo charity, they manage to receive their stock through donations. People part with their belongings, or donate the belongings of passed loved ones, in hopes that they may help someone else, but instead, they end up lining the pockets of multi-millionaire CEOs.

While I have issues with our capitalist dystopia in general, that doesn’t mean I fault the business owners for taking part in it. The situation is entirely different, however, if you represent yourself as something that you are not to receive donations and then sell them for massive profit, while ignoring the people that have relied on you and funded your business for decades.

How can anyone be so callous? I feel like thrift stores and their pricing practices are a perfect representation of how disconnected wealthy people are from the people that fund their lavish lifestyles.

It is not like we should stop buying secondhand clothes to save them for those less fortunate or something either. There are more than enough to go around, and we should all consider ways that we can re-use rather than purchase new, in general. Plus, it is an added bonus that older styles frequently make comebacks.

There simply needs to be more transparency around how some of these businesses work because I sincerely doubt that as many people would donate if they knew it equated to little more than some white guy’s yacht fund.

If you choose to donate, research the different options available and find one that helps people, rather than profiting off of them. That way, you can slay that new fit without worrying it came at the expense of others.

Personalities unveiled through Style



Eseoghene Mary Akpojivi (she/her) | Interrobang

In the vibrant and diverse landscape of Fanshawe College, where cultures converge and perspectives intermingle, there's a fascinating tapestry of fashion waiting to be unravelled. As a journalist, I have had the privilege to delve into the unique world of cultural fashion on campus, where students from all corners of the globe bring their heritage and style to the forefront. Let's explore the enchanting realm of global fusion and how Fanshawe College students are weaving threads of tradition into their contemporary wardrobes.

A CULTURAL KALEIDOSCOPE ON CAMPUS

Fanshawe College is a microcosm of cultural diversity, boasting a student body enriched by individuals from various countries and backgrounds. This vibrant blend of cultures is showcased not just through language and customs, but also fashion choices that speak volumes about identity and heritage.

CULTURAL HERITAGE IN THE CLOSET

From traditional garments passed down through generations to contemporary twists on ethnic wear, students at Fanshawe are finding innovative ways to incorporate their cultural heritage into their everyday attire. One can spot a student confidently strolling the campus in a vibrant saree, another proudly sporting a kimono-inspired jacket, and yet another adorning themselves with intricately embroidered fabrics that trace back to their roots.

FASHION AS A BRIDGE BETWEEN CULTURES

Fashion becomes a universal language that transcends geographical boundaries, facilitating cultural exchange and understanding. In a bustling campus café, I had the opportunity to speak with Odi Itakpo, an international student from Nigeria, who shared, "Wearing my traditional clothing here is a way to introduce my culture to others. It's also a reminder of my roots and keeps me connected to my family back home."

MODERN TWISTS ON TRADITION

One of the most captivating aspects of cultural fashion is how students infuse modern elements into traditional attire. The fusion of tradition and contemporary trends creates a captivating aesthetic that's both authentic and innovative. Students often pair traditional accessories with modern streetwear or incorporate traditional prints into their everyday wardrobe, resulting in a style that's uniquely their own.

FASHION SHOWS AS CULTURAL SHOWCASES

Fanshawe College's annual fashion shows are more than just runway events. They're platforms for cultural celebration. These events allow students to curate collections that pay homage to their heritage embracing the spirit of modernity. The catwalks become a canvas on which diverse cultures paint their stories through fabrics, colours, and designs, held by Fanshawe College fashion marketing and management events called "UNBOUND," a unique and vibrant fashion show.

CULTURAL SENSITIVITY AND RESPECT

While embracing cultural fashion is a beautiful way to celebrate diversity, it's also crucial to approach it with sensitivity and respect. Students at Fanshawe College understand the importance of this balance, ensuring that their fashion choices reflect their pride in their heritage rather than cultural appropriation.

Speaking with Jillian Stuart, a second-year student studying community integration through co-operative education and a Canadian with roots in China, shared that she dresses Atlantic because she grew up with people dressing that way. That was how she was groomed to dress and wasn't trained to dress the Canadian way, which also on the other hand informs people about her cultural heritage and builds her confidence daily.

Stuart added, "I would also like to be educated how to dress the Canadian way."

Vishal Madupuri, an international student from India studying Network and Security Studies said, "When I first came into Canada, I was putting on my cultural attires from my country, thinking I came to Canada with some pretty cool clothes, but I often feel uncomfortable in them because of how people around and on campus stares at them so I stop since it was making me feel out of place."

Furthermore, Madupuri said, "I only begin to feel comfortable when people begin to appreciate the outfit that way my confidence is built."

Madupuri shared that a fellow classmate fell in love with his cultural heritage apparel on a very special occasion day in his country in India, where everyone must dress in their cultural gear. He wore his cultural attire to attend his lecture alongside with his friends who were taking same classes with him, and this classmate was overblown alongside others from other cultural backgrounds, staring at the amazing piece of cultural fashion wore by himself and friends, which he instantly requested to be dressed in that apparel and asked for an order to be placed for him from India. He took some photoshoots with the clothing and refusing to refund the cultural gear.

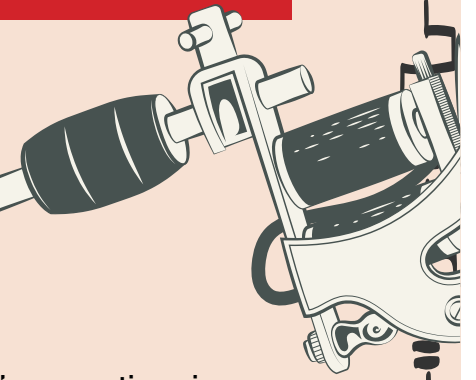
In the colourful tapestry of Fanshawe College, cultural fashion emerges as a powerful thread that binds diverse individuals together. Through their sartorial choices, students bridge the gap between tradition and modernity, showcasing not just their personal style, but also their respect for cultural heritage.



THE STYLE OF SELF-EXPRESSION

THROUGH

INK



Mauricio Prado(he/him) | Interrobang

Tattoos and fashion have come to be synonymous with self-expression, but there is more to it than that. Chantelle Sturgeon, a tattoo artist with nine years of experience in the industry, said that tattoos could also be considered fashionable due to their ability to improve or complement one's appearance, attire, or accessories.

"I am covered in all my favourite things, and people can easily tell my interests and passions," Sturgeon said. "The most common subject to get tattooed is designs that represent care for loved ones."

Fanshawe student Kimberly Dhiab agreed that tattoos help represent their personality.

"I have always loved my tattoos because they can say who I am, show my journey and manifest what I like without me saying a word. The decision-making of getting my first tattoo was not easy, I was nervous about how it would look, but I do not regret it at all."

Sturgeon said getting a tattoo can be a significant commitment for some people. She added that a tattoo is a lasting remembrance of something, whether it be a cherished friendship, someone's values, the loss of a loved one, the beginning of something or someone or just the journey someone has gone through.

Sturgeon stated that the tattoo industry has advanced significantly in the last ten to 20 years.

"Before, the only way for people to find tattoo designs was to enter a parlour and browse around. That has changed with social media," Sturgeon said. "Every time people log onto social media, they get tattoo ideas."

Sturgeon also added that the industry growth has brought several new artists. She said that with the wide range of artists nowadays, it is easier for people to find an artist with whom they feel comfortable.

Dhiab said that when she decided to get a tattoo, her parents, who are both Catholic, were not happy about it.

"They constantly told me the negative effects and consequences a tattoo had," Dhiab said.

Sturgeon stated even though some older generations still see tattoos as taboo, their popularity is increasing among the youth.

"While younger generations see body art as a form of self-expression, older people often associate tattoos with criminals, sailors or counter-culture groups," Sturgeon said.

She said tattoos can change people's perceptions in many ways, as each person has their preconceived judgements. She added that the perception tattoos get among older generations is mainly negative.

"In the workplace, where older generations are still in management, this disliking can be seen. That is why many corporate regulations forbid visible tattoos," Sturgeon said. "The widespread acceptance of tattoos among younger generations is raising their general acceptance in some workplaces now," Sturgeon said.

Sturgeon said that tattoos are no longer regarded as taboo in the coming generations due to their normalization in movies, TV shows, celebrities, and on social media. She added that although it is common nowadays, people must remember that tattoos are permanent.

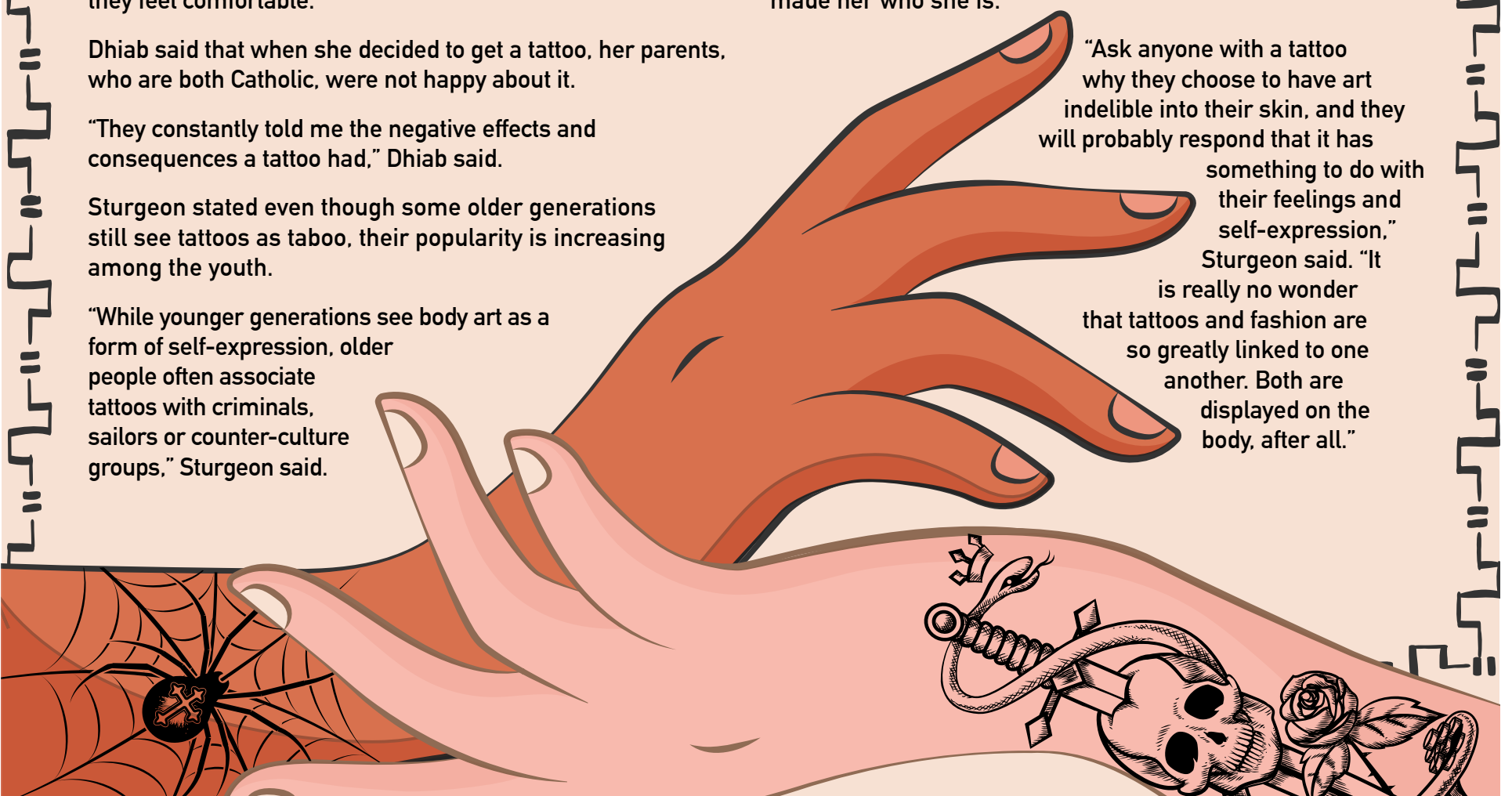
"As we go through our lives, our interests and opinions change, we grow. Something chosen years prior may not feel the same now," Sturgeon said. "In case someone regrets some tattoo, cover-up tattoos and laser removal can aid those regretting."

Sturgeon said proper research, consultation with the artist and visualization can help avoid making the wrong decisions regarding tattoos. She added that visualization could help to see how it would look on the skin and with different types of clothing.

"There are some people out there who are very conscious of how they dress to match up their tattoos," Sturgeon said. "Tattoos can change the fit and cut of clothing people wear. For example, when I first had my entire chest tattooed, I cut the neckline out of all my shirts to make the tattoo more visible."

Dhiab said that behind her tattoos is a trauma and a scar with a message that reminds her how far she has come in life. She added that it feels good to show with style what made her who she is.

"Ask anyone with a tattoo why they choose to have art indelible into their skin, and they will probably respond that it has something to do with their feelings and self-expression," Sturgeon said. "It is really no wonder that tattoos and fashion are so greatly linked to one another. Both are displayed on the body, after all."





FROM REBELLION TO TRENDSETTING: THE RELATIONSHIP BETWEEN ROCK MUSIC AND FASHION



Konstantinos Drossos (he/him) | Interrobang

Fashion has been at the forefront of rock n' roll since the inception of the genre. It's evolved throughout the decades alongside the music, giving each subgenre of rock its very own distinct and unique look.

In the 1960s, many youths were influenced by the "peace and love" of the hippie movement, which vocalized a heavy opposition to the Vietnam War. They wore various colourful fabrics and loose-fitting clothes, the very image that comes to mind when thinking about the 60s social era.

Famous icons like Jimi Hendrix and Janis Joplin adopted these looks when they performed on stage. They may have just been clothes they wore when they performed on stage, but they also used their clothing as a statement, like their music. It showed who they were as people, off the stage, and the movement they stood with during that time.

They used their clothing as self-expression and public representation, as a means of standing out and looking unique in the public eye. Throughout the many years that followed, similar situations occurred with artists and their fans taking similar stances with music and fashion to break social norms, like Freddie Mercury and the abundance of leather he wore or Nirvana with baggy cargo pants and flannels.

These traditions have carried over into today's age with the current generation, with a new look and approach. Spencer Lentini, a Fanshawe grad and musician, stated the importance of why self-representation through fashion goes hand in hand when he performs stage.

"Everyone has an opinion on how they want to represent themselves on stage, others like to dress like a rockstar as if they were in the 80s or in the 90s, like playing shirtless or because they want to represent a trend that occurred in the past and I feel in today's day, people emulate that," said Lentini.



Lentini associates his personal style as "alternative indie," which is a newer look that has come out. He described how he incorporates it when performing on stage with his band El Paladin as a core part of his personal brand for himself as a musician.

"I consider myself an alt-indie boy, you know; I paint my nails, I wear chains, I have piercings and I've always grown up around that style. The more I've been playing music, I feel like people are starting to see that I'm a part of that community," said Lentini.

Like clothing, hairstyles have also been attributed to various rock genres. It became most noticeable during the 80s and carried on into the early-2000s during the rise of pop-punk. These styles incorporated various gender non-conforming things like coloured hair dye, darker toned makeup, and more.

Factors like these gained widespread attention for many bands and garnered a lot of negativity from people, which was done intentionally for that reason alone.

"Let's use punk music as an example," said Lentini. "When you mention a punk band, the first band that comes to mind is Blink-182 or The Sex Pistols, they were the most popular/standout bands. But then, when you start getting into post-punk and pop-punk bands like Paramore, Billy Talent, Sum 41... all these bands are just taking elements from the main like 'trenders' and then just turning into their own thing."

As trends have come and gone, people have been becoming more comfortable in the way they dress for their own personal style or for what they wear when going out with friends. What was once deemed weird or abnormal is now being labelled as outdated thinking.

Today, many like to mix and match the trends of the past and current time. We live in an era in which how we present ourselves in public has no limits or boundaries, allowing for creative and unique compositions to be shown off. I think what's really cool about modern-day dressing now is that it's kind of an appreciation to all the outfits that came out in each genre era, like from the 50s till now. I think this is the perfect era to actually kind of get to experiment with all these fits before a new massive outfit trend occurs."

Lentini also credited the popularity in thrifting amongst GenZ as a reason why this current trend is so well-renowned.

"Everyone's just thrifting stuff, they're just using old clothes that they are classifying as vintage clothing, basically bringing back the retro looks again, with an outfit that looked like it would only cost about \$3 from Value Village."

Rock music has given the message to fans not to care what people think in many different aspects, like with the way you dress or how you act. Artists act as trend setters, advocating for self-authenticity and telling those who wish to be themselves, to not hide behind a persona.

"I personally believe that the more people that dress like themselves and that are being themselves are going to be the new way of how people represent themselves in a fashion for music," said Lentini

AT THE MOVIES, IT'S HALLOWEEN EVERYDAY

Alex Allan (he/him) | Interrobang



Ever walked into a cinema and seen a group of people dressed up as a theme for the movie release? Dressing up in costumes as certain themes or characters is not just something you see at Comic Con anymore. People will tend to dress up to see *Star Wars*, *Star Trek*, *Harry Potter*, Marvel movies and many more. It doesn't have to be around Halloween for these people to dress up either. Students from Fanshawe's fashion design program said they see costumes being made a lot to go see a movie or even gatherings to re-watch a classic movie.

Biz Clarkson is a third-year fashion design student. They think that dressing up for movies helps get in touch with your inner child.

"I think that when a movie has a strong pop cultural influence, such as the *Barbie* or superhero movies, it is the biggest push for people to want to dress up for it," Clarkson said.

Clarkson believes that dressing up as a theme of a movie is more acceptable nowadays. They think the concept of dressing up got pushed into mainstream media from the nerd culture.

"I didn't necessarily dress up for the *Dungeons and Dragons* (DnD) movie, but the group I play DnD with went all together and most of us wore something related to DnD," Clarkson said. They added that they dressed up for the *Barbie* movie. Clarkson made their own outfit when they went to go watch the movie.



In the future, Clarkson is looking forward to dressing up for *Deadpool 3*. The idea is to wear a Wolverine-inspired outfit since that is their favourite Marvel character.

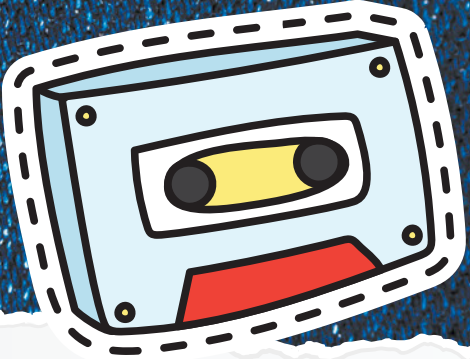
Ceilidh Cairns is a second-year fashion design student. She doesn't think that movie costume dressing is a new phenomenon we're seeing.

"If you look at films like *The Rocky Horror Picture Show*, where audience participation and a sense of community is the crux of its success," Cairns said. She does think it's a great way to express your love for the content of the film. Cairns' favourite film is *The Mummy* and had a unique way to dress up for the film.

"Brown pants or skirt, white button-up with rolled sleeves and suspenders or a neckerchief would work to get the message across and be easily thrift-able and inexpensive," Cairns said.

Josie Farr from the fashion design program thinks that it's a great reason to get dressed up in a costume. They've noticed that people tend to dress up for movies that are fantasy themed.

"Unless you're a cosplayer there aren't many occasions that you get to show your excitement or love for a certain character," Farr said. They wore all pink head to



"Almost every single person in the theatre was wearing pink and saying, 'Hi Barbie!' to each other, even if we didn't know each other," they said.

Clarkson thinks that dressing up gives a sense of connection to the community and a more immersive experience. They also see how movies influence how people dress their outfits in their day to day lives as well.

"Pop culture in general is a massive influence on everyday clothing. Just look at how often you see someone wearing a *Star Wars* or Marvel graphic t-shirt," Clarkson said.

toe when they went to see the *Barbie* movie. Farr also went to see the *Spider-Man* movie and wore their Spider-Man suit.

"I guess it might be that I am too old to go out on Halloween and it's my favourite holiday so I love the excuse to be able to wear a costume," Farr said.

Farr thinks we will see more clothing lines or accessories be available that are themed around certain characters. These characters could be from a movie or within a video game that people try to match that style.



A hilarious whodunit: *Clue* dazzles at the Grand



Zoë Alexandra King
(she/her)
INTERROBANG

Clue, the iconic board game that you probably have lying around in your family home, brought constant laughter to the Spriet Stage at The Grand Theatre. On Friday March 15, the 90-minute production had its opening night with a full crowd. As someone who had never played the game before or watched the movie, I wasn't sure what I had signed myself up for when I arrived. To be honest, I only knew *Clue* as the board game that was stacked below Monopoly on my shelf at home. Now, when I hear *Clue*, instant laughter is brought to my mind.

It all starts with a strike of lightning followed by a rumbling of thunder that was so bright and loud that I almost believed there was a storm outside. The stage is set as a two-storey house where you could see the different rooms that the cast move their ways through.

For those of you who don't know anything about *Clue*, it's a murder mystery story, which follows a group of individuals who live in Washington DC, all of whom are invited to a house for a dinner party. Unaware of who the host is and why they have

been invited to this dinner party, things take a turn when dead bodies begin appearing around them. As morbid as that sounds, this was hilarious. You can laugh, we all did!

The first murder on stage occurs when the "owner" (who acknowledges that he is blackmailing all his guests to keep their secrets quiet), gives them weapons and turns off the lights. One by one, the guests try to pinpoint who the murderer was.

Through the hiccups of having a motorist and policeman come into the house where dead bodies are, the laughter still prevailed. One out of the many funny moments is when the policeman realizes that there are two rooms that the guests are being particularly suspicious about. When the officer gets into one of the rooms with two dead bodies, the cast portrays that they are still alive by dancing with one and embracing another.

For 90 minutes, I really couldn't imagine that laughter would still be coming to me, but I was wrong! Down to the very end, when the real owner dies, he cracks jokes that include him collecting money from someone in the audience.

Reena Jolly, who plays Miss Scarlet, agreed this scene at the end of the production is one of the funniest. Jolly said that it's always hilarious for her because the end isn't scripted.



CREDIT: DAHLIA KATZ

Clue will have you howling with laughter from start to finish.

"For me, I think it's when Wadsworth is dying at the end of the play for like, 10 minutes, because in rehearsal, none of that is scripted," Jolly said.

If you really want to laugh, this is the production that just can't be missed.

This production was also directed by former Grand Theatre Artistic Director, Dennis Garnhum.

Clue will be playing at the Grand Theatre until March 31 and you can find ticket information at grandtheatre.com.

Navigating the complex world of fragrances



Justin Koehler
(he/him)
INTERROBANG

The fashion industry isn't short of its areas that are seen as complex, niche, and hard to get into. Watches, purses, sneakers, and more are often seen as areas that sometimes need a bit more information than you'd think to stay up to date with trends and to even just get your foot in the door.

One space that is often attributed to similar aspects, with plenty of different options and price points associated, are fragrances, perfumes, and colognes.

It's an area of fashion that is often under looked, yet one of the most important in making a good and lasting first impression. People think of visuals like dressing nicely

and posture as some of the more important parts of getting people to remember you, but people can even form big opinions of someone based on how they smell.

Like many things in life though, it's very easy to get wrong, even having a negative effect on how someone perceives you if you use too much.

With that, if you're wanting to get into the world of fragrances, there are a few key points for you to know.

Immediately, there are different types of colognes and perfumes.

You'll often hear two different words: niche or designer, essentially indicating the basis of a fragrance's maker.

Niche fragrances come from companies who solely make them as their main focus. This allows them to focus directly on the scents themselves, being able to experiment with scents and make more tailored options for consumers. It

also means they can usually be a bit pricier, usually meant for fragrance experts who will notice the more subtle differences within the scents themselves.

Designer fragrances, however, come from brands who make other things as well. Gucci, Ralph Lauren, and Prada, are a few different companies that make things like clothing and shoes but also have fragrance lines. They're mass produced, but that doesn't mean they're poor scents, often becoming the most popular and most readily available on the market. Usually, this is where 95 per cent of the cologne and perfume communities lie.

Next, there are different types of intensities for every fragrance. You'll hear the terms "eau de toilette" and "eau de parfum." This all comes down to the actual amount of concentrated ingredients that make up the fragrance versus alcohol and additives. This will have an effect on the price as well.

If you're looking for something to last a few hours, eau de toilettes or EDTs are a great way to go. If you're looking for something stronger to last the entire day, going for an eau de parfum or straight to a parfum is the way to go.

I usually recommend people start off with EDTs to test out fragrances before finding one that they like to move to an EDP or a parfum.

Once you get your foot in the door and are looking to get a collection going, I tell people to focus on either three or five fragrances. For three, have one for cold weather, warm weather, and special occasions or date nights. For five, the only difference is having one for each of the four seasons.



CREDIT: JUSTIN KOEHLER

Fragrance collections can be tough to get started, but also can become a key part of your fashion footprint.

In the spring and summer, you'll usually want fragrances that are lighter and crisper, having things like lavender, jasmine, bergamot, or lemon as the main notes.

In the fall and winter, you'll want warmer and sweeter scents that contain more woods, vanilla, and spices.

Most importantly though, once you have a selection of fragrances, is knowing how much to put on. This is where most people mess up. Three to four is the magic number, using slightly more for a weaker scent and slightly less for a stronger one. Once you get into fragrances more frequently, you'll also become "nose

blind," making it harder to sense how you smell with the fragrances. This often leads people to putting on too much and overpowering the rooms they're in.

Trust the three to four number.

At the end of the day though, it's about finding what you like. I usually lean towards sweeter scents, but everyone is different. Once you find what you like, people will start associating you with that scent, becoming almost an accessory for your outfit. Do your research, watch videos, and test out fragrances to find that next addition to your fashion footprint.

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Spreading democracy: How *Helldivers 2* is changing the online gaming scene



Konstantinos Drossos
(he/him)
INTERROBANG

Online gaming communities have been known to be very toxic spaces for people trying to escape from the reality of life and spend time with friends. Competition is a fun aspect of the multiplayer experience, but when it's taken to a negative level, it creates unnecessary hostility that just ruins the fun for everyone.

But there are new titles that have been released that have shone a positive light on multiplayer gaming, one example being *Pal World*. The game that has made the most notable impact recently is *Helldivers 2*. This game has cultivated an experience that brings players together to tackle complex missions that require teamwork to complete.

"In a way where all of us were divided at first, we were all playing our games where it was just competition after competition and *Helldivers* came out and made a community where we all had to work together for once and I feel like that is what sparked the revitalization in the community," said Donnie Russell, a Fanshawe student who enjoys playing the game with his friends.

The plot of the game tells the story of humans in a space age where players resume the role of a "helldiver," a specially trained soldier, to fight insectoid and robot factions. The games are filled with humour that draws inspiration from the famed 1990s movie, *Space Troopers*, where the player's main motive behind every mission is to "spread democracy" throughout the galaxy.

Squads of four are dropped from their spaceship, in "hell pods," landing on a planet's surface where they fight off swarms of enemies while completing tasks of the mission within a time limit. When squads complete a mission successfully, their effort contributes to the global liberation mission of freeing a planet.

To help combat the massive swarms, players are equipped with specialized bonus tools called stratagems. Stratagems are sorted into three classes: offensive, supply, and defense. The offensive class is filled with a variety of air strikes for players to use, the supplies spawn in special weapons or armour power-ups, and finally, the defense lets players use droned weaponry to aid them in fighting.

As a live service, *Helldivers 2* sets a new landscape for this type of game. The platform does have



CREDIT: SONY INTERACTIVE ENTERTAINMENT

Helldivers 2 is a new PVE game that has brought a positively refreshing new feel to the multiplayer gaming scene that friends can enjoy playing together.

microtransactions for players to purchase, but unlike other games that force players to spend real cash to progress, the grind in this game is balanced and fair by not force-feeding the use of microtransactions.

"They have a shop and stuff where you can buy new items, but it's not necessary," said Russell. "The grind to get better guns, new missiles, and other weapons in general is where the real fun comes in, so I feel if you are spending money, it takes out the search and the hard aspect in the game."

Since its release back in February, the game's popularity skyrocketed after gamers began sharing clips of gameplay and funny moments on social media showing the enjoyability of the game.

"What sparked the difference of this game was TikTok, with the whole idea [that] we are all soldiers just trying to fight this cause and win back these planets," said Russell. "We are all working together, for the 'sake of democracy.' It went from everybody being against each other to everyone now working together for one common goal."

The community has flooded TikTok with news report-esque videos updating people on the progression of the liberation efforts across the galaxy as well as new updates being released by the developers.

The game's model of player versus environment (PVE) over player versus player (PVP) is often made out to be inferior based on the lack of competition. The developers of the game vowed, upon its release, that it would never add a PVP mode as their main vision for the game was to bring popularity around the PVE genre.

"With their constant updates and new major orders, it gives people the motivation to go and achieve the goals of the mission. It's an amazing concept because that lets you keep the game continuously going on and on and the only limit that they have is the creativity of the makers," said Russell. "So long as they have a good team who can come up with new ideas constantly, I feel like the PVE versus PVP battle doesn't even matter."



CREDIT: THE GENDER SPECTRUM COLLECTION

Expression through clothing, hair, and makeup is deeply important to students.

No dress code means more expression



Finch Neves
(he/him)
INTERROBANG

A cursory glance through the halls of Fanshawe College will make one thing immediately clear: Expression through clothes, hair, and makeup is deeply important to students.

In contrast to the strict dress codes at many educational institutions, Fanshawe allows students complete freedom to wear what they like, so long as it meets legal requirements. This has fostered a community of more open-minded and accepting students, as well as a school-wide culture that embraces expression. For many, this is liberating, as prejudice surrounding expression through fashion is all too common.

"In the past, I have faced prejudice for the way I dress, especially as I got older and had taken on a more mature style," said Fanshawe College fashion design student, Star Leinen. "I remember even being criticized for wearing the same things as my peers in elementary school just because I developed earlier. It was like they wanted me to be ashamed of my body."

The decision to brand certain forms of dress as appropriate depending on who is wearing them is an issue that has isolated individuals that identify as anything other than their assigned-at-birth sex. Fanshawe's movement away from ideas based on gender roles has made many feel safer in the halls.

"At Fanshawe, it has been a lot easier to express myself. I get to do fun things with my clothes and makeup and not have to come to school worrying about what other people will say or if someone will make inappropriate comments. It is freeing to know that I am safe here and that if anything ever did happen, there are people I can go to, since it is not tolerated," continued Leinen.

Fanshawe has made their stance on harassment incredibly clear, which is a source of comfort for many students. In the College Policy Manual, P208: RESPECTFUL COLLEGE COMMUNITY AND PREVENTION OF HARASSMENT AND DISCRIMINATION, they state that members of the community have a right to be free from, "Inappropriate and unwanted comments about a person's body, dress or appearance."

Freedom of expression without fear of persecution creates a palpable atmosphere of acceptance that is pivotal to a healthy community.

"Freedom in how you can dress plays a huge role in how you feel in your own body, and it can even affect how you treat others. If you do not feel like you can be yourself, you may be uncomfortable and decide not to come out of your shell. When I wake up in the morning and get to put on my makeup and slap on some heels, I just feel like I have the confidence to take on the day. If I were not able to do that, I do not know if I would ever have the confidence to meet new people," said Leinen.

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Challenging beauty standards with inclusivity and acceptance



Mauricio Prado
(he/him)
INTERROBANG

Beauty standards shape the projection of society’s values and views in fashion. These rules determine who is viewed, who is honoured, and who is excluded. They have defined and reinvented what is attractive, desirable, and stylish.

However, it is essential to realize that these standards are fluid, they have changed dramatically throughout the years, reflecting shifting attitudes, values, and societal beliefs.

Professional boudoir photographer and founder of The Boudoir Lounge Aroha McKaig has been working to smash the idea that only certain body types are worthy of recognition and value.

“People are just people, and humans are humans. We are all the same and unique,” McKaig said.

She added that she has struggled with “fitting in the beauty and fashion standard.”

“There are so many underrepresented people who do not have the opportunities to be seen because of their size or shape or because of how society has told us that they should look,” said McKaig. “I have been there, and it is not fun or fair.”

She said that she knows what it is like to be bullied for living in a “fat body” that she did not choose.

“Everybody deserves to feel beautiful, sexy and unique,” McKaig said.

Fashion standards have never been relevant for Fanshawe College broadcasting radio and media production program student Michael Doxtator. He said that other people’s opinions about how he dresses or looks have never affected him.

“I do not think I have ever fit in any fashion standards, mostly because I usually wear clothes that I find to be more comfortable rather than looking good,” Doxtator said.

He said he only worries about what he wears on special occasions with a dress code, such as weddings or funerals.

“Everyone is allowed to wear clothing that they are comfortable wearing without worrying about how they look, no matter their body type,” Doxtator said.

Doxtator added that, thankfully, no one has ever made fun of him about his appearance or looks, but he knows of cases in which people have experienced bullying for it.

McKaig said that one of the main reasons she decided to focus on her career in body image photography is because she was a target of bullying growing up.

“Growing up, I was a large child. One of the biggest kids in my

school, and because of that, I got fat-shamed,” McKaig said. “I even had issues within my own family because I did not look or dress like other kids.”

McKaig said that she did everything she possibly could to lose weight. She thought that was what would make her fit in.

“I was starving myself and exercising so hard just to lose weight, to feel like I was what society would deem a normal-looking girl in my teenage years,” McKaig said. “Society tells us that if we do not fit the norm, something is not right with us, and we better do something about it.”

Ultimately, she said it did not lead her to anything. The satisfaction and desire to fit in were gone because she was not enjoying her life anymore.

“When I was fat, I received criticism because I was not a healthy-looking girl in their eyes. When I lost weight, I received criticism because I was too skinny,” McKaig said. “People will always talk; just maintain your authenticity with others and be happy with yourself.”

She added that as a boudoir photographer, it is her job to ensure a safe space for everyone and help everyone recognize their beauty.

“I could easily make you look sexy and fashionable, but I want it to be your kind of sexy and fashionable,” McKaig said. “We look how



CREDIT: CALEIGH REID
According to boudoir photographer Aroha McKaig, “Everybody deserves to feel sexy, beautiful, and unique.”

we look, it is okay to look that way. There is no normal. There is you, and there is me. That is all.”

She said people struggling need to find a supportive community, get around friends and rally around the people who love them no matter what.

“Talk to a therapist if that is what you need to do. That is what helped me to overcome that stage in my life. There is a lot of support out there,” McKaig said. “The most important thing to acknowledge is that you are not alone and will never be alone.”

Innovative plant app revolutionizes gardening



Mia Rosa-Wayne
(she/her)
INTERROBANG

Spring is just around the corner and with that comes gardening and planting season for plant lovers.

Are you a beginner gardener with a lack of gardening history, or wanting to increase your gardening skills? Well, the new look of gardening is here with an app that can help save you from killing your plants and going through the trouble of reviving them with products that won’t help 100 per cent of the time.

Apps like, Plantum, Planta and PlantIn have helped numerous gardeners bring their plants back to life and keep them from getting diseases and pests.

For too long, gardeners have struggled with the headache of losing plants to pests of diseases due to late diagnosis or incorrect treatment

methods. Plantum, for example, not only identifies the problem but also educates users on preventative measures, organic remedies, and chemical treatments that are safe for the plant and its environment.

Recognizing diseases and pests early on in your planting stages is key to effectively managing them and minimizing damage to your plants.

Here are a list of pests and diseases to be aware of and how to be aware of them and treat them:

Diseases within your soil or plants

Rust: Appears as small, orange, yellow or brownish spots on the leaves, stems and sometimes flowers. The spots can appear as powdery or rust-like, hence the name. Rust typically doesn’t kill plants, but it weakens them, by interrupting photosynthesis. To prevent or get rid of rust, simply use vinegar and/or horticulture soap.

Root rot: This is when roots turn brown or black becoming mushy. Root rot can often be caused by

overwatering and poor drainage can kill plants. Pull your plant from soil and trim dead roots, snip off yellow or brown leaves and repot into a clean pot.

Leaf spot: This can be in a circular or irregular shapes, sometimes with a yellow halo. Spots can be brown, black, yellow or red. Leaf spot can weaken plants since they reduce photosynthetic area. Re-soil with mulch, remove fallen debris, prune, baking soda, neem oil and keep foliage dry.

Leaf scorch: This includes browning and crisping of leaf margins and in severe cases, between leaf veins. Normally starts at the tip of the leaves and edges moving inward. Leaves normally curve inwards or droop. Water accordingly, add mulch to soil, fertilize and prune.

Gray mold: This appears in fuzzy or powdery grey growth in leaves, stems, flowers or fruits. The mold first appears on damaged or aging tissue and can quickly spread to healthy parts. Gray mold can significantly damage or kill plants, especially in dense plantings where air circulation is poor. Prune, onion juice, neem oil, reducing humidity and garlic spray can help.

colourless. These insects suck sap from plants, weakening them, and can spread diseases and become toxic to pets. Spray with dish soap, remove by hand, and use peroxide to eliminate them.

Mealy bugs: These small, soft-bodied bugs are covered in a white powdery or waxy coating. They can often be found in clusters on stems, leaf axils or under leaves. Mealy bugs also suck sap from plants, weakening them and leaving diseases. They can be treated with isopropyl alcohol, sprayed with insecticidal soap, or neem oil.

Scale Bugs: appear and small, brown or tan bumps on plant stems, leaves and sometimes roots. They are often mistaken as part of the plant, leaving yellowness on the leaves or signs of drooping. They also produce honeydew on the plants. Prune, affected leaves, rubbing alcohol, spray with insecticidal soap, neem oil.

Thrips: These slender, yellow, black or brown insects can be difficult to spot, so a magnifying glass is recommended for inspection. They can cause speckled or stippled leaves, distorted flowers or leaves and silencing of leaf surface. These insects can lay eggs inside plant tissue, causing significant damage to flowers. Soap and water, neem oil, sticky traps, insecticides like PyGanic or essential oils can be used to treat this issue.



CREDIT: CALEIGH REID
Monitor the health of your plants using technology.

recognize pests and diseases, but also the identities of plants if you are unsure of their name or scientific name. They can also identify rocks, mushrooms and insects. They also offer features such as a light metre to indicate how much light your plants need, a pot metre to calculate the amount of soil you need, and basic facts about your plants.

Beyond saving individual plants, the apps have had a broader environmental mission. By promoting healthier plants and advocating for eco-friendly pest control solutions, the apps contribute to the wellbeing of local ecosystems. Healthier plants mean more robust local flora and fauna, contributing to biodiversity and the fight against climate change.

For anyone who has ever felt the despair of losing a beloved plant to an unknown ailment, the apps offer not only hope, but a tangible solution. It’s evidence to how technology, when thoughtfully applied, can bring us closer to the natural world, making the joy of plant care accessible to everyone.

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Pests within your soil or plants:

Spider mites: These tiny pests are the size of a pinhead and come in various colors such as red, yellow, brown or green. You’ll normally notice webbing, speckling leaving tiny white or yellow spots on leaves, and discoloration, as well as damage making plants grey or bronze.

Half an ounce or rosemary essential oil, some tap water, one teaspoon of lemon-scented liquid dish soap, neem oil, and peroxide with get rid of these pests.

Aphids: These are small, pear-shaped insects that can be green, black, brown, pink or almost

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By Alan Dungo



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Horoscopes

Aries

Be bold, use your imagination, and keep pushing forward to reach your goal. Don't be shy regarding love and romance, share your feelings and intentions. Put your energy where it counts and you'll make progress. A change of plans will point you in a new direction that offers more responsibility and control. Look at the possibilities but proceed undercover. You'll achieve far more if you are secretive about your whereabouts and subsequent move. Take the path that offers the freedom to do things your way. Pay attention to detail and leave nothing to chance. Refuse to let sensitive issues stand between you and your objective.

Taurus

Take a low-key approach these next few weeks. Don't make snap decisions that draw attention that invites criticism or opposition. Pay attention to what others do and say and you'll find it easier to dodge interference or respond to requests without jeopardizing your interests or intentions. A kind word or suggestion will buy you time to focus on your objective. Don't let anger set in when your energy will bring higher returns if centred around helping a cause that concerns you. A money matter will surface if you let someone talk you into offering a donation or purchase you can't afford.

Gemini

Keep an open mind but don't believe everything you hear. Take responsibility for your actions and be honest regarding your intentions. Focus on what you want to accomplish. Send out your resume and engage in an activity encouraging you to look and feel your best. Protect what's yours. If you take on too much, you'll have difficulty keeping up. Don't send the wrong signal. Maintain your reputation by living up to your promises and finishing what you start. Don't be fooled by someone embellishing a situation. Ask questions, consider your position, and know when to walk away.

Cancer

Do what you do best and keep your thoughts to yourself. A chance to use your expertise uniquely will be eye-opening. A change in direction may scare you, but your personal growth will transcend. Stop labouring over what others choose to do and explore what makes you happy, and you'll make worthwhile connections. When one door closes, another opens. Control impulsive spending. Choose to work with what you have instead of shopping for things you don't need. Something is brewing. Don't let sensitive issues spin out of control. It's wise to address matters quickly and make your position clear.

Leo

Your power is in your ability to learn and get your voice heard. Voice your opinion, stand up for the underdog, and you will make a difference. Don't let anyone put you on standby. It's up to you to press forward regardless of who chooses to be by your side and who heads in a different direction. Empower yourself by following your passion and using your skills and connections to turn what you desire into a reality. You'll hit a roadblock if you focus on fighting a losing battle. Channel your energy into personal growth. Don't be fooled by first impressions. Listen, observe, and be direct regarding your intentions.

Virgo

Travel, reach out to someone from your past, learn something new that will encourage you to explore new possibilities and gain insight into matters that can improve your life emotionally. Put your energy into something that will give back. Update your skills or start a new hobby, and it will kick-start a series of events that lead to exciting connections and a chance to make some extra cash. Contact an expert and gather information. What you discover is the shortcuts that will save you time and money. You'll have mixed emotions regarding which path to take. Make decisions based on your needs, not because someone manipulates you.

Libra

Assess your financial situation, make lifestyle adjustments, and pay down debt. A conscientious approach to using your cash or credit cards will help you save. Surround yourself with people who challenge you mentally. Thought-provoking conversations will help point you in a better direction. Don't be afraid to change how you do things or who you allow in your inner circle. Make the effort to improve your health and well-being. Curb bad habits and take a break from people who are overbearing and indulgent. An active lifestyle will help you get back on track. Start hiking, join a fitness class, and improve your diet.

Scorpio

Take a break and see what life offers. Participate in something that interests you, and you'll discover a pastime that raises your awareness and makes you feel good about your contributions and the friendships you make. Share your feelings with someone you love and the feedback you receive will help you make a positive move. A change at home or to how or where you live will take effort, but the results will be worthwhile. A friendship will result in emotional stability. Enjoy time spent with someone you love. Romance is in the stars. An incident will be a warning sign if you move too fast. Proceed with caution.

Sagittarius

Question everything and everyone's motives. Leave nothing to chance or up to someone else. Use your energy wisely and take care of matters yourself. Set up your space to fit your needs. Having everything at your fingertips will make it easier to run your household and enjoy the benefits of being organized. Reach out to a friend or sibling who shares similar interests and collaborate to determine how to get the most for your money. Sharing an expense will leave extra cash for something you crave. Don't believe everything you hear. Verify information and get quotes in writing. Distance yourself from an emotional incident.

Capricorn

A domestic change looks promising. Be open to suggestions and ready to try something new and exciting. A personal gain is apparent. Emotions will surface if you get into a deep conversation with someone looking for a fight. Choose not to let anyone bait you into a no-win situation. An unusual opportunity will change your perspective regarding how or where you live. Consider what makes you happy and surround yourself with what's comfortable and convenient. Say no to invites that don't fit your budget or can lead to emotional issues with someone you love. Temptation and excess will lead to regret and loss.

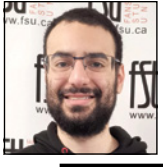
Aquarius

Be a good listener and observer and you'll gain perspective regarding what to expect from others. Maintaining equality in a meaningful relationship will determine its longevity. Pick up the pace and aim to get as much done as possible. Your efforts will lead to opportunities beyond your expectations. Your goal is within reach. If you give someone the chance, they will mess with you. Refuse to let your emotions take over, and don't offer personal information or reveal your secrets. Play to win. Declutter and sell off what you no longer use, and you'll have extra cash to spend on improving your lifestyle. A home improvement will boost your morale.

Pisces

Do what feels comfortable and you won't be disappointed. Changing how you earn or handle your cash will pay off. Make your energy and your money work for you. Don't get worked up over trivial matters. Do your own thing, and you'll be happy with your achievements. Relying on someone to do things for you will result in disappointment. Look around. You have more going for you than you realize. Jump at a chance to use your skills differently. It's time to try something different and see where it leads. Don't share personal information or data. Someone you least expect will use emotional tactics to take advantage of you.

Dorm-friendly low-impact exercises



**Mauricio Prado
(he/him)**
INTERROBANG

Have you ever wondered what low-impact exercises you can do in your apartment or dorm without bothering your neighbours? We have the answers.

First, we need to understand what low-impact exercises are. According to health and wellness professional Ashlee Wilhelm-Pedlow, low-impact exercises are those exercises that cause less impact on your joints.

"Some high-impact exercises usually involve jumping," Wilhelm-Pedlow explained. "Squat jumps and jumping lunges are some examples. Low-impact exercises are the opposite of those things. It is taking out the jumping part of the exercises."

She said low-impact exercises are ideal for dorms and apartments because they do not disturb anyone else by doing them.

"When jumping, if you are in an apartment or dorm, that jumping usually disturbs the people below or even the people next to your apartment," Wilhelm-Pedlow said.

According to Wilhelm-Pedlow, many different training styles can be used while performing these exercises.

"Resistance bands are equally as effective as any other sort of resistance," Wilhelm-Pedlow said. "They are also usually relatively affordable compared to dumbbells and barbells."

Wilhelm-Pedlow said people typically think of dumbbells and barbells when they think about resistance training. She added resistance bands are equally effective as they add external resistance to whatever exercises someone does.

"Anything that you can do in a gym with dumbbells or barbells you could do at home and sub in resistance bands," Wilhelm-Pedlow said. "Often when you buy resistance bands, they come with their door anchor."

She said that with resistance bands, people can mimic any sort of exercise that they do with a cable machine they find in the gym.

"Things like let-downs, straight arm pull-downs, and tricep push downs, that you would typically do with a cable machine in a gym can be done with bands at home," Wilhelm-Pedlow said.

Wilhelm-Pedlow said that people must ensure they are "in good working order" before using any resistance bands with no tears or cracks.

"Once they are torn, they rip easily," Wilhelm-Pedlow said. "Make sure if you are anchoring them to something to do it safely. If you anchor something to a table, just ensure it is heavy enough not to move."

Another type of exercise that people can do in dorms or apartments is high-intensity interval training. According to Wilhelm-Pedlow, high-intensity interval training is intense training that lasts for short periods with rest times involved.

"Many people think high intensity means that it has to include jumping or heavy weights," Wilhelm-Pedlow said. "That is not true. You can still work at a high intensity without necessarily jumping."

Wilhelm-Pedlow said that during the high-intensity piece of a high-intensity workout, the goal is to get the heart rate up nice and high. The purpose of the rest intervals is to have the heart rate start to come down slightly but not to a resting rate.

"There are lots of different interval training apps out there that you can download, and you can choose the length of your intervals, whether 20 seconds or a minute," Wilhelm-Pedlow said.

Another popular type of exercise people can perform in their dorms or apartments is yoga.

"A lot of people look at things like yoga and Pilates and think that they are a lot kind of lower, more Zen-type exercises," Wilhelm-Pedlow said.

She said a type of yoga called "restorative yoga" aims to bring down your heart rate and nervous system.

"We have the flip side of what people would generally call yoga where you have different,



CREDIT: MAURICIO PRADO

These low-impact exercises give you the freedom to work out in your apartment without disturbing your neighbours.

balanced poses," Wilhelm-Pedlow said. "They incorporate planks into yoga and require a lot of strength and flexibility."

According to Wilhelm-Pedlow, yoga can be great at home because it is simple and does not need a lot of equipment or space.

"Anyway, that we can move and decrease our sedentary time helps a lot," Wilhelm-Pedlow said. "You

can think of things like working at a standing desk part of the time and then sitting. That still gives you movement."

Wilhelm-Pedlow said that any type of movement could help overall health in the long run.

This article is featured in our upcoming Spring/Summer Navigator magazine, London's one and only student lifestyle publication.



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