

INTERROBANG



**WHY 2020 WAS THE BEST
YEAR FOR ASTRONOMY,
AND WHAT THE NEW
YEAR HOLDS** PAGE 8





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FROM THE EDITOR Angela McInnes

Happy New Year, London students.

It's a week into 2021 and the proverbial heat has already turned up a notch.

That pandemic you've been hearing so much about is still very much a threat to the most vulnerable in our communities — a tough pill made even tougher to swallow when Canadian politicians vacation in Caribbean retreats. At the same time, the world holds its breath as the days count down to Biden's inauguration on January 20. As we all know, anything can change in an instant; it's anyone's guess as to what can take place between then and now.

Meanwhile, students at Fanshawe College and Western University must shut out the noise, keep their eyes on the prize and once again grapple with the challenges of online learning. They must somehow remain undistracted by a rapidly transforming world and continue to think of a better tomorrow.

Heavy. But not impossible.

Some changes to the paper include renaming our lifestyle and sports sections to Culture and Leisure. We will be publishing digitally for the remainder of the lockdown, so be sure to follow us on social media. We are also producing more podcast episodes, found at theinterrobang.ca/podcast.

That's it for now. Hold on to your hats as we saddle up for another interesting year.

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca



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Off the Radar: What's going on in the world

Ian Indiano
INTERROBANG

Right after the beginning of a new year, it's difficult to distinguish between what happened at the end of the previous year and what is happening after the new one arrived. This is because everything that happens at the beginning of a new year is the direct result (or sometimes the conclusion) of what just happened before until that very point. In a way, what happens in January is, at the same time, a rehearsal for what's about to come and the last opportunity to experience directly what the last year left behind.

Let's use this privileged moment that happens only once every year to be aware of what's happening around the world in places that tend to be off the radar. Here are five news stories to start off a well-informed 2021:

Abortion is legalized in Argentina (and South Korea)

In an unprecedented decision on Dec. 30, the Argentinian senate approved a law that allows terminations in the first 14 weeks of pregnancy. The decision was received with major celebrations from pro-choice campaigners outside the congressional palace in Buenos Aires.

A few days later, on Jan. 1, 19,420 kilometres away from Argentina, abortion was also decriminalized in South Korea. The decision is not necessarily related to what happened in Argentina, but it represents a lot to the pro-choice movement worldwide.

Julian Assange's U.S. extradition refused in U.K.

An American request to extradite Julian Assange, the hacker who founded WikiLeaks, was rejected by a British judge on Jan. 4. Assange has been held in a London prison for the last 18 months. He is facing 17 charges of espionage after publishing many secret U.S. documents in his website. The judge's decision argues that the reason for the refusal is the deteriorating mental condition of Assange, who could commit suicide if held under the harsh U.S. prison conditions of near total isolation. Although the decision is based on well documented suicidal behaviour and opinions from doctors, Assange's



CREDIT: IAN INDIANO

New abortion laws, Assange's extradition to U.S., a new national anthem in Australia and more are just some of what 2021 is already giving us.

supporters were not completely happy with the outcome. Assange's defence is not based on his mental health, but in the claim that he is facing a politically motivated prosecution that breaks free-speech rights.

The most corrupt person of the year

The Organized Crime and Corruption Reporting Project (OCCRP) is a consortium of investigative centres, media and journalists founded in 2006 specialized in organized crime and corruption. Since 2012 the OCCRP gives the "Person of the Year Award" to an individual or institution that has contributed the most to advance corruption and organized

crime in the world. The laureate of 2020 is the controversial president of Brazil, Jair Bolsonaro.

The OCCRP said Bolsonaro "surrounded himself with corrupt figures, used propaganda to promote his populist agenda, undermined the justice system, and waged a destructive war against the Amazon region that has enriched some of the country's worst landowners." Some of the previous "winners" of the award include Vladimir Putin, president of Russia, Nicolás Maduro, president of Venezuela, and Rodrigo Duterte, president of the Philippines.

Australia changes national anthem

Starting on Jan. 1, Australia will have a new official version of their national anthem. The change is very minimal, but it is very meaningful. The change only affects one line that used to be "For we are young and free," which will be replaced by "For we are one and free." The intention is to reflect Australia's long Indigenous past. Australia's First Nations have been living there for tens of thousands of years before the European colonization started in the 18th century. Prime Minister Scott Morrison, who announced the change, hopes that the new version will create a "spirit of unity" in the country.

Protests in Nepal

After the Nepalese Prime Minister Khadga Prasad Oli announced the dissolution of parliament on Dec. 20, 2020, thousands of people went to the streets in retaliation to his decision. The protesters say that this move is unconstitutional. PM Oli claims that his intention is to end infighting within his governing party, the Nepal Communist Party. Although he also wants new elections, protesters believe that the prime minister has no authority to dissolve the parliament under the new constitution, approved in 2015. It is also important to mention that it was through street protests like this that Nepal restored a multi-party democracy in 1990.

Fanshawe launches new program for occupational health and safety technicians

Angela McInnes
INTERROBANG

Due to the increased need for occupational health and safety technicians caused by the pandemic, Fanshawe is launching a new, redesigned Occupational Health and Safety program.

A Jan. 4 media release from the College said the program is its response to the important role of health and safety professionals in both workplace and community safety.

"The pandemic has underscored the need for occupational health and safety technicians to maintain a safe working environment. This program, aligned with the new CRST certification, is a significant addition

to Fanshawe's School of Public Safety," said Mark Hunter, associate dean, School of Public Safety.

The program aligns with nine competency categories of the Canadian Registered Safety Technician certification and can be used to meet the Board of Canadian Registered Safety Professionals (BCRSP) "formal education requirement" for the Canadian Registered Safety Technician (CRST) certification. Eligible graduates will be prepared to write the CRST examination.

The program curriculum covers CRST competency categories ranging from applied safety fundamentals to auditing and risk management and provides knowledge and skills in areas that are essential in occupational health and safety: communication, workplace

dynamics, and workplace diversity.

Graduates will be prepared to work in the public or private sector as occupational health and safety technicians in a variety of employment sectors such as construction, education, healthcare, manufacturing, forestry, military and more.

"This part-time program, taught by experienced occupational health and safety professionals, prepares much-needed technicians for the frontlines of workplace safety," said Brenda Henry, senior manager, Environment Health, Safety and Emergency Service at Fanshawe College.

The program is an Ontario College Certificate and can be completed completely online on a part-time basis.



CREDIT: EMILY STEWART

A new Fanshawe program has been designed to meet the increased need for occupational health and safety technicians created by the pandemic.

Fanshawe's aviation school looks to the future with name change

Hannah Theodore
INTERROBANG

Fanshawe's Norton Wolf School of Aviation Technology is ringing in the new year with a new name. Effective Jan. 4, 2021, the school will now be known as the Norton Wolf School of Aviation and Aerospace Technology.

The change reflects the school's bold vision for the future as it adapts to changes in the avionics industry. Associate dean of the school, Larry Weir explained the inclusion of aerospace technology demonstrates evolution.

"When the school was created it was very focused on one stream of instruction," he said. "Since that time it's evolved considerably."

Traditionally, Fanshawe's aviation programs have focused on aircraft maintenance and repair, but the name change positions Fanshawe as a training destination for future aerospace.

"It's really about our vision for the future and where we're taking the school," said Weir.

Along with the name change, a range of new programs will be added to reflect the school's expansion into aerospace programing, and commercial flight.

"Starting next fall, the next new program that we're bringing online is in advanced materials," said Weir. "It's focused on the manufacturing sector. These are all advanced materials that would be used in new technology aircraft in different areas of the aviation and aerospace industry."

Weir added that the school is also



Fanshawe's Norton Wolf School has always been at the cutting edge of industry technology.

CREDIT: PROVIDED BY FANSHAWE COLLEGE

looking into including programs that reflect the 'greening' of the aviation industry by exploring electronic propulsion programs that move away from fossil fuels.

Fanshawe's aviation school has a long history of adapting to industry

standards. Weir described the school as a mirror for the aviation industry.

"We work very, very closely with industry," he said. "As the aviation industry, the manufacturing sector has evolved away from traditional metal and rivets, into composite materials,

so too have we moved on to composite materials."

Composite aircrafts are lighter than traditional aircrafts and use less fuel, once again highlighting Fanshawe's commitment to moving towards green initiatives.

"The less fuel we use, the less noise we make, the better it is for the environment," said Weir.

Aviation graduates are in high demand, especially grads from Fanshawe's Norton Wolf School. With new programs coming, graduates from the school will now be more prepared than ever to take on the industry. Weir

said students can expect a bright future studying aviation at Fanshawe, gaining experience in a vast array of skill sets that will prepare them for a successful career in many fields of aviation.

"We continue to attract high-calibre students to leading-edge programs that prepare them for great careers upon graduation," said Weir.

This is not the first name change for the school; in 2016, the school was renamed in honour of the late pilot, Norton Wolf. Wolf, with his wife Lucille have made various contributions to the London community across many sectors.

Charges laid in relation to Thurman Circle gathering

Angela McInnes
INTERROBANG

London Police have pressed charges against a 20-year-old Campbellcroft man in relation to a large gathering on Thurman Circle on November 13, 2020.

Under the Reopening Act of Ontario, the man has been charged with the following:

- Participating in an indoor gathering which exceeded ten people, contrary to the Reopening Ontario Act; and
- Hosting an indoor gathering which exceeded ten people, contrary to the Reopening Ontario Act.

The accused has an upcoming court date of Feb. 8, 2021.

The Thurman Circle gathering occurred on the same night as a gathering on Mill Street, where police saw approximately 100 people inside the residence. At that house party, officers did not observe those in attendance to be wearing masks.

At the time, the Mill Street party dominated headlines for its large

numbers. Police also said they were investigating the Thurman Circle gathering, however were quiet on updates until announcing the charges on Jan. 7.

Most recently, London police have also laid charges under the Reopening Ontario Act in connection with a gathering on New Year's Eve in the city's north end. Eight people between the ages of 18 to 20 years old — seven from London and one from Newmarket — were all charged with participating in an indoor gathering exceeding the number permitted contrary to the Reopening Ontario Act.

During a grey or lockdown zone, indoor organized public events and social gatherings are prohibited, except with members of the same household. The province has also amended indoor social gathering limits in the red zone from 10 people to five.

Ontario has been in lockdown since Dec. 26, 2020, which is set to be in effect until Jan. 23 for all regions in southern Ontario.



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Beware the COVID gaslighter

Hannah Theodore
INTERROBANG

It's nearly been one year since the COVID-19 pandemic touched down in North America. In that time, we've faced lockdowns, mass testing, masks and business closures. But as we've come to discover, apparently all that wasn't enough to convince some people that this virus is serious.

While many of us have made drastic sacrifices to protect our communities and loved ones from the deadly COVID-19 virus, others were suggesting that there was nothing to fear.

You've probably heard the phrase "gaslighter" before, but what does it mean? The term can be traced back to a 1944 film entitled *Gaslight*, wherein an aspiring opera singer, Paula (Ingrid Bergman) witnesses strange goings-on at the Tower of London. She sees pictures disappear from the walls, hears footsteps from the attic and watches as the gaslights lining the hallways dim and brighten without reason.

Her husband and secret murderer, Gregory (Charles Boyer), convinces her that these happenings are all a figment of her imagination. This leads Paula to assume she must be going insane, invalidating her experiences and allowing Gregory to obtain power of attorney over her.

If this all sounds familiar, it's because this

is a common facet of relationship abuse. It is a psychological tool used to manipulate people into thinking that their version of events is inaccurate. In modern times, we see it in phrases like, "you're overreacting," or "stop taking everything I say so seriously."

Now, as cases of COVID-19 soar and Ontario embarks on its second lockdown, the COVID gaslighters are louder than ever. Anti-mask rallies throughout the autumn months highlighted the stark difference in how some people chose to respond to public health measures compared to others. If you've spent any time online, you've probably seen these gaslighters in the comment sections of news articles pertaining to the virus.

They suggest the media is fear mongering, that the virus only kills one per cent of those it infects. Over the holidays, they scoffed at those of us who obeyed orders to stay home and not see our families. They seek to invalidate the efforts of those who abide by public health guidelines by suggesting that we are overreacting and living in fear.

If you've felt personally affected by these kinds of attacks, let me make it clear: you are not crazy. In a world as politically divided as ours, it somehow became vogueish to distrust public health officials in 2020. With so much spare time on our hands, the internet did what it does best, creating a space for conspiracy theorists and those simply unwilling to change to connect online and share their feelings of



CREDIT: WILDPixel

Opinion: Don't let keyboard warriors invalidate your efforts to curb the spread of COVID-19.

distrust without opposing discourse.

This confirmation bias breeds confidence in a skewed version of reality, wherein COVID-19 is but an exaggerated flu, killing only the old and weak. They spread this confidence to the outside world, making us question our reality. Since many of us have not seen the virus up close, it might be possible to believe that it's not as bad as it's made out to be.

But as time passes, it's becoming clear. We all will either contract COVID-19 or will know someone who will. We will all see its devastating effects years down the line, as even the healthiest individuals could suffer long-term respiratory problems.

ICU patients and staff will be coping with the mental trauma of witnessing so much death for the rest of their lives. Children will grow up without grandparents, married couples without their spouses, adults without parents.

If this all sounds scary, it's because it is. The pandemic gaslighters will try to convince you that living in fear is somehow a bad thing, but it's not. We should be at least a little afraid of this virus and take the right steps to curb it. Just know that one day, when this is all over, that the efforts of those who tried to protect people's lives will be remembered. Meanwhile, those who sought to invalidate the virus's existence, will be long forgotten.

Happy unflinching New Year: A lesson from *Arctic*



Michael Veenema
RELIGION

When I think back on life before COVID-19 it seems like one big party.

I went where I wanted, when I wanted. I would meet people in coffee places, bars, homes, jails and in my church. A few times a year I would get onto a plane. Aside from having to save money and travel points, visiting family out of province was no big deal.

Things have changed. A niece of mine has COVID-19. Likely you know someone in your circles who has been infected or is now ill with it.

You may have tested positive yourself and have experienced all the repercussions that follow from that. A father-in-law to one of my family members has died, and, again, it is likely that you also have a connection with a COVID-related death.

At the very least, it is safe to say that everyone has felt the non-health-related impacts of the virus. Masks, face shields, virtual ending of air travel, provincial lockdowns, self-isolation in apartment buildings, working from home, closure of classrooms, pubs and meeting places, unemployment, drawing of government benefits — all that and more are part of our current reality.

My niece is a care worker in a hospital for seniors. One of my sons is a doctor. A sister works in a seniors' residence. I think how tempting it would be to find a way to opt out of anxiety-producing professions like theirs. I myself am still called upon to support people in long-term care and correctional custody. I sometimes wonder if I should not take the option of avoiding those situations.

And who doesn't want to say good riddance to itchy masks, fogged up glasses, and restrictions on who to meet? Who doesn't want to do away with limits on shopping and eating out?

During the pandemic, it seems that we must become unflinching. We must become determined to do what it is we have to do, not just



CREDIT: ZLIKOVEC

Opinion: As we enter the New Year in these difficult times, survival means doing onto others as we would have them do onto us.

for our own selves, but for the good of the other person.

A 2018 movie called *Arctic* at first might look like a low budget survival story. You can imagine film company execs wondering how they can make a film with almost no spoken parts, just two actors, one of them asleep all the time (plus a few bit add-ons), a couple of polar bear cameos, snow, some rocks and a pre-crashed single engine plane. But the number of actors and the set requirements are not what I want to comment about.

The point I want to make is that the film is less about survival and more about the demand that life sometimes places on us, the demand to be unflinching in doing the right thing.

Actually, I'd like to put it another way. It isn't that *life* demands that we do the right thing. That would be an overly abstract way of putting it. Life doesn't impose demands on us because an abstract idea doesn't make demands. It's other people that do. Or better yet, it is God.

It is God because sometimes we have to do the right thing even when no other human is looking. Even when they are, they might not be aware of us, or they might not live long enough to realize what we are doing for them.

The main character in *Arctic*, Overgard (Mads Mikkelsen), is stranded after crash landing in someplace very cold and snowy. Survival, yes. He endures on a diet of near-frozen fish for some time. But then something changes.

A helicopter smashes up right in front of him during a very gusty day. For a moment, he is stunned. But then he leaps into action. He can't save one of the pilots, but the other (Maria Thelma Smaradottir), survives.

Thanks to the crashed helicopter, Overgard now has a better map and can see his way to a seasonal station. He devises a plan to leave.

But what about the pilot? She is unconscious nearly all the time. She might not recover from her injuries. She is a dead weight as far as mobility is concerned. The trip out will be barely survivable, if at all. Overgard has to ask himself whether he will take her with him.

At some point while they are still in the camp, he fires up the heating stove he found in the helicopter. Who is going to get the first hot noodle and fish soup?

The journey to the seasonal camp is torturous and eternal. At one point, Overgard encounters a huge rock pile blocking the way. He climbs it. From the top of the climb he

can see a vast unbroken stretch, an apparently clear path to his destination. How tempting to leave behind the pilot who likely will not survive anyway — how tempting because to bring her up the rock fall will require Herculean determination.

Overgard's hands are cold and he risks frostbite. Already the cold has claimed some of his toes. Will he leave the gloves on the pilot's hands?

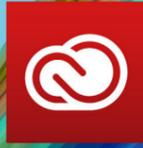
Maybe Overgard is influenced by the fact that the pilot was trying to rescue him. Maybe he is impacted by the photo of her with her husband and child. Maybe he can't abandon this human being because her survival is what gives his own life the only meaning left to him in the unrelenting, death-dealing torrent of cold.

He has to find within himself the ability to unflinchingly choose the good, to risk his own survival, so that, possibly, his new companion will live.

Jesus teaches, do for your neighbour what you would want done for you. The command is grounded in the granite-solid will of God. He might recommend *Arctic* as an illustration of what he means. In these COVID times, this teaching is words to live by. In all times actually.



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5 MOVIES TO WATCH IN 2021

After many release dates being postponed, we can expect to see various big movies in 2021.

Some of the biggest movies scheduled for 2020 couldn't find their way to the big screen, so 2021 will concentrate the releases from two years in one. To try to cope with the impact of the pandemic, Warner Bros even announced that in 2021 they will be releasing their movies in cinemas and in streaming platforms at the same date, which annoyed many directors. Although it is still too early to be sure if everything will go as planned, all the movies in this list are already completed and ready to debut as soon as possible.

Here are five new movies to watch in 2021 (either from the comfort of your home or in cinemas):

No Time to Die (February 23, 2021)

In Daniel Craig's last appearance in the franchise, James Bond is enjoying his retirement in Jamaica. But his peace does not last for long when his old friend from CIA, Felix Leiter (Jeffrey Wright) pays him a visit asking for help. His mission: rescue a kidnaped scientist. But as always, nothing is too easy to 007. Bond will have to face a mysterious villain armed with a dangerous new technology, played by Oscar-winner Rami Malek.

Coming 2 America (March fifth, 2021)

After 33 years, the classic 1988 movie *Coming to America* (1988) will have a sequel. In the prequel, legendary actor Eddie Murphy plays Prince Akeem Joffer, from the fictional African country of Zamunda. The new movie is set after the first one. When Prince Akeem is about to become king of Zamunda, he finds out that he has a lost son in America. To honor the wishes of his late father to groom his grandson as the new prince, Akeem and Semmi (Arsenio Hall) fly to America once more, to look for the new prince in Queens, New York City.

Cruella (May 26, 2021)

For the Disney fans out there, another villain live action prequel is on its way. This time, Oscar-winner actress Emma Stone will be interpreting the young Estella, an aspiring fashion designer. The movie is set in the 1970s and follows Estella through the streets of London, UK. Orphan and penniless, she struggles to follow her dream. But her luck seems to change when she receives a commission from a rock star to design him a signature piece. Throughout the movie we see Estella slowly becoming obsessed with animal's skins, especially Dalmatians, triggering her transformation from Estella to Cruella.

The French Dispatch (TBD)

Originally planned to be released in May 2020, the new movie by indie director Wes Anderson is still waiting for a final release date. The movie tells the story of a small American magazine set in the fictional French town of Ennui-ser-Blasé. The plot follows three distinct stories tied together by the magazine. One is about a dangerous incarcerated artist who paints the portrait of his muse and prison guard and attracts the attention of an art dealer. The second is about French students who are involved in revolutionary protests. And the last story is about a food critic writing about a dinner party where one of the guests' son gets kidnaped.

Dune (October first, 2021)

This was one of the most expected movies of 2020, and now the expectation momentum will be kept until next October. The movie is another adaptation of Frank Herbert legendary Sci-Fi epic book *Dune* (1965). Rebooting the last attempt by surrealist director David Lynch (1984), the new version tells the story of the desert planet Arrakis, also known as Dune. The planet is the only source of a substance called "the spice," a powerful drug capable of extending humans lives and giving them superhuman capabilities. The planet is under the jurisdiction of Duke Leto Atrides. The protagonists will have to face enemies trying to control Dune, betrayals, and giant sandworms. If the surreal universe turns out to be successful in the bug screen, we can expect another long franchise based on Herbert' work.



LOOK UP, WAY UP:

Why 2020 was the best year for astronomy, and what's next for 2021

Angela McInnes | **Interrobang**

With little else to do during a lockdown amid a global pandemic, many of us deserted our screens in favour of the night sky to gaze at the stars. And for beginning amateur astronomers, there was no better year than 2020 to pick up the celestial hobby.

Parshati Patel, an astrophysicist at Western University, spoke to Interrobang* to recap the key events of the past year. Patel also gave a sneak peak of what there is to look forward to in the months to come.

**Some answers have been edited for publication.*

?!: Have you noticed an increased interest in astronomy over the past year?

PP: Yes! I think the pandemic has brought a certain attention to just looking up and being in nature, given that we were all so isolated. And then, obviously we had so many amazing natural events as well.

?!: 2020 kicked off with a conjunction between Saturn and Pluto, which occurs every 36 years. What were some of the other most significant astronomical events to follow?

PP: The comet NEOWISE is the most memorable of 2020 [with an orbital period of about 6,688 years]. The fact that it was visible with binoculars or sometimes even the naked eye depending on where you were in the country or around the world made it the highlight of the year, especially for people who photograph the night sky and are amateur astronomers or observers of the night sky.

On December 21, there was a lot of excitement for the Saturn-Jupiter conjunction as well [occurring every 20 years]. The so-called Great Conjunction was visible for one day before the planets started to split apart once more as they move around the sun.

The first human crew of the SpaceX Crew Dragon in May 2020 was historic moment where humans can finally fly on a private company's craft to an international space station. This is a new era where we're going to start seeing more and more private companies come into play. Hopefully in a few decades it's going to look more like an airplane industry. Other than comet NEOWISE, this was key highlight.

?!: These are uncertain times. How is stargazing beneficial for our mental health?

PP: I personally feel so connected to the environment and the universe because more often, when we talk about environment we think about the trees and the forest and things around us,

but it's very easy to forget that we are part of the solar system, the solar system is part of the galaxy, and we're part of this universe. We have seen that during this pandemic people have taken this opportunity to go out and look at the night sky whether it's with their naked eyes or if it's people actually going out and buying binoculars and telescopes. We feel connected back to our origins you could say, and people have taken that during the pandemic because they've realized that there is not much they can do when it comes to going out. There are things that they can do in their own backyard and one of them is just looking up in the night sky.

?!: What do we have to look forward to in 2021?

PP: There are so many great things coming up, not only astronomically. One of the things that I'm really looking forward to is the month of February. We're going to have a couple of different rovers, orbiters, that are going to get to Mars. I think it's an amazing thing that we as humans are, even during this very hard year, able to launch these things and send them up back into space.

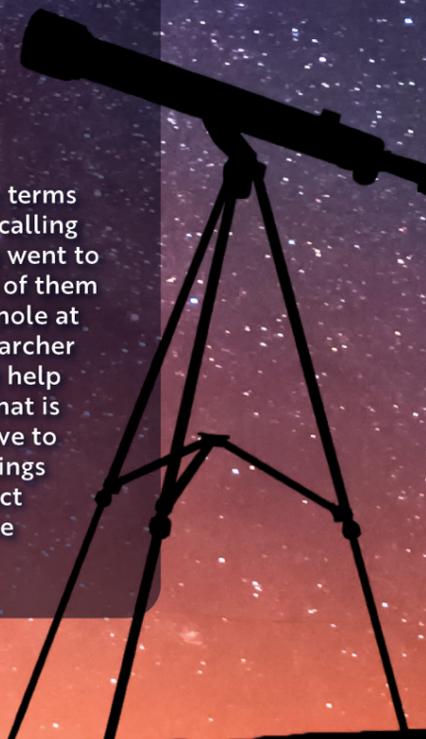
Other than that, I think one of the things that I'm particularly looking forward to in terms of the night sky is the meteor showers. Generally, I look at the ones in August, such as the Perseid meteor shower. I missed out this year because of the pandemic I couldn't go anywhere, but those are one of the ones that here in the northern hemisphere are pretty famous because of the fact that they happen in the summer and allow people to go and look at the night sky and actually trace a lot of these meteors that come through.

?!: How can we learn more about astronomy?

PP: One of my favourite places in Canada is the Royal Astronomical Society of Canada. These are amazing amateur astronomers who know the sky inside out. There are also observatories that have programs where you can go in and check out different telescopes.

?!: Is there anything else you'd like to add?

PP: It was a very great year for research in terms of astronomy because a lot of people are calling it the Year of Black Holes. The Nobel Prize went to the researchers studying black holes. Two of them were awarded the prize to detect a black hole at the centre of the galaxy, but also to a researcher who basically helped Stephen Hawking to help establish the fact that black holes exist. That is a big thing. As a researcher I absolutely love to see that we're still coming up with new things and we're detecting new things and the fact that the black holes were celebrated at the Nobel this year is also very historic.



THE DOS AND DO-NOTS

ANGELA MCINNES | INTERROBANG

Just when you think you've adjusted to the new reality of a global pandemic, you have to adjust all over again to going to college. It's challenging to create an entirely new set of habits in a short amount of time, and disorienting when you have to worry about school on top of everything else. Here's a few reminders – as if you didn't have enough – of the dos and do-nots of postsecondary life in the time of COVID-19.

 **DO** Bring a mask, or better yet a package of masks, with you wherever you go.

While the majority of fall classes will run online, it is mandatory for those coming to campus to wear a mask at all times inside Fanshawe and Western buildings. This goes for anywhere else indoors in London, so make sure you have at least one mask on hand at all times. Hand sanitizer will be provided throughout campus, but it's always good to be prepared by keeping your own bottle of sanitizer on your person. Better safe than sorry.

 **DO** Educate yourself on your campus health guidelines

Both Western and Fanshawe students are required to complete a daily screening questionnaire before coming to campus, and follow social distancing regulations while there. If in doubt about where to go or what to do, take your time to observe any helpful signs, arrows, or facilitators who will direct you in and out of the classroom. Western's guidelines can be found at uwo.ca/coronavirus, and Fanshawe's info about the fall semester is located at fanshawec.ca/covid19.

 **DO** See the bigger picture, and keep two metres apart

The coronavirus is invisible to the naked eye, but very real nonetheless. You may not personally know someone who has been impacted directly by the virus, but it is important to abide by health and safety guidelines for the greater good. The point of following these regulations is to keep the number of case outbreaks to a minimum so that our healthcare system is not overwhelmed. Show you give

a damn for your community by staying two metres apart from others and respecting their personal space.



 **DO NOT** Come to school sick

And do not hesitate to get tested, either, if you feel the need. Stay home. Take care. Be safe. That's all you gotta do.

 **DO NOT** Get distracted

Studying online has its pros and cons. Pro: Attending lectures from the comfort of your own home. Con: Constant distractions from within the comfort of your own home. The online format is not exactly ideal for daydreamers or procrastinators, so make sure to create a daily schedule and do your best to avoid distractions like roommates, social media and the ever-so-dramatic news cycle of 2020. The world is a chaotic place; but your mindset doesn't have to be when you put yourself and your goals first, and take on one task at a time.

 **DO NOT** Stay emotionally isolated

We're in this together. There is no "right" way to handle this situation, but withdrawing from your friends and family is probably not the best idea. Aside from giving and receiving support from a personal network, you can also make use of Western or Fanshawe's health and wellness services. Western students can book a virtual appointment with Western's mental health team by calling 519-661-3030, and learn more at uwo.ca/health. Fanshawe students can learn more about the College's personal counselling, groups and workshops and more at fanshawec.ca/counselling, or calling 519-452-4282.



WELCOME TO 20

THE YEAR OF RENEWAL

Ilhan Aden / Interrobang

2020 was the start of a new decade, ushering in the era of peace, prosperity, and acceptance...just kidding – it was arguably the worst year of most of our lives, having spent it forcibly inside due to an airborne virus.

And the bad news neither began nor stopped there.

At the beginning of the year, Kobe Bryant and his 13-year-old daughter Gigi Bryant died in an allegedly avoidable helicopter crash along with Payton Chester, 13; Sarah Chester, 45; Alyssa Altobelli, 14; Keri Altobelli, 46; John Altobelli, 56; Christina Mauser, 38; and the helicopter's pilot, Ara Zobayan, 50.

For eight minutes and 46 seconds, the world watched on May 25 as George Floyd drew his last breath with now ex-officer Derek Chauvin's knee in his neck.

The world also began to grapple with the spread of outlandish coronavirus conspiracies. QAnon and anti-mask movements have divided what is considered the most powerful country in the world, the United States of America. And with most of the theories overlapping with Trumpism, they all but got a warm welcome on the White House stage; arguably increasing the spread of misinformation and disinformation around the world.

I mean c'mon, Twitter is now fact-checking the (thankfully) previous president!

And here in Canada, the We Day scandal re-established an already deep-seated disdain for Prime Minister Justin Trudeau, at a time where faith in the federal government is indispensable.

This was our 2020—basically a black mirror episode on steroids.

However, as they proverbial phrase goes, "when life gives you lemons make lemonade."

So, what good did come out of 2020?

Although George Floyd, Ahmaud Arbery, Breonna Taylor, Regis Korchinski-Paquet and many others lost their lives due to the societal acceptance and encouragement of racism, there was an awakening of sorts.

Black Lives Matter protests in America galvanized protests around the world, echoing the many painful experiences seeped in racism, colourism and misogynoir. It was the first time in my life I saw real interest in listening and hearing about the hardship of

Blackness in hopes of enacting change.

Here in our own back yard of London Ontario, we had a 10,000-person march in hopes of amplifying the voices of the suffering silent.

Trumpism continues to exist but I will always believe it's best to understand your enemy rather than dismiss them — an approach I hope us Canadians can adopt before the small vocal minority of hate becomes a majority.

It is hard to argue a benefit to the passing of Kobe Bryant, but his passing provided a stark reminder that legacy means nothing without impact, something he understood and provided.

Misinformation and disinformation are not new and will not disappear over night. This is an ongoing battle that will require the coordinated efforts of the social media giants, psychologists, sociologists, and the everyday person to try and understand what it means to understand.

I do believe we are moving in the right direction with the introduction of labeling potential sources of misinformation with a link directed to a verifiable source, all thanks to Twitter. However, we have a ways to go before we can defeat the battle against established knowledge.

So, in this New Year, let's start off by letting go of 2020, the year of exposing the fake, the phoney and the foolishness and embrace 2021 — the year of renewal in self and society. It is the only way to combat Jeff Bezos's transformation into Batman...I mean the first trillionaire.

2021:

2021

**OH BOY,
DO WE EVER
NEED 2021!**

Skylar McCarthy / Interrobang

2020 WAS NOT A FUN YEAR.

I don't think anyone would disagree with that statement. From beginning to the end of the year, we have gone through so much. I don't know about you, but for me personally, I learned so much this past year that I will carry on throughout the rest of my life.

When I look back at 2020, my first early thought was of one of my idols, Kobe Bryant, who died in a helicopter crash. Then the coronavirus came around and kind of ruined everyone's year. But there is a way to be reflective about what you learned this year. For example, go back and think about what the moments were this year that you felt you changed from January 2020 to now.

From my personal experience, I learned around May and June that I wasn't myself, and I needed to find myself again. I was down in the dumps and literally hated everything I usually love to do. One of the many ways I was able to find myself was to be active again and do workouts. Coming from a multi-sport high school life, I had lost my love for anything activity-wise once I went into college.

Coming from a currently 18-year-old, one of the issues I had a lot of this year was finally becoming an adult. Normally, by the time you're in college, you would be an adult, but because of my late birthday in December it didn't happen when I was in first year.

Adulting is weird. I had to finally feed myself and be able to cook (which I don't do much of but it's one of my New Year's resolutions). I've had to learn how to clean up after myself and just generally how to be a regular adult. While I'll miss my kid days, it's time to grow up — as they say. Some young adults can agree with me, because surely all we want to do is party and have fun, but there are times in your life where you just need to grow up and get to business.

But how do we move forward from 2020 to now 2021? Well, we should be moving forward by putting ideas to the table and get involved to help our community. Once the COVID-19 restrictions are loosened, you could be a local coach for a local sports team in your community, volunteer where it's needed, and help out the next generation, or you can go to town hall and public feedback events and let your politicians, people who can make change, know what you want for your community.

While 2020 felt way longer than a year, 2021 will still be challenging. We will have seen the worst economic deficit since the Great Depression. We will still be coping with the worst health crisis since the Spanish Flu and dealing with a world that needs change and equality for everyone.

You think that 2020 was the most challenging year yet, but it could also be 2021 as well. We just need to give hope and work harder than ever to tackle these challenges ahead for the next year. But, boy oh boy, 2020 wasn't a good year. So, I'm glad we are finally heading into 2021.

Developing a healthier relationship with social media in 2021

Ian Indiano
INTERROBANG

New Year's resolutions are fun and I'm not sure if we should take them seriously.

To me, it always sounded a bit absurd to plan a series of goals for a New Year because you never know how the next year will be. This rejection to these resolutions even grew bigger after 2020, arguably the most unexpected year in modern history. However, desperate times breed desperate measures, and an absurd reaction might be the most appropriate response to absurd times.

After a year filled with weeks-long dramatic pauses, many things became clearer to me. One in particular is our relationship with social media. The dystopian quality of social media in our society is well known, and many of us are already trying to rethink their habits. But things got even more difficult when we were forced to rely completely on social media to maintain our relationship with people after the pandemic. Inevitable our use of these devices grew substantially. And, frankly, it will probably grow more and more.

Although social media can work as a coping mechanism to deal with isolation and loneliness, the impact in our mental health is worrying. To mention some numbers, the number of American teenagers reporting serious depression symptoms increased by 52 per cent from 2005 to 2017, according to sciencedaily.com. This matches with the growing number of social media users. In 2005 only five per cent of Americans were using social media, while in 2017, the number was 69 per cent. And this was before the pandemic. In 2020 the number of social media users around the world grew eight per cent, to 3.23 billion users, or 80.7 percent of all internet users.

Social media became for many of us our main source of information, social interaction with family and friends, the best place to find jobs,



CREDIT: IAN INDIANO

Understanding the impact of social media in our lives is the first step for a better digital life.

to shop, and to date. And the most shocking part of all of this is that there is no way back. It is unrealistic to quit everything and even more unrealistic to expect those around you to do the same. And that brings me back to my little shy and cheesy New Year's resolution for 2021: learn how to use social media instead of being used by it.

I've been trying to collect tips and tricks here and there to help me with this. I still have a long way to go but

some small changes in my habits are being very impactful already. First, I tried to eliminate as much as possible the compulsion to check social media all the time. My goal here is to avoid falling into rabbit holes that make you lose track of time. This include especially right after I wake up or go to bed. I also have been trying to identify and unfollow unhealthy accounts. Sometimes we are so used to see posts from some person or page that we don't realize

that these posts can be toxic or disruptive in our lives. Being ruthless and firm is important in these cases. Scheduling a time to use social media (preferably after your day is over) and also a time to step away from it is also important. Deleting the apps from your phone will help a lot too.

But the most important tip is to put your mental health first. Be aware the emotional rabbit holes you might fall into. Stop comparing, remember that a post is just a post. Think about

privacy. About the things you decide to share. Also, respect the privacy of other people. I don't believe that the users are nearly as responsible for the problems in social media as the big techs are. Neither I think we will be entirely responsible for big changes or revolutions. We rely on the government for functional regulations on this. But acknowledging the issue and changing our personal usage dynamic is not only meaningful but the best way to achieve a better way of life.

Manage your time, and then meditate on it

Chris Miszczak
INTERROBANG

It was the midst of those last few weeks before the holidays that something very interesting occurred. Whether it was because of being overworked, technology, or zoom fatigue, one night I just could not sleep. In that one brief moment I did something that I have not done in a long time, I lit a candle and placed it on my dresser. Thus, it was in the quiet of the night, with my window ajar and the cool winter breeze billowing around me. The softness of the candlelight was before me, and a sketchbook. For a moment, a brief moment in all the chaos of those last few weeks of the previous semester, that my mind found a sense of true peace and quiet.

The following morning, I woke up with a clearer and sharper mind. I knew that in this moment I stumbled on something important that many others have discussed before, but still, is very important.

This is about taking the time to unwind, to relax and find a quiet place to refocus. It was then, in this moment as a student, I was looking

forward to unwinding and relaxing when the semester was over. There are so many things that are going on right now which makes us anxious.

Andre Picard in his article, "COVID-19 didn't take a holiday and the vaccine rollout should not have been allowed to either," only emphasizes this point further. There are many on the frontlines still scrambling to make sure we are still safe and healthy; we should all have respect for the hard work of these healthcare workers.

There are so many that are putting themselves at risk everyday so that the rest of us maintain good health, safety, and food. It is important to appreciate the work that healthcare workers, grocery store employees, protective service workers, janitors and maintenance works, agricultural workers, and truck drivers do. These individuals deserve so much appreciation in this uncertain time.

Collectively I would emphasize that we should not lose that sense of being grounded and centred with a clear mind. That quiet moment that I had reminded me of just how important meditation truly is. Remember that you are the only

constant and consistent thing in your own life. Despite all the chaos that is yet to come with a new school semester, this time for meditation can be and should be nurtured.

Remember to take time for yourself this semester. It is important. A 13th century Persian poet, Jalal ad-Din Muhammad Rumi, powerfully said, "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

Eileen Luders, Nicolas Cherbuin and Florian Kurth for the open science technology platform scientific journal *Frontiers* have even found a correlation in taking time for meditation is actually linked to living a longer life. Stress itself is not going to go away, especially with all the things going on in our society right now. School will be stressful as well despite all our efforts, stress will never really go away either. It is, however, manageable.

Remember that you have more control than you think, remember to practice a sense of discipline in taking that time off. For many it is easy to point to extremes in either relaxing forever or studying like a madman, but remember to maintain a sense



CREDIT: CHRIS MISZCZAK

Remember, only you can take charge of yourself in these uncertain times.

of balance in your approach. It is important to not be overwhelmed, it is important to consider a strategy to maintain a stronger sense of control over your own mental health.

Colonel Walter Elliot, a British Politician of Scotland's Unionist

Party said: "Perseverance is not a long race; It is many short races one after the other."

Please remember when considering your strategy and schedule for the upcoming semester, to set some time aside to de-stress.

Twelve ways to optimize your time and conquer the new semester

Salma Hussein
INTERROBANG

The best part of beginning a new semester is the feeling of having a fresh start.

Sure, we have to repeat four months of assignments, deadlines, mid-terms, exams, and everything else in between, but at least you can learn from the semester before and plan for a less stressful experience.

There are many tips and tricks that can make your daily tasks less time consuming and depleting. With the online class learning curve, some of the methods we'll explore can help you to succeed after going through a very hard semester of adapting to a new way of learning. Here are 12 ways to help you adjust and optimize your time as you enter a new semester.

1. Notion

Notion is a free app that can be downloaded on your phone, tablet or iPad, and can be accessed on your computer as well. The application is a planner, organizer, task reminder, calendar, and so much more. Notion has an abundance of opportunity to get organized while enjoying the aesthetics and clean planning that the app has to offer.

2. Momentum

This is the first of many amazing Chrome extensions that will be provided to you as ways to get you organized for the new semester. Momentum replaces your dashboard as you enter Chrome with a serene background, the weather, time, and your to-do board. This extension keeps you on track of your tasks as you use the search engine and will turn your dull Google page into a calming one with an inspiring quote. You can also keep quick links, equivalent to bookmarking web pages for quick access.

3. Dualless

Is splitting your screen becoming an annoying daily task as you are constantly reminded of how small your screen is? Well, Dualless is another amazing chrome extension that can provide you with screen splitting proportion options that automatically split your screen the way you want it without having to spend time doing it with difficulty. This is a saving grace when writing essays and working on one monitor. And between you and me, great for watching Netflix and having other windows open at the same time.

4. Visor

When you have countless scholarly articles to read and notes to go through on your screen, Visor is a Chrome extension that acts as a screen dimmer to help alleviate the strain you put on your eyes as you

read the many small-fonted contents your prof assigns for readings. The screen dims all the sections you are not reading and brightens the section you are scanning through. This helps your concentration and comprehension of a text while avoiding a visit to the optometrist because your vision has avoided being deteriorated again. You're welcome, fellow glasses wearer.

5. Alphetext

This Chrome extension is one of my favourites because it can change the font of a text you are reading on the web. If I find it too dull or too small, I can change the style and size. This extension also allows you to change the background colour to your liking. For example, I make my screen dark and the words lighter to avoid straining my already shoddy vision. The best part of this extension is that it can also declutter the articles you are reading online by clearing any distracting media on the page.

6. Podcastle

At some point in the semester, when you have become tired and dread reading another page of the assigned texts, Podcastle is an extension that will save you from the hard work of reading but still allow you to complete the necessary readings. This extension converts text news/articles into a podcast with pretty good voices that don't sound too automated. This extension will give your eyes and fried brain a break while still getting the task of doing your readings completed.

7. Asoftmurmur.com

If you like to study or get work done with soft noises in the background, then asoftmurmur.com is a website that you should take the time to visit. This website provides calming sounds that can be played in the background as you get your work done. You even have the option of mixing certain sounds together to make a unique blend of serene sounds that are best suited for you.

8. Cite this for me: Web Citer

We all dread doing the reference page of an essay because either the APA rules change on us so often, or we feel like we might make a silly mistake that will cost us unnecessary lost marks. Adding this Chrome extension will help you conquer the daunting task of creating a reference page and save you from losing marks that make or break your grade.

9. Water reminder

This might seem like an unneeded extension, but if you are someone who does not like to drink water all the time or simply forgets too, it can be a really helpful reminder. This extension will remind you to hydrate for any set amount of time you choose. If you have a strong aversion to remembering the very

essential task of hydrating yourself like me, then this might be a good extension to consider adding.

10. Strict Workflow

No student is a stranger to procrastination and its equally devilish friend commonly known as distraction. We have all been subject to the seductions of tempting distractions that the internet has to provide, and this extension will help you stay focused as you study and finish your daily tasks. Strict workflow blocks any websites that you list like Facebook and YouTube, and for the set time you choose, will be blocked so you can stay concentrated on your work.

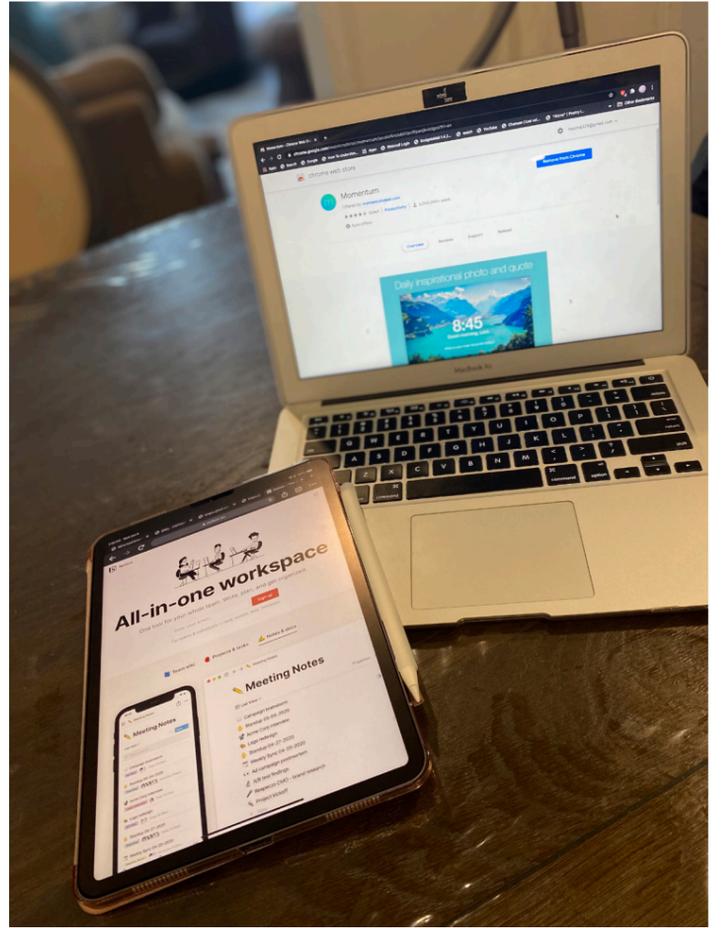
11. Weva

This extension is very useful for when you need to highlight directly on web pages and PDFs. The best part about this extension is that when you highlight the text you can save them and revisit what you highlighted. This is a lifesaver when you are writing scholarly essays and need to remember what you want to cite. This extension also allows you to annotate the websites and PDFs you are highlighting as well

12. Memorize

If you love to use active recall as a method for studying, then memorize is a must have Chrome extension. This application allows you to pre-set questions and answers and after a set period of time you choose, and a pop-up with one of the questions will appear for you to answer. This extension will help you memorize content while you do other tasks and study.

Online learning has been a



CREDIT: SALMA HUSSEIN

Extensions, applications, and useful websites can help you get a head start in conquering the new semester!

challenge and quite the learning curve. However, we have made it this far and finding little things that can help organize and optimize your learning experience can come a long way in preparing you for the new semester. I hope that these tips and tricks can help you out as they have helped me so far. Good luck in the new semester!



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

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Out with the old and in with the new

Ilhan Aden
INTERROBANG

Change is an inevitable part of life but as creatures of habit it takes work to embrace. For some that work begins in the New Year and for others that work never stopped.

Regardless of where you are on your journey of change, let this new year be your year of new — new hobbies/projects/friends and more.

If 2020 has taught me anything it is to be much more intentional with my choices in 2021, the biggest take away being...just try.

So here are my recommendations of new hobbies to start in 2021.

1. Photo journal

Photo journaling is a great way to utilize the photos that aren't for social media but still mean something to you.

It is a creative way to express emotions sometimes not easily spoken or written. And for the budding storytellers, it is a great way to develop concepts into narratives.

If money is an issue — let's be real, it is for everyone right now — this is a cheap hobby to start during the pandemic since just about everyone has a smart phone with a workable camera. You can start with taking photos of things around the house or use it as motivation to go for a COVID-friendly walk.

Pro tip: Sunrise and sunset, also known as the golden hour, are great times of day to shoot if you are interested in playing with free lighting.

2. Podcast

In what I believe is the year of entrepreneurship, podcasting is a great hobby to begin if you are a talker and/or well informed on a given topic.

With podcasting, there is a show for everyone. From weekly 15min episodes to monthly three-hour long episodes, you are not bound by time but rather content.

If starting a podcast is for you, ask yourself three questions.

Do you have access to good audio equipment?

Can you talk about a given topic/topics interestingly?

Can you consistently upload?

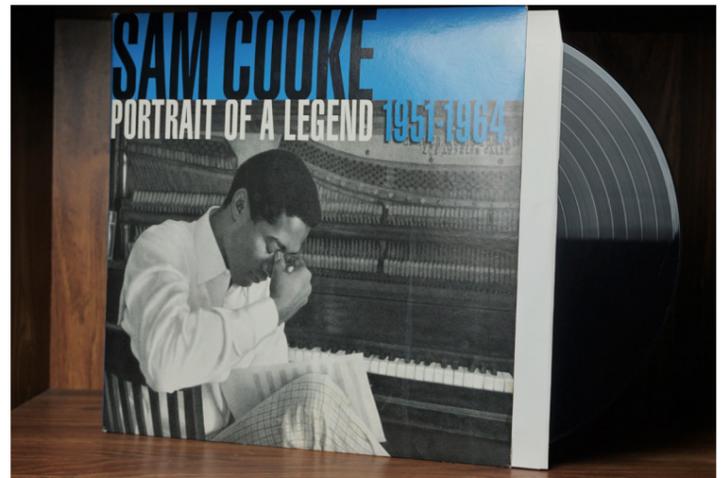
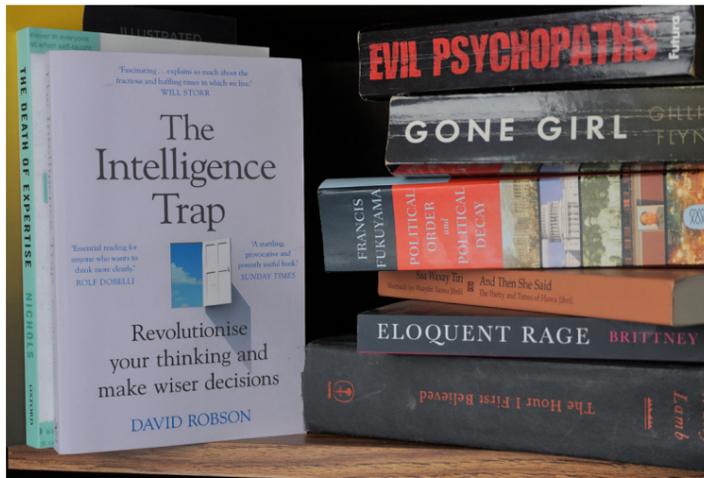
If you can already answer these questions confidently, you are ready to go. However, for everyone else interested, you can invest in a quality mic from Amazon.ca — they run from as low as \$50 — and record a few episodes with yourself and/or hosts. Have others listen back to ensure they hear you clearly and can engage with the content. Once that is established, determine a consistent upload schedule and find the digital service providers (Spotify, Google Play, Apple Music, YouTube) you'd like to use.

Pro tip: It's okay if you aren't good with transitions, they are the hardest things to get right in podcasting but practice makes perfect.

3. Journal

You can never go wrong with writing down your thoughts and feelings. It is an unending method that allows you to reflect, analyze, understand, and grow in many aspects of your life.

Although not new in its recommendation — especially on lists like this — let consistency in your journaling be the new aspect you embrace



CREDIT: ILHAN ADEN

Bored and out of ideas for hobbies? Here's what you can do for a fruitful new you.

in 2021. Build a schedule for not only writing in your journal but also reading from it, it is through reflecting back on your words that one can note progression.

Pro tip: Keep your journals organized with the year and date range inside the front of each journal once it is filled. It helps to know the specific time period you are reflecting on when reading back.

4. Read

Reading, similar to journaling, is

not a new recommendation however the idea of scheduling when you read is something new to embrace.

I recommend setting monthly goals to ensure books are actually being read in hopes of avoiding what the Japanese call Tsudoku — the act of owning a lot of books you never read.

Pro tip: Looking for recommendations? Try reading any of the books photographed, they all make a great read!

5. Collect Vinyl's

With ownership rather than access to music slowly pushing its way to the mainstream, collecting vinyl is easier than ever before. With several stores in the city, there are a wide range of genres available so everyone can find something they enjoy.

Music is an experience that when given the proper focus, the additional reading material available with vinyl aids in its consumption.

For me, it adds meaning and sometimes context I would not get from just listening.

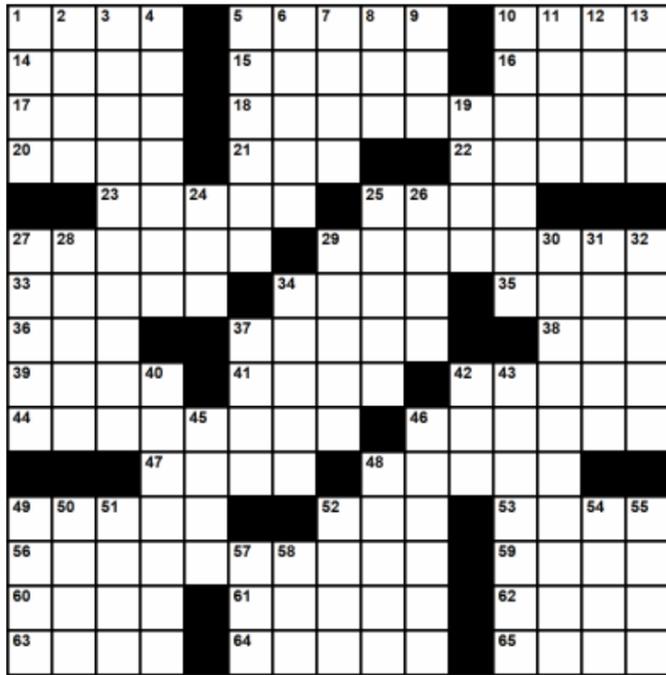
Building a tangible music collection is an underrated hobby that I believe will take over 2021 partly for what the pandemic has taught us about being intentional with our money and time.

Pro tip: Check out Grooves, Old East Village, Odyssey Records and Speed City Records for some great deals on vinyl.

CROSSWORD

ACROSS

- 1. Attempt
- 5. Muscle-bone connector
- 10. "___ Dead?":
Mark Twain play
- 14. Prefix with dynamic
- 15. Investment option, briefly
- 16. Lizard: Prefix
- 17. WWW page code
- 18. Pepper spray targets
- 20. Composer Janáček
- 21. Calendar abbr.
- 22. Virtual appointment
- 23. Eye discharge
- 25. Handel opera
- 27. Synthetic fibers
- 29. Began a voyage
- 33. Borden cow
- 34. Tibetan holy man
- 35. Mozart serenade starter
- 36. Tra follower
- 37. Lecherous man
- 38. "___ Day" (1993 rap hit)
- 39. Love, in Lima
- 41. Burden of proof
- 42. Salts used medicinally
- 44. Midday energizer
- 46. Does some housework
- 47. Cartoon bear
- 48. Bake, as eggs
- 49. Davis with a 1988 Oscar
- 52. Consumed
- 53. Ninth Greek letter
- 56. Clint Eastwood's last Western
- 59. "Where Canada's day begins"
- 60. Aardvark fare
- 61. Alpine river
- 62. Else, in Scotland
- 63. Mexican abode
- 64. Expressionless
- 65. Barbara of "I Dream of Jeannie"



DOWN

- 1. Satirist Mort
- 2. Cabeza, across the Pyrenees
- 3. Display of military arms
- 4. Russian ballet company
- 5. Social standing
- 6. Counting everything
- 7. Barely beat, with "out"
- 8. Pilot's announcement, briefly
- 9. Chinese dynasty
- 10. Joe Lieberman's middle name
- 11. Mideast capital
- 12. Large, sluglike creature in the "Star Wars" universe
- 13. European language
- 19. "Star Wars" princess
- 24. Vane direction
- 25. TV awards
- 26. Doubly bent construction piece
- 27. Pass twice
- 28. "Remember the ___!"
- 29. Consume
- 30. Jokes
- 31. Ill-fated energy giant
- 32. Considers
- 34. Hawaiian island
- 37. Composer's creation
- 40. Mexican city on the Rio Grande
- 42. "Boola Boola" singer
- 43. Orbit point
- 45. Lion's noise
- 46. Vice president before Biden
- 48. Strict
- 49. Tex-Mex dip
- 50. Sicilian city
- 51. New newts
- 52. Small Chevy model
- 54. Shock, in a way
- 55. "Absolutely!"
- 57. Beneficiaries of a 1944 bill
- 58. Occupational suffix

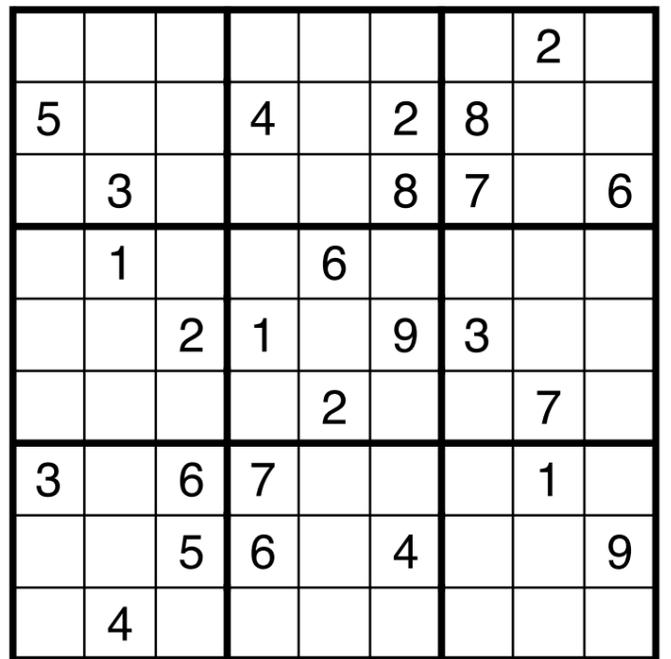
WORD SEARCH



AMERICAN FOOTBALL CITIES

- | | | | |
|--------------|---------------|-----------|---------|
| Washington | San Francisco | Seattle | Houston |
| Philadelphia | Green Bay | Cleveland | Denver |
| Pittsburgh | Detroit | Las Vegas | Miami |
| Baltimore | Dallas | Atlanta | Chicago |
| Los Angeles | Buffalo | Tampa Bay | |

SUDOKU



Puzzle rating: Medium

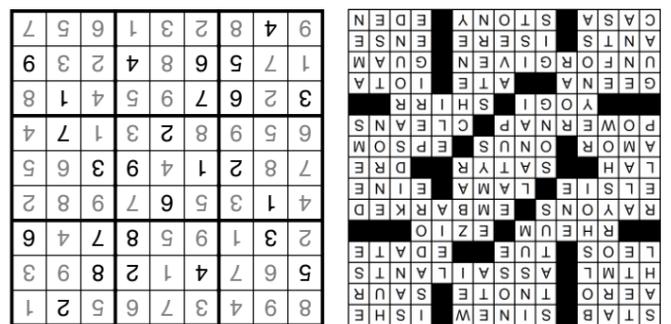
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

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
14			8																						

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 14 17 17 20 4 10 14 11 23 2 15 8 18 10
 2 15 15 4 10 10 16 8 4 13 2 11 9 23 18
 23 18 7 8 15 ; 23 14 2 9 14 11 8 20 18 13 16
 — 14 17 16 25 14 11 8 7 16 8 4 10 14 15
 ”

PUZZLE SOLUTIONS



— Alexandre Dumas

“All human wisdom is summed up in two words; wait and hope.”

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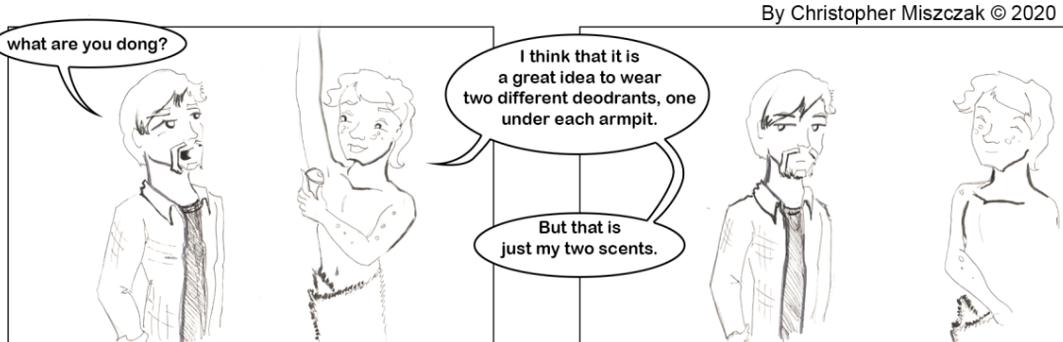
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Aries

Direct your energy into something that matters to you. Refuse to let drama interfere with your plans. Make romance and getting along your priorities. Consider the pros and cons, and you'll discover a strategy that leads to improvement. Put more effort into a meaningful relationship. Keep your life simple, do whatever you have to do and head in a direction that benefits you. Contact someone who can help you get what you want. You'll receive valuable information. Celebrate with someone you love.

Libra

Keep busy and take care of your responsibilities and refuse to let what's going on around you deter you from finishing what you start. Physical activity will help alleviate stress. Consider your options and the best way to solve problems. Keep moving forward. Don't let uncertainty turn into your downfall. Gather facts and put in the time and effort to reach your goal. Money matters will be a cause for concern if you've not budgeted for an unforeseen expense. A heart-to-heart talk with someone close to you will help resolve issues that have been weighing on your mind.

Taurus

Say what's on your mind and it will help put an end to uncertainty and confusion regarding what's next for you. Emotional spending will not make you feel better. Someone will judge you on your performance, not your charm. Personal growth and physical challenges will support one another. Learn as you go and make adjustments along the way. Be open to suggestions and willing to compromise and you will make headway. A commitment will bring you closer to someone special. Be articulate when discussing emotional issues and plans.

Scorpio

Put more thought into what you enjoy doing the most and try to incorporate it into your daily routine or into how you earn your living. You are going through a transition period that requires you to make decisions that contribute to your happiness and success. Don't rely on others to do things for you. Disappointment will set in along with disbelief at the incompetence you encounter when dealing with peers. Restructure your lifestyle to fit your current needs. A change at home will help alleviate uncertainty. You are better off not making purchases or sharing expenses with others.

Gemini

Steer clear of trouble. Emotions will surface if you give or get the wrong impression. Stick to the facts, and don't pass along information that isn't verified. When unsure, take a pass. Make changes at home that will make your life easier. Call on someone you have helped, and you will get the assistance you need to finish what you start. Share your feelings with someone you love. Problems with a friend or relative will arise if you share your opinions and beliefs. Listen carefully. Anger won't solve anything, but a subtle adjustment will.

Sagittarius

Listen to reason not hearsay. Control your emotions when dealing with a friend, relative or lover. Physical activity will help moderate your mood and ease stress. Choose peace and love over chaos and discord. Dealing with responsibilities will determine how well you do. Look at your options, and question anything that appears unrealistic. Talk to an expert if it will put your mind at ease. Knowing what you are getting into will help you handle last-minute changes efficiently. Let your intuition guide you, and you'll come out on top.

Cancer

Draw on your resources and make adjustments at home. Meaningful relationships will make your life better. Don't feel the need to accommodate everyone when you are the master of your happiness. Do what's best for you. Expect sparks to fly and tempers to escalate. Consider your options and make moves that will allow you to follow your dreams and heart. It's OK to do things your way. Spread out, try something new and exciting, and explore possibilities that will encourage new beginnings. Treat yourself to something special.

Capricorn

Embrace change. Resolve pending problems with a friend, relative or peer amicably. The less time wasted on negativity and anger and the more time using diplomacy to get along with others, the better. Push yourself to learn something new. The skill or knowledge you pick up will encourage you to head in a direction that is more to your liking. Take action and focus on fitness, health and happiness. Use charm to get your way and you'll be able to mastermind a positive change that will enrich your life. An emotional purchase will tempt you. Limit your spending.

Leo

Dig up information that will help you do a better job or improve your resume. Talk to someone who can offer a unique perspective about a job, hobby or investment that interests you. Listen more and say less. If you are too transparent, you'll end up in a vulnerable position. Pay more attention to updating your appearance, surroundings or lifestyle. Emotions will surface if you or someone close to you makes a last-minute change without warning. Take a step back and reevaluate the situation before you speak up.

Aquarius

Reveal how you feel and what your intentions are. Make a positive adjustment to a meaningful relationship. Pay attention to what you want. Put a budget in place that will allow you to save for something that will improve your life or bring you joy. Don't let anyone test your patience or discourage you. Go over the information you receive that will help you make up your mind about a course you want to take to help you get ahead. Verify facts before you share information. Protect your reputation and status.

Virgo

Refuse to let your emotions dictate what you do next. Consider what you want before you take action or seek approval from others. Go over your expenses before you decide to take on more debt. You may be up for a change, but sticking to a budget will be necessary to avoid added stress. Take action and you'll achieve what you set out to do. Don't let someone's uncertainty slow you down. Refuse to let the small stuff get to you. Listen carefully, ask questions and confirm information if you have any doubts. An idea you come up with can help you improve your lifestyle.

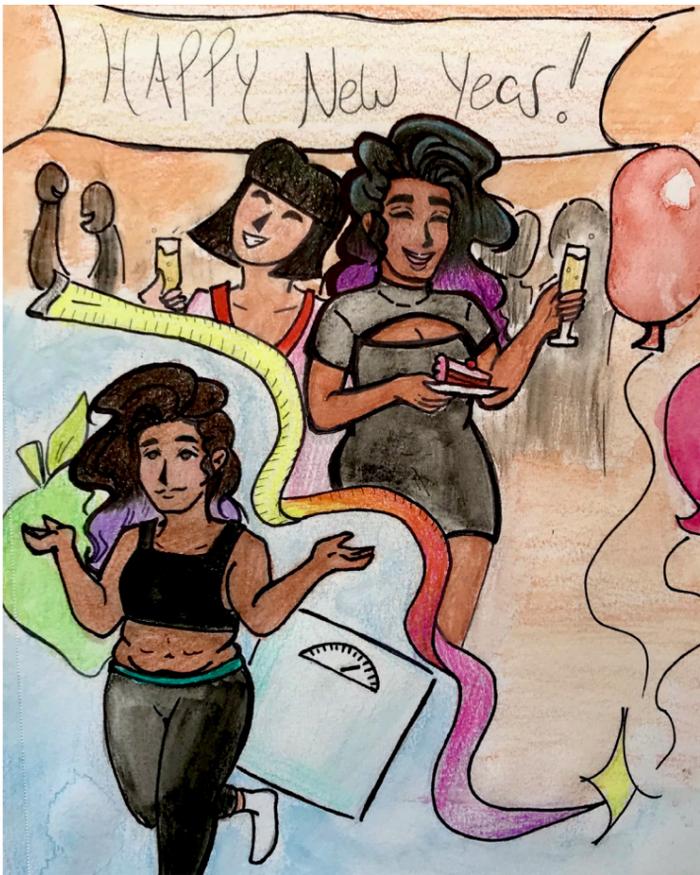
Pisces

Look at what you can accomplish and use your knowledge and insight to reach your goal. Refuse to let anyone use emotional interference to slow you down or stifle your success. Confusion will set in if you let someone dictate what you can pursue. Have information readily available to counter any opposition that comes your way. Be creative. Think outside the box, and check for deals that fit your budget. Consider the pros and cons of any situation you face. Choose expert advice over a friend or relative's input.

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CREDIT: CHEYENNE DOCKSTADER

As we cope with the pandemic, there's no shame in reprioritizing your weight loss goals.

Say no to diet culture in 2021

Hannah Theodore
INTERROBANG

As another January rolls around, diet companies are ramping up their advertising as millions make resolutions to get fit and lose weight. But this year, audiences are wising up.

Diet ads have grown evermore predatory in the age of social media. Influencers promote dangerous diet habits masquerading as health and nutrition, while even the most body positive users have been found guilty of promoting unhealthy diet trends (re: Lizzo). Not to mention the targeted advertisements by diet corporations that clutter up the Instagram timelines of primarily young women.

Day in and day out, especially around the new year, we are inundated by content telling us we're not good enough, and that dieting is the answer. But we know better now; it's well established that 95 per cent of diets fail. That's because dieting is deliberately designed to be temporary and to create a cycle of shame and guilt that studies have shown do not lead to long-term wellness.

Nutritionist Karri Wilson believes there is a better way to tackle health and wellness, and it starts with acknowledging that all diets are toxic diets.

"It is a culture that is rooted in fat-phobia, it is rooted in 'thin equals healthy' and it is very much just focused on profit," she said.

That culture gets spread so vastly and discreetly on social media through sponsored content, that Wilson said your best bet is to purge your feed of any content that makes you feel bad about yourself.

"Detox that social media," she said. "Go through your social media and get rid of accounts that emphasize that you're not good enough in this body right now."

She suggested unfollowing

accounts that promote things like 1200-calorie diets (a calorie count appropriate for a toddler), videos like "what I eat in a day," and before and after photos.

Having a plan to get healthy is not inherently a bad thing. But how do we navigate this vast abyss of information to find what works for our individual bodies? Wilson suggests listening to your body through something called intuitive eating.

"It's about eating when we're hungry and knowing what that feels like in our body," she said. "We're not eating by the clock, we're not eating by a diet or a meal plan that tells us when and how much we need to eat."

She explained that this means letting go of societal expectations surrounding food and getting back to the habitual tendencies we all have.

"It's about coming home to your body," said Wilson.

The same can be said for exercising. Physical activity is of course central to a healthy lifestyle, but pushing your body past its limits can have serious damaging effects over time. How you structure your workout plan should also be tied to intuition, pushing yourself as necessary, but also knowing when to pull back and rest. Generally, a half hour of increased cardiovascular activity a day is enough to keep your heart and lungs healthy.

This all goes without saying that at the end of the day, we are in the midst of a deadly pandemic which has now overlapped with the cold and often desolate winter months. Remember that there is no shame in weight loss falling a few notches down on your list of priorities. Instead of focusing your resolution on losing weight, hone in on gratitude, letting go of guilt and listening to the needs of your body. And while you're at it, purge that social media and live out 2021 free from toxic diet culture.

What to expect from sports in 2021

Skylar McCarthy
INTERROBANG

Many, if not all industries in 2020 had to shift their operations to make work environments safe from the global COVID-19 pandemic. The same could be said about the sports industry.

Many local sports teams and/or varsity sports teams from the high school and collegiate level were cancelled, many professional leagues were able to have 2020 championships.

2020 may be a year to never forget for sports. The sports world was rocked by the death of Kobe Bryant, a former National Basketball Association (NBA) superstar at the beginning of 2020, and with every sports league suspending operations or ending their seasons to keep players safe from getting sick.

However, so many memorable moments happened in the world of sports in 2020. The Milwaukee Bucks chose to boycott an NBA playoff game because of the murder of Jacob Blake in Kenosha, Wisconsin. There was also the rescheduling of most of the major sport leagues due to COVID-19, leading to some summer hockey in the National Hockey League (NHL) and some summer basketball from the NBA.

Who thought it would ever be a possibility that we would see hockey in the summer? While the Canadian Football League (CFL) cancelled their season, the National Football League (NFL) still continued on without a bubble environment and

has been able to have a season without many major COVID outbreaks. Sure, without a bubble environment, players were still known to obtain the virus, but there were no major outbreaks that could've ended the season, though it did cause the league to have to shuffle its schedule around a few times.

Now, what should we expect from sports this year? That depends on how the world is still viewing COVID-19. While the vaccines have arrived and are being administered, there have been multiple reports that the vaccine rollout hasn't gone as well as hoped for. At the time of writing this, Ontario retired General Rick Hillier, who runs the vaccine distribution, has said that Ontario is actually on pace to "run out" of their previous shipments of COVID-19. Hillier has also said to the public that pausing vaccinations during the Christmas holiday was a mistake.

Now, here's the scenario. If we are able to keep pursuing and keep pushing on the vaccine rollout, we might be able to at the end of the year have fully crowded stadiums of fans watching games again. Dr. Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, told Yahoo Sports in an interview that full crowded sports stadiums "the last thing[s] that you're going to see" as the U.S. approaches the end of 2021.

But this is extremely important, especially for college varsity teams. It was already announced in 2020 that the Ontario Colleges Athletic Association (OCAA) would cancel the winter 2021 season. This



CREDIT: SKYLAR MCCARTHY

Fanshawe Falcons Men's Varsity Basketball action back in early 2020. This year, there won't be any varsity athletics as the OCAA cancelled all Winter 2021 sports due to the global COVID-19 Pandemic.

includes sports like badminton, basketball, curling, indoor soccer and volleyball. The reasoning for cancelling comes down to restrictive measures in place by the provincial sport regulatory bodies as well as orders from Public Health do not allow for regular sanctioned competition to take place for a provincial sports conference. If the vaccines are rolled out, and most of the general population gets vaccinated, there is a big possibility we can see our varsity Falcons teams again by the end of 2021.

Are things normal yet? No they're not. We still have a virus to deal with, causing sports games to have no to little fans allowed into games. However, we are all still watching from home. It seems like even with a pandemic, major sports leagues like the NBA and NHL will continue to play on. While 2020 was a weird year in sports, 2021 could be even weirder.

Student Life

- Awareness Weeks
- Clubs
- Events and Field Trips
- FSU Bikes
- Interrobang (Campus Newspaper)
- Social Programming
- The Gamesroom
- Volunteer Opportunities
- Work Study Employment Program

Advocacy

- Academic Integrity & Donut Cheat
- Class Representatives
- Community Legal Service
- FSU Elections
- Mental Health Initiatives
- Student Academic Appeals
- Student Coordinators
- Student Governance

Food Services

- Ah-So Sushi
- Booster Juice
- Catering by FSU
- Convenience Store
- Kettles and Curry Bowls
- Oasis
- The Out Back Shack Bar & Grill
- Topped Dogz

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* Listed services are subject to change. Go to fsu.ca/services for more information.

Student Spaces

- Student Union Building
- Courtyard
- Forwell Hall
- Student Centre
- Alumni Lounge
- Breakout Rooms
- Club Rooms
- MSA Prayer Room

Student Services

- Employment Opportunities
- Financial Aid
- Fringe Hair Salon
- FSU Website - www.fsu.ca
- Graduation Photos
- Health & Dental Plan
- Scholarships/Bursaries
- Student Bus Pass
- Student Life Educational Fund (SLEF)
- The Biz Booth
- The Sharing Shop
- The Used Book Shop
- Pharmacy on Campus

College Partnership

- Athletics
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- Crisis Support
- Housing Mediation Service
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- Ombuds Office
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- Peer Tutoring
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“Yoga”na wanna try these stretches

Jessica Eden
INTERROBANG

Stretches are an essential part of your workout. They energize and restore muscles to prevent injuries. Incorporating some stretches into your routine, especially after your workout will help release tension, elongate your frame and improve flexibility. Many of these poses are incorporated into yoga routines. Hold each pose for 30 seconds to two minutes and you're all set to go.

Downward facing dog

To do this stretch, start on your hands and knees with your hands aligned with your shoulders and knees aligned with your hips. Stretch your fingers out wide and gently lift your knees from the ground. Straighten your legs, but do not lock your knees. Straighten your back so that your body resembles the shape of an upside-down “v”. Relax your head so that you are looking between your legs. Do not worry about your heels touching the ground as it is better that the angle of your body is wider. This stretch will specifically engage your hamstrings, calves, shoulders and spine.

Upward facing dog

For this stretch, start by laying on your stomach, face down. Place hands so that the top of your hand is in line with the bottom of your

chest. Straighten out your arms and expand your chest upwards. Look straight ahead of you or slightly tilt your head upwards. This stretch will open up your chest and shoulders while stretching your abs and hips.

Child pose

For this pose start in a kneeling position and slowly lean back so that you are sitting on your heels. Make sure that your knees are approximately hip length apart and that your big toes are touching. Gently bring your stomach to your thighs, reaching forward to the ground with your arms. Make sure your glutes are still touching the heels of your feet. If this is too difficult, place a blanket between your calves and thighs. This stretch will relax your back and neck and engage your hips, hamstrings and ankles.

Camel

For this stretch, start in a kneeling position with your knees hip-width apart. Lean back, pointing your chest upwards and support yourself by reaching your hands to touch your heels. If you cannot reach your heels, curl your toes in so that it's easier to reach your heels. You should be able to feel this stretch all throughout the front of your body.

Seated forward fold

For this stretch, start by sitting on the ground with your legs straight in front of you. Slowly bring your torso to your thighs and hold onto your

feet. If you cannot reach your toes then just go as far as you can without hurting yourself. This is an excellent stretch for your hamstrings.

Cat-cow alternating pose

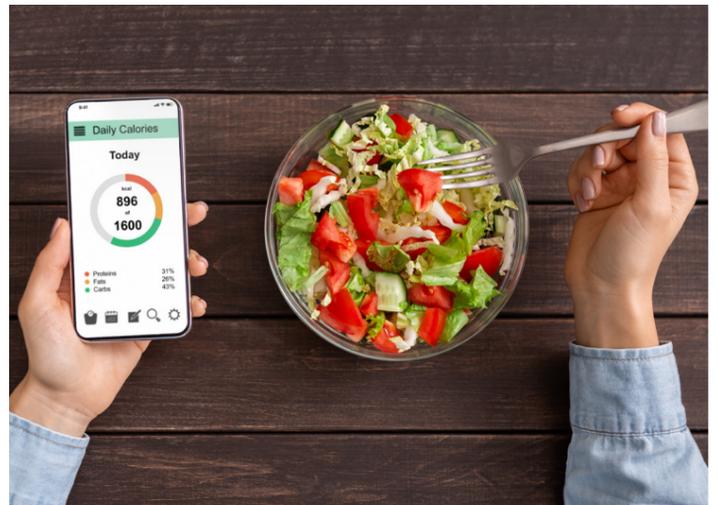
For this pose, start on your hands and knees. Make sure your hands are in line with your shoulders and your knees are in line with your hips. Relax your back so that your torso arches in a “u” shape and you are looking forward. Alternate by lifting your back towards the ceiling, creating an upside-down “u” shape and tucking your head in so that you are looking at your navel.

Butterfly stretch

For this stretch, sit with the soles of your feet together and your knees bent outwards. Bring your feet as close to your body without it being uncomfortable. Holding your feet together with your hands, slowly lean forward so that your chest meets your feet. If this is too difficult just lean forward until you feel the stretch in your inner thighs, glutes and hamstrings. You can also place a blanket underneath your glutes.

Seated neck release

For this stretch, sit cross legged with your right hand resting on the ground beside you, arm straight. Lift your left arm over your head and gently put pressure on the right side of your head with your hand so that it tilts left. Hold for 30 seconds before repeating on the opposite side.



CREDIT: GRINVALDS

These weight loss and fitness apps are a safe, practical solution to avoiding gyms during lockdown.

Five apps for weight loss

Emma Fairgrieve
INTERROBANG

There is an app for everything and weight loss and fitness is no exception. Having some of the tools you'll need to achieve your fitness goals in your pocket will help keep you on track. There is even research proving that your cell phone can help. You most likely already have a useful app installed. For iOS there is the Health app, this includes a step tracker, body measurement tracker and much more. Android products have an app called Google Fit which has the same features as the iOS Health app. Although these apps are already helpful, there are many more apps that can be even more useful and help reach your fitness goals.

1. MyFitnessPal

The app advertises itself as an app that can help you lose weight, tone up, get healthy, change your habits and keep on track of a new diet. This free to use app allows you to track your food and exercise. The app allows you to scan your food's barcodes to get accurate tracking. The app also gives and takes information from both iOS Health and Google Fit. The app is free to use, however, you can pay a subscription fee to get the premium.

2. FitBit

Although the app itself is free the product that pairs with it is not. FitBits range from \$79.99 to \$300 depending on the type you want. However, the app and the product are extremely useful especially when it comes to tracking your fitness and reaching your goals. The app pairs to your fitbit via Bluetooth where it tracks your steps, sleep patterns, heart rate, and minutes spent active. The app allows you to see your average and track your progress.

It also allows you to set goals and even offers you reminders as well as rewards. There even is a community of users where you can discuss any questions you have or just show others how far you've come.

3. Lose It!

Lose It! is similar to MyFitnessPal in the sense that you track what you eat and the exercise you have done in a day. The key difference between these two apps is that Lose It! tells you how many calories you should consume and how often you should workout to achieve your goal. The app warns you if you are not eating enough or eating too much.

4. 8Fit

8fit is an app that has exercises to follow and offers meal plans based off of your goals and body fat percentage. There are hundreds of healthy recipes that are easy to follow, some of which you do have to pay for. There is also a variety in workout videos that include: endurance building, bodyweight exercises, High-intensity-interval- training (HIIT), and much more. This app is free, but has an option for a subscription based program where it is more personalized and offers more support.

5. Couch to 5k

If you have little to no exercise experience and consider yourself lazy and/or too out of shape, Couch to 5k is a great starting point. As the name suggests, it's an app that helps you build your body to be able to run 5k even if you have no running experience. The app offers an eight week program where you run 30 minutes three times a week. The app shows you running outdoor routes, works for treadmills, offers an in app coach to voice you through the program, as well as many more features. This app is 100 per cent free and has no ads.


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Deskercise: Getting active while sitting

Samantha Kaczala
INTERROBANG

These days, students are sitting at their computers for long periods of time, which translates into endless hours of sitting in a chair all day. Going out to exercise is key to keeping in shape, but for those who don't have the time to do so there are other ways to workout without ever leaving your seat. Deskercise, a term combining the words "desk" and "exercise", are mini workouts that focus on different parts of the body while sitting at a desk or in an office. You can feel the burn without leaving your seat, which is great for those long days of lectures. Deskercise helps the body stay active while the mind stays focused on the lesson. Try some of the deskercises listed below to stay fit at the desk.

Back and Neck

The pencil pinch

Target: back

A really simple exercise that you can keep under wraps even in the classroom. Just roll the back of your shoulder blades together as if you were holding a pencil between them and hold the pose for five to ten seconds. Release then repeat the process about ten to fifteen times, or until you are satisfied.

The nape shaper

Target: neck

This exercise can make you look unnecessarily tired, so make sure not to do it in a lecture in front of your professor. Place the bottom of the palms of your hand on your forehead right above your brow. Push against your forehead, but use your neck muscles to fight against the force. Hold the pressure for a few

breaths then slowly release and repeat the process as many times as you feel comfortable. For an alternate version, clasp your hands behind your neck and lean back against them as if leaning back casually.

Straight-Arm squeeze

Target: shoulders, triceps, back

Sit up straight in your chair with feet together. Place your hands palm inwards to grab the back of your chair. Using your hands as anchors, pull your arms in against the back of the chair. Do this about 10 times. Try also moving your hands up or down the back of the seat to make the workout harder.

Core

The fab abs squeeze

Target: core

No one will notice at all when you are toning your abs with this exercise. Take a breath and tighten the abdominal muscles. When you exhale bring the abs even further towards the spine holding this position for about five to 15 seconds. Release and repeat the process any number of reps you want.

The desk swivel

Target: core

Have a wheely chair that you can't get enough of moving around in? Try using it for this workout when you want to have fun. Sit upright with feet hovering above the floor. Hold onto the edge of your desk with your hands. With only your core, swivel the chair around from side to side, twisting those oblique abs into shape.

Legs and glutes

The silent squeeze

Target: glutes

A workout that can be totally kept under wraps. Simply squeeze



CREDIT: RYANJLANE

Doing "deskercises" can go a long way to preventing long term injuries and strains.

the glutes and hold it for five to ten seconds before releasing. Repeat as many times as you want, or until whatever lecture you are in is done and enjoy toning your buttocks without putting your body through hours of sweaty exercise.

The seated leg raiser

Target: legs

Easy to hide underneath your desk, leg raising targets toning your leg muscles from your calves to your thighs. Lift either one or

both legs up in the air and hold them there for a few seconds. Lower them to the ground, without letting them touch it and then raise them again and hold once more. Do this for any amount of times you want or just until your legs feel a little jelly like.

Shoulders and arms

The stapler curl

Target: arms, shoulders

If you have to read a long article or passage from a textbook try to do some stapler curls to help keep

things interesting. All you have to do is take your trusty stapler and palm facing upward, bring your hand from your thigh and curl it up to your chest just like a normal biceps curl. Switch hands after 12 to 15 reps. If you don't have a hefty stapler use a heavy water bottle or pencil case as substitutes.

For more deskercises not listed, check out greatist.com and fitness-magazine.com for more ways to exercise while you study.

Equipment to get a good workout from home

Emma Fairgrieve
INTERROBANG

Working out is a wonderful stress reliever that also has great effects on your physical health. However, not everyone has time and/or the money for a gym membership — and going to a gym may not be the best idea at the moment. You don't need to have any equipment to have a good workout from home, however. If you are looking to enhance your workout by adding more of a challenge there are some items to help you achieve your goals.

Dumbbells

Almost everyone is familiar with what a dumbbell is. These are free weights that come in a variety of pounds, colours, and size. These weights are versatile for working many different muscle groups. They are great for arms, back, legs and even some ab exercises. It is best to buy in a set of three to five so you can progressively add on the weight without spending a fortune on one set at a time.

Resistance bands

A resistance band in its most basic definition is a large elastic band. Resistance bands are best used for strength training. These bands range from light resistance to heavy. These are commonly used for lower body workouts however, they can be used for all muscle groups depending on the exercise. Like dumbbells, it is best to buy these in a set of three or so.

Yoga Mat

As the name would suggest, yoga mats are often used for yoga and/or pilates. The mats provide a non slipping material to prevent you from falling. Although commonly used for yoga, these mats can be useful in all aspects of exercise. These mats offer a softer surface to do floor exercises and stretches on.

Jump rope

Jump rope is a great way to quickly get your heart rate up. Jump ropes can even have weights built in to add a bit more difficulty. This piece of equipment is very inexpensive, you can probably get a decent one just from the dollar store. The only note to keep in mind is to check the size of a rope before purchasing. To check the size, step on the centre of the rope while both handles are in your hands. If the rope goes to your armpits or mid chest, it's the right size.

Gliding Discs

Out of the others on this list, you're most likely not familiar with this piece of equipment. Gliding discs, like the name, are small circular discs that easily slide on surfaces. Typically used for core exercises, the discs are compact and very portable. Gliding discs also offer variation to any workout routine. They are excellent for muscle building while tightening your core and improving cardio. They are good for any level of training with minimum impact on your joints and tendons.

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