

**NEWS** PAGE 4  
Checking up with FSU  
president Keren Nanneti

**OPINION** PAGE 6  
Volunteering is underrated  
and you should do it

**LIFESTYLES** PAGE 8  
Job hunting while dealing with  
mental health issues

**SPORTS** PAGE 21  
Patrick Johnston reaches  
100 OCAA league wins

# INTERROBANG

# JOBS




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**FROM THE  
EDITOR** Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to Interrobang's annual Job Hunt issue.

It was only just today that, while returning to my desk from my morning trip to Tim Horton's, I ran into one of our staff reporters on her way to class. When I asked how she was doing, she told me she'd spent her bus ride panicking about life after graduation, and all the decisions she needed to make on top of finishing out the term.

I get the sense she's not alone in that.

To anyone reading this who might be in the same boat, I have one piece of experiential advice to impart: Don't worry too much about the unforeseen.

Some of your post-graduate plans will go off without a hitch.

Other plans — and I cannot stress this enough — will blow up spectacularly in your face, no matter how hard you try to prevent it.

The thing about the future is that we can't see it, and we can't control it. All we can do is our best in the present moment. By all means, continue to plan for the ideal future and landing your dream job. But make sure you balance those dreams out with the reality that not everything is meant to go our way, at least not immediately.

Expect the unexpected, and don't be too hard on yourselves. A year from now you'll look back and realize how

silly you were to sweat all those bullets.

Our features for this issue include tips on networking, interviews, building a digital portfolio as well as navigating the ins and outs of online job hunting, while our lifestyles section has a piece on how to find a job while dealing with mental health issues. There's also a piece in the opinion section on why you should consider volunteering to boost your prospects.

In news we have coverage on how Fanshawe Student Union (FSU) president Keren Nanneti is finding things so far as the first part-time president, full-time student of her position. We also have updates on Innovation Village, regional transportation and this year's Research and Innovation Day, and recaps on the Falcons' volleyball teams in sports.

Thanks as always for reading, and be sure to keep tabs on us throughout the week on our Facebook, Instagram and Twitter pages.

And so it goes,

**Letters to the Editor:** fsuleters@fanshawec.ca

# Compete with your peers at Research and Innovation Day 2020

## Wednesday, March 18, 2020

► Apply by Friday, February 14, 11:59 p.m.

**NEW FORMAT**

This year, entrants will be categorized by Faculty. Talk to your instructor about the application process, limited spaces available.

**PRIZES**

**Best in Show** awards  
(one per Faculty, \$500 each)  
**People's Choice** award (\$250)  
**Entrepreneurship** award (\$1000)

**[fanshawec.ca/researchandinnovationday](https://fanshawec.ca/researchandinnovationday)**

**RESEARCH &  
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# Innovation Village: Many changes taking place as construction begins



CREDIT: EMILY STEWART

Phase One of Innovation Village construction kicked off with LEAP Junction Entrepreneurial Services re-locating to M3001 (right) after closing the doors to its former F1012 location (left).

**Emily Stewart**  
INTERROBANG

As Innovation Village’s first phase begins, an on-campus entrepreneurial hub starts its new chapter and nearby study areas close.

Emails from Fanshawe College’s Corporate Communications Department provided dates for the closures and alternative study areas.

LEAP Junction Entrepreneurial Services closed the doors to its former F1012 location on Jan. 17 and re-opened in its new location M3001 on Jan. 21. The study room and lounge room nearby LEAP closed permanently on Jan. 17. Students can work on their assignments and study for their exams at the study lounges on the second floor of A, D, and T Buildings.

The Homework Lab in room F1000 closed on Jan. 22 and will re-open in its new location in A2024 on Feb. 3. Students will have to do their homework in the labs L2005 and B1049 in the meantime.

Construction begins on Jan. 27 with fencing and hoarding in the SUB (Student Union Building) and F courtyard and some trees removed in the area. There will be new trees planted on campus at a later time. Construction will also begin at the student lounge and homework lab in F Building.

The emergency phone in G Courtyard will also be removed. Any emergencies should be reported to 519-452-4242 and inquires sent to [emo@fanshawec.ca](mailto:emo@fanshawec.ca).

As reported in a previous Interrobang article published Oct. 18, 2019, Anne Marie DeCicco-Best, the Col-

lege’s executive advisor and government relations, said Innovation Village will cost \$58-million and renovate 66,000 square feet of space.

David Belford, the executive director of Innovation Village, said that when completed, Innovation Village will create new spaces for students. The project rooms will be comparable to the library’s current rooms. There will be a makerspace, a virtual reality lab and a re-located library.

Innovation Village will also create experiential learning experiences for students. The project’s teaching and learning strategy ensures every Fanshawe student graduates with signature innovative learning experiences (SILEx) and job skills for the future.

Belford said signature innovative learning experiences include researching and working with com-

munity organizations, and is already part of plenty of programs. The job skills of the future including social intelligence, creativity, and adaptive thinking, will prepare students for their careers based on what employers say are required for the future.

“Students should start seeing some of those things in their curriculum if they’re not already there in the next year or two as we roll this out.”

Innovation Village will renovate the SUB, F, and L Buildings. There will be alternative routes to get from building to building on campus while construction occurs. The first phase of construction is expected to finish sometime in September 2020. Phases Two and Three, which will experience some overlap, will likely begin in the late summer and early fall and finish by the spring of 2023.

“As far as the campus itself, there will be construction right in the middle of it,” Belford said.

He added students with questions specific to their program should ask their professors. If students are curious about how Innovation Village affects the SUB, they can talk to the Fanshawe Student Union (FSU). Construction updates will be sent out via communications notices on a regular basis.

“It’s very exciting,” Belford said. “It’s going to be a little dust and construction for a while, but it’s going to be a great facility when it’s done and we know that students will make really good use of it.”

For more information about Innovation Village, visit [fanshawec.ca/about-fanshawe/choose-fanshawe/innovation-village](http://fanshawec.ca/about-fanshawe/choose-fanshawe/innovation-village).

# Ontario scholarships continue legacy of Canadians who died in Flight PS752 crash

**Emily Stewart**  
INTERROBANG

Scholarships launched by the Ontario government will remember the 57 Canadians who lost their lives in a fatal plane crash near Tehran, Iran.

A press release said Ontario premier Doug Ford, MPP Goldie Ghamari and MPP Michael Parsa announced the proposed scholarships will provide \$10,000 to 57 students. Each scholarship will remember each of the 57 Canadians.

Ukraine International Airlines Flight PS752 crashed on Jan. 8 and killed all 167 passengers on board. Several of the Canadian passengers were either students, staff, or faculty part of post-secondary institutions across Canada.

Western University PhD candidates Ghazal Nourian, Hadis Hayatdavoudi, and Milad Nahavandi, along with incoming graduate student Sajedeh Saraeian, were among those who died. Western mourned the loss of their students in two vigil ceremonies on Jan. 8 and Jan 15. The City of London and Fanshawe College also lowered their flags to half-mast to show solidarity.

The following Ontario post-secondary institutions are also grieving the loss of their students and/or faculty:

- Fleming College
- George Brown College
- Carleton University
- Centennial College
- Lambton College
- The University of Ottawa
- Queen’s University
- The University of Guelph
- The University of Waterloo
- The University of Toronto
- The University of Windsor
- York University
- Ontario Tech University (formerly UOIT)
- McMaster University

“This was a terrible tragedy, and my heart goes out to the victims’ families and loved ones,” Ford said in the press release. “Many of the victims were students and professors with bright futures, studying and teaching at Ontario universities and colleges, and contributing to the advancement of research in many life-changing fields. We will honour their memories through these scholarships to recognize their incredible contributions to our communities.”

The scholarship criteria is open-ended and award-based and will depend on financial need and academic excellence. The criteria will also depend on consultation with the colleges and universities at which they studied and their families.

After 34 of the scholarships are spread across the respective



CREDIT: DYLAN CHARETTE

The Ontario government has launched scholarships to honour the memories of the 57 Canadians who lost their lives during the crash of Ukraine International Airlines Flight PS752 near Tehran, Iran. Four of the victims, illustrated here, were graduate students of Western University. From left to right: Ghazal Nourian, Milad Nahavandi, Hadis Hayatdavoudi and Sajedeh Saraeian.

post-secondary institutions, the rest of the scholarships will be offered at eligible institutions from a competitive process.

The scholarships would cover students for the 2020/2021 academic year beginning in September.

Interrobang contacted Western University’s communications department, but a representative

was unable to provide comment at this time.

More information about the scholarships is expected to be announced in the near future.



# Keren Nanneti reflects on time as FSU president so far

**Emily Stewart**  
INTERROBANG

Keren Nanneti, the first part-time Fanshawe Student Union (FSU) president, said that so far, it's been an "amazing and challenging" experience.

Nanneti was elected in October 2019 during the FSU By-Election. The FSU presidency role, usually full-time, became a part-time position to cover the rest of the 2019/2020 school year.

She began the role with five goals in mind. She sent out a student survey to gain as much feedback from students as possible and then determine the priorities from the results, and implemented the FSU mobile information stations spread across campus.

Increasing volunteering opportunities was the main aspect of her platform. A recent FSU volunteer training session prepared 75 students looking to volunteer. Another 75 students are registered for the next volunteer training session with several more on the waitlist.

There was also a Volunteer Fair held on Jan. 22 and several events are booked for volunteers to get involved and add to their co-curricular record (CCR).

Nanneti's also been working with Fanshawe's Career Services to connect students to prospective employers. There are plans to create a networking event where students arrive in professional attire to talk to employers one-on-one before the March 11 Career Fair.

She also aims to meet as many



CREDIT: EMILY STEWART

Fanshawe Student Union (FSU) President Keren Nanneti said her role as part-time president has been both challenging and rewarding.

students as possible and, so far, has attended every event and visited the Oxford Street, Downtown, London South and the Norton Wolf School of Aviation Technology campuses.

As FSU president, Nanneti learned how to make tough decisions that must be done for the sake of the students.

"Fanshawe Student Union is all about the students," she said. "What I learned is whatever you do might not seem right at that point but if you have students in your perspective then it seems right in the long

run and it's a good thing for them."

Nanneti, a business analysis student, works about 20 hours a week as FSU president and recently clocked in 35 hours because of orientation for the winter semester. The FSU ensures none of her meetings conflict with her assignment deadlines or her class schedules and her friends make sure she stays on track.

"All I have to do is attend my classes and they give me updates on which assignment is due, which project is due, and when we have

our team meetings," she said. "They are very understanding whenever I'm in my work hours."

Nominations for the upcoming FSU 2020 Election opened on Jan. 20 and will close on Feb. 7. Nanneti wants as many students to run as possible because they'll realize how capable they are of taking the position once elected. She added, however, that since the position will be full-time, involves lots of responsibility and accountability, and represents all Fanshawe students, it's not to be taken lightly.

"Candidates who are really serious and passionate about working for the student union for the benefit of students and who are focused in accomplishing something that would take students to the next level and who are really interested in helping out students to create a better experience in school, it's a good fit for them."

A new FSU President will be elected on March 4. More information about the upcoming FSU Elections can be found on [fsu.ca/elections](http://fsu.ca/elections).

## Ontario government looking to connect Southwest

**Emily Stewart**  
INTERROBANG

The Ontario government is seeking feedback for further development on its Southwestern Ontario Transportation plan.

Caroline Mulroney, Ontario's minister of transportation, announced the draft of the plan called Connecting the Southwest at the London Transit Commission (LTC) bus depot on Jan. 17. The plan includes more than 40 changes across the region.

The Ontario Community Transportation Grant program will fund \$14.8 million over a five-year period to 12 municipalities, including Middlesex County, Strathroy-Caradoc, and Norfolk County. The funding aims to increase access to intercommunity bus services by 58 per cent. Ten London transit projects, including bus rapid transit (BRT) will receive over \$103 million in provincial funding from the Investing in Canada Infrastructure program.

The government also plans to create a task force where community leaders, transportation experts, Indigenous chiefs, and mayors of Southwestern Ontario will discuss improving accessibility to bus, rail, and other local transit services, coordinating service schedules, and improving integration of transit fare. Other plans include making the 401 a safer highway between Lon-

don to Tilbury and widening Highway 3 to four lanes from Essex to Leamington.

Mulroney said that the Southwestern Ontario residents are proud of the history, academia, business, and agrifood sectors of their hometowns, and want the next generation to feel the same way.

"They want to raise their kids to be proud of their hometowns," she said at the conference. "They want to see their kids go to Fanshawe College or the University of Windsor and be able to get a good job in their hometown — not simply pack up their diplomas to start a new life a few hundred kilometres down the 401."

Mulroney said during a Q&A session after the announcement that students can provide feedback in an online survey if they feel something is missing from the plan.

Lisa Thompson, MPP for Huron-Bruce, called the plan "a win for everyone" and that it will draw students to Fanshawe's satellite campus in Clinton and Lambton College in Sarnia. Jeff Yurek, MPP for Elgin-Middlesex-London, said that since many students travel from London to St. Thomas for their courses, a bus service connecting the two municipalities will be beneficial.

"It's only a boom not only for the student to have those opportunities and travel and expand their education, but also for reducing our green-



CREDIT: EMILY STEWART

Ontario Minister of Transportation Caroline Mulroney (right) announcing the draft plan of "Connecting the Southwest," a transportation plan for Southwestern Ontario. London Mayor Ed Holder (left) and MPP for Elgin-Middlesex-London Jeff Yurek (centre) were present at the announcement of the plan on Jan. 17.

house gas emissions here down in Southwestern Ontario."

Terence Johnson, president of Transport Action Canada, said the organization ran public forums with the Southwestern Ontario Transportation Alliance regarding transportation issues faced by students. Difficulty with getting to campus was a reoccurring concern over

several years.

"There's a lot of students that go to Western [and] Fanshawe who live in St. Thomas and the absence of a bus service on that route means that they have to drive, they have to find parking in London," he said. "To see a possibility that bus service is going to return is excellent."

Johnson added that providing

more transportation options will connect students to job, internship, and co-op placement opportunities in municipalities like Goderich and Ridgetown and other areas of Southwestern Ontario.

Visit [ontario.ca/southwesttransportation](http://ontario.ca/southwesttransportation) to read more about the plan and to participate in the survey until March 17.



# Staying safe before, during, and after the job hunt

**Emily Stewart**  
INTERROBANG

Whether you work at a restaurant, in an office, or on stage, you always have the right to be safe at work.

The Workplace Safety and Insurance Board's (WSIB) By the Numbers: 2018 Statistical report revealed there were 254,000 registered claims in Ontario in 2018. Nearly half of the allowed lost-time injury claims, at 47 per cent, were related to sprains and strains, 17 per cent tied to overexertion, and 15 per cent related to a lower back injury.

Laurel Teall, a Fanshawe career services consultant, said all employees are protected by Ontario's Health and Safety laws. Workers have the right to feel emotionally and physically safe, to access workplace safety training, and to be treated fairly. That includes the right to refuse unsafe work. There would be some more in-depth health and safety training specific to different jobs and industries.

"There's lots of different things that they should know," Teall said. "I think that having industry-specific knowledge is very important when starting to job search."

She added that Career Services has seen a rise in students getting involved with fraudulent job postings. When searching for a job, students should also be on the lookout for such postings and watch for several red flags.

An immediate ask for personal information like banking during the job search process is a huge red flag. Job hunters should also watch out for employers who offer you money to purchase a computer to work from home and if offered, should not accept it.

"An employer would never send you a cash advance to go buy a computer to work from home."

Red flags also include being offered a job without applying for it and/or receiving a job offer that has nothing to do with your experience or skill set. Job postings that offer a higher pay rate for a job that typically pays minimum wage is also a warning sign.

Job searchers should watch for unprofessional language and inconsistency in emails, along with messages from a Gmail address on behalf of a company — although, Teall noted, it's not always the case if someone is self-employed. Sometimes, people who create fraudulent job postings will search a company and a human resources (HR) specialist on LinkedIn and then shape their profile to pose as a legitimate employer.

"If you did a quick search on LinkedIn and you think 'Oh, it is the HR person,'" said Teall. "If you don't know other signs to look out for, sometimes people can fall for it."

A student recognizing an unsafe work situation should first discuss it with their employer. An employee can file a complaint with the Ontario Labour Board if their employer is making them feel unsafe.

Career Services can also help students prepare a health and safety conversation with their employer, but students should know they have the right to refuse safe work.

"Maybe they're already working part-time or with an employer where they're wondering 'Is this allowed or is it not?'" Teall said. "We're always happy to meet with them and talk about it and give them some tools and some words that they can use to really effectively approach their employer, but it's good to know that if



CREDIT: EMILY STEWART

Laurel Teall, a career services consultant at Fanshawe College, said that researching employers, watching for red flags pointing to employer fraud, and knowing your health and safety rights as a worker will ensure you stay safe in the workforce.

you're going to challenge a health and safety practice or if you have a concern, you can't be fired because you raise a health and safety concern."

That includes situations regard-

ing your mental health, as new workplace policies are put in place while mental health awareness increases. Teall said that along with employee wellness programs and accommodations for mental

health, there are laws put in place surrounding workplace bullying.

Visit Career Services in room D1063 for workshops, resume writing, interview preparation, and knowing your rights as a worker.

# Students to compete within their own faculty for Research and Innovation Day

**Marlon Francis**  
INTERROBANG

This year's Research and Innovation Day is looking for research-focused participants to showcase their efforts amongst their peers and innovative industry representatives.

This annual College-wide event gives students the opportunity to bring their innovative ideas to the forefront. Projects are provided by the College's Centre for Research and Innovation, in partnership with many businesses in a variety of industries.

This year's Research and Innovation Day will be held on March 18, and features new changes to its format.

"What we really want to do is showcase the breadth of activity going on at the College. So this year students are going to apply to participate in the showcase through their faculty and each school will select who they want to showcase their work," said Dan Douglas,

dean of the Centre for Research and Innovation. "We're really excited that we will be able to showcase work from across every faculty of the College, including our regional campuses."

The changes to the event's format will also allow components from the same school of thought to be judged upon in a fairer way.

"In the past you would get somebody who had a really strong research poster on something that was socially responsible, like sustainability for example, and they were up against a robotic lawnmower. People tend to look at the things that are a little more interactive, but the other piece could be just as important and have a major impact for the community. So what we're trying to do here is say, 'here are your peers, here's your faculty,' so that now students will be competing within their own sector," said Douglas.

Many awards are up for grabs and with the change to the format the chances of coming home with hardware increases from years

prior. But bragging rights and a cash prize are not the only benefits to attending or participating in the event.

"This goes on their co-curricular record. It's a way to showcase that you've done something more than just your standard academia. It also gives them experience and there's nothing that replaces experience, when you have to take what you've learned, boil it down to a three to four-minute presentation and get your point across to the judges," said Douglas. "So even if you don't come out with the top prize, you should be very proud that you've been selected, because not everyone gets into the showcase either."

"We will also be inviting project partners and industry representatives to attend and view the presentations," said Andrew Kaszowski, outreach and events coordinator.

The invitation should serve as an enticement for students and with an audience of power players in attendance, research and innovation focused individuals are encouraged to attend even if not presenting.



CREDIT: FANSHAWE.CA/RESEARCHANDINNOVATIONDAY (FILE PHOTO)

College members can show off their world-changing ideas at Fanshawe's Research and Innovation Day, on March 18.

"The more people who come through the better. If a student is not in the showcase, I would encourage them to come and see what the others are doing. If you are in a particular faculty then you get to see what other faculties are doing. You never know when you are going to connect with someone else

who could take your research to the next level," said Douglas.

Submissions are now open on the Centre for Research and Innovation website, but aspiring applicants are also encouraged to speak with their instructors for assistance in the process. The deadline for consideration is Feb. 14 by 11:59 p.m.



# Volunteering is underrated and you should do it

**Emily Stewart**  
INTERROBANG

When I was in university, I took up some volunteering opportunities related to media and communications to gain some practical experience to supplement my studies. While I have a full-time job, I still volunteer when I can with a non-profit media collective.

Along with adding experience to your resume, volunteering offers many opportunities for personal growth and discovering your passions.

Organizing 94.9 Radio Western's music library and promoting the station at events gave me a greater appreciation for London's arts and culture scene and the music industry as a whole. After sorting through mail to see many albums come in week after week and sometimes day after day, I realized it's rare to land at the top of the charts and that good music, regardless of how popular it is, can be found anywhere.

Being part of a community radio station brought me closer to the local music scene and fuelled my interest in alternative music. The music and promotions director at the time recommended Mother Mother because they were played on the station and matched my music taste. While I know I would listen to the band's catchy music regardless, Radio Western is the reason why I started listening to Mother Mother and still love the band.

I also discovered my love for newscasting and became more interested in municipal politics through Radio Western. I grew up in London, but I got to know my hometown better because I volunteered on-campus. Since I loved talking on the radio so much and wished I was chasing the news instead of writing essays, I knew I wanted to study at Fanshawe College in their journalism-broadcast program and be a part of the 106.9 CIXX-FM news team after undergrad.

Volunteering also develops your skills and leads to other opportunities. Before I started volunteering with LondonFuse the summer I graduated college, I thought I knew everything about photography. Looking back, I wouldn't even publish the out-of-focus photos I thought were 'acceptable' back then for free.

Over my time with LondonFuse and through several good and bad shoot days, my photography skills and portfolio gallery improved — so much so that my friends asked me to take engagement photos for them because they knew I had a DSLR and that I knew how to use one.

I also became the writer and researcher for the LondonFuse *Histories of London* mini-documentary series project and got paid for it. Being an active Fuse contributor helped

me establish the relationship with the person who offered me the job.

Volunteering is also a great way to network, both by meeting new people and getting your friends involved. Several people from over the years that I know from volunteering became my professional references. Some of those references are also friends, as we share common interests, values, and ideas of fun ways to spend the time.

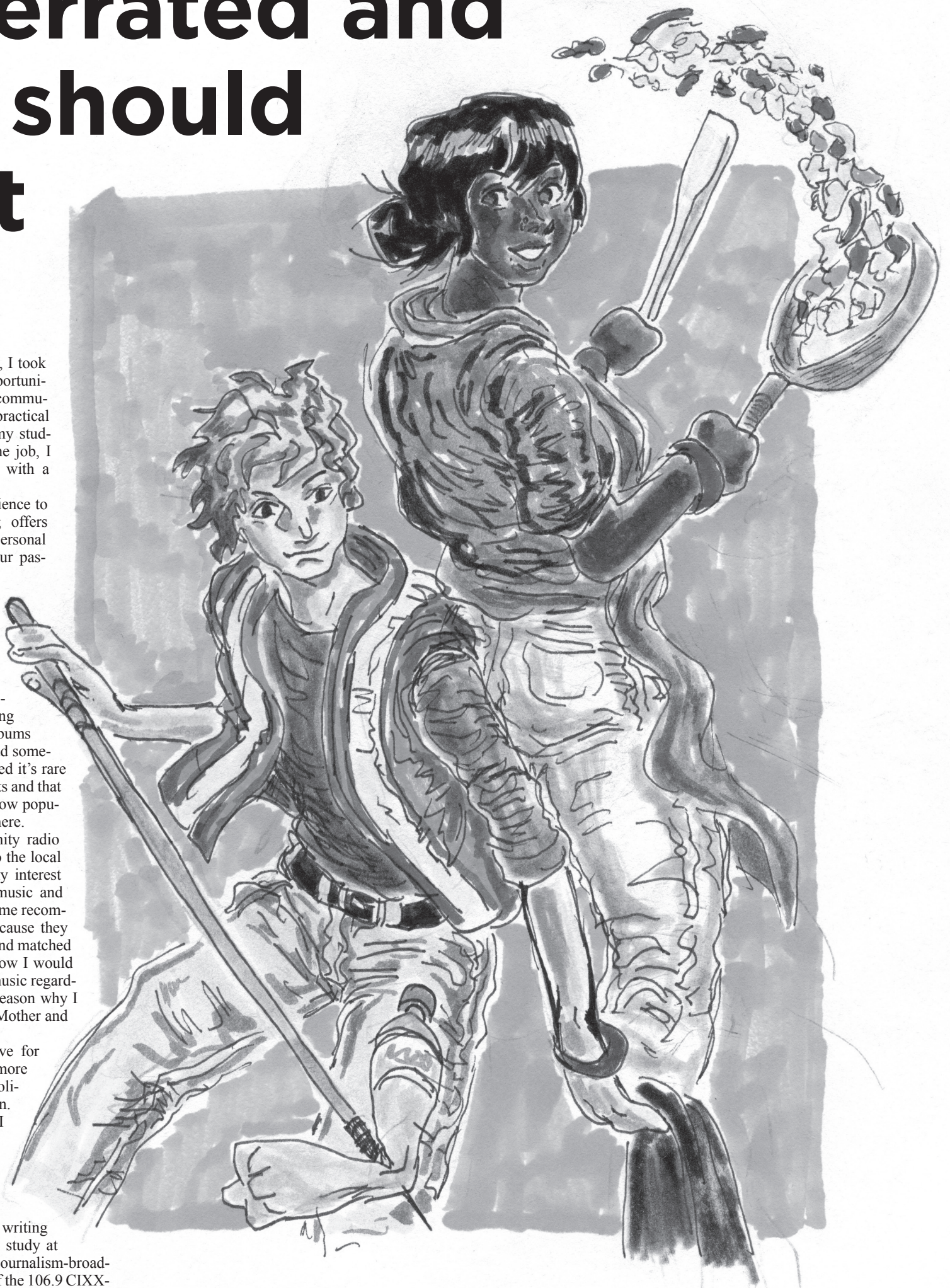
A few fellow writers became LondonFuse contributors because they saw my work with the organization and wanted to get involved.

Volunteering is a rewarding way to spend your time outside of your job and/or classes, but scale back on your commitment if you're

feeling overwhelmed and unsure how to manage time. You're doing it on your own unpaid time, so your volunteer placement supervisor will understand when you are transparent with them about it.

Volunteering also fills gaps in your employment history and gives you something to do when job hunting. Unfortunately, sometimes the process of finding and securing employment can take longer than you would like, but if you believe in an organization and their mandate, volunteering can be a rewarding way to use and upgrade your skills.

When looking for a way to add to your resume and simultaneously explore your interests, consider volunteering.



CREDIT: DYLAN CHARETTE

Opinion: Volunteering is a great way to add experience to your resume, update your skill set, and explore your interests.



# Lessons from the priesthood about jobs



CREDIT: THEMACX

Opinion: Sometimes we too easily or quickly choose one of several paths without considering what the best way forward truly is.



**Michael Veenema**  
RELIGION

I am not a member of the Roman Catholic Church. It would be very hard for me to own all of the elaborate rituals and detailed dogma of the Catholic community. Nevertheless, when it comes to the core beliefs of that church, I am as Catholic as anyone.

So, in thinking about “jobs” this week, I was interested to read what Joseph Palma, a Catholic Archbishop in the Philippines, had to say about becoming a Catholic priest (*Priesthood Not a Career But a Vocation*, online at Cebu Daily News). As long as we are thinking about jobs, why not consider what the Christian priest, minister, pastor, or chaplain who you may know does with their life?

It might be that *you* are perfect for the priesthood or ministry. Perhaps you feel called to help improve the lives of the people in your community. Maybe you sense that faith in God is the greatest key to living well.

You might believe that God has a very real stake in how your life unfolds. And perhaps you have noticed that you enjoy helping with worship, Bible study, or reaching out to people to help grow their faith.

Archbishop Palma in 2017 offered advice for new priests. First, “Priesthood is a gift — a very precious gift from the Lord. We are not worthy, but God makes us worthy of this gift not because of the qualities one possesses but because God qualifies us.”

This seems to run counter to everything we teach ourselves about creating a resume. In resume writing we typically talk up our “worthiness” for the job we want.

But when considering leadership in the Christian Church, it is not our abilities that are the main consideration. It is our dependence on God for the strengths we will need to face the challenges of the future and to help carry the burdens of other people. (Church leaders do have abilities and are vetted to help ensure they do. However, God’s strength and guidance are more important.)

Then there is prayer. Archbishop Palma again: “We pray that we do not receive [the opportunity to serve as priests] in vain. The priesthood is not a vocation to make a living but a vocation so that others may live as Christians and as children of God.”

Here again, we find something that runs against the grain. Typically we are in too much of a hurry to pray. However, prayer is conversation with God.

Palma, I believe, is saying that that conversation will help a priest — or minister, pastor, chaplain — to resist seeing their work mainly as a way to financial and material security (though most are paid, even if modestly, sometimes minimally, but sometimes not at all). A person who helps lead God’s mission and his people is mainly responding to a summons from God to do so.

Palma spoke about a third dimension of the priesthood, “Meditate on the law of God, believe what you read, teach what you believe, and practice what you teach.” This is a summons to integrity.

Here again, there is a challenge to conventional thinking. We typically wish that we *were* consistent in our words and actions. But often we casually settle for something less.

Sometimes we too easily or quickly choose one of several paths without praying and considering what the best way forward truly is.

However, a person who wants to lead people as God wants them led has a very great responsibility, greater than most, to live consistently with his or her beliefs. There is no room for careless choices that damage that person’s integrity. He or she must work hard to know the ways or laws of God, to take them to heart, to teach them clearly, and to shape their actions according to those laws.

Seeing your work as a gift from God. Prayer to work without excessive regard for reward. And integrity that holds knowledge, belief, teaching, and action together. A tall order.

But is that tall order only for the priesthood? Many Christians think that that tall order applies to all people in all career paths. Perhaps if every person regarded their work as a Catholic priest is taught to regard his work, our communities and the world would be more just, beautiful, and hopeful.

## LETTER TO THE EDITOR

Juveriya Mombasawala



CREDIT: SERG3D

## Age-restriction needed on marketing of e-cigarettes

With rising in modernism and social media youth is exposed to a wide market of health-hazardous products that are presented in a manner that they look “cool” for them to use.

One of the examples of these products is vape/e-cigarettes. The Canadian government legalized e-cigarettes in 2018 and since then there has been a significant rise in the consumption of these products. Although they are less harmful compared to tobacco cigarettes as these liquids are just laced with tobacco instead of having tobacco leaf in them. But the way these products are being marketed is making teenagers fall towards the path that leads to smoking in the future.

According to the British Medical Journal teen vaping has been doubled since it was legalized in Canada. Along with that, a survey says that 40 per cent of teens between ages 16 to 19 years have tried vaping, while one in 10 says that they consume it weekly. According to me, apart from putting restrictions on the companies that sell vapes, there should be a legal age imposed to use any kind of cigarettes to control the explicit growth of young e-cigarette and tobacco cigarette users.

The age restriction might help youth to make smarter decisions for themselves as they might not just reach for e-cigarettes because they are cool, and all their other classmates are doing so but instead could make better decisions for themselves. E-cigarettes are advertised in a manner that the teens are getting attracted to them. The companies are using social media influencers to get attention from these young citizens.

The flavoured cigarette packaging is advertised so that they look cool to use. The marketing restrictions are not enough to control the growth of e-ciga-

rettes. These are advertised in the same manner as the tobacco cigarettes were advertised before years by the companies before they were restricted by the authorities. They have used the same playbook that the Big Tobacco companies have used for many years to appeal to young people, using colourful icons and using attractive good looking models, said Andy Tian, a researcher at the Dana-Farber Cancer Institute who studies the impact of tobacco marketing.

The original intention of the e-cigarettes was to reduce the number of adults regularly consuming tobacco cigarettes daily. But due to the marketing campaigns used by the e-cigarette companies, the number of teenage users of these products is significantly growing while there is a negligible change in the reduction of adult smokers to turn to e-cigarettes instead of the tobacco ones.

Those of us in public health would like to see vaping become an off-ramp for adult smokers, said Robert Jackler, a surgeon and professor at Stanford University who studies tobacco marketing. Instead, it’s become a heavily traveled on-ramp for nicotine-naïve teenagers. If there were age restrictions on the use of e-cigarettes and tobacco cigarettes there will be a significant change in the health of teens and reduction in consumption of these addictive products by teenagers.

Thus, is clear that the goal of e-cigarettes shifted from reducing adult smokers to increasing teen smokers. Although, e-cigarettes are said to be 95 per cent less harmful their average consumption has become more than tobacco cigarettes which makes it equally hazardous to health. Also, with increasing numbers of teenagers using it, it is becoming a threat to their health. The implication of age restriction, in my opinion, is one of the best ways to control this problem.



## HAVE AN OPINION? SUBMIT YOUR STORY!

Letters to the Editor: [fsuleters@fanshawec.ca](mailto:fsuleters@fanshawec.ca)



# Job hunting while living with a mental illness

**Salma Hussein**  
INTERROBANG

At some point in everyone's life, they will be struck by a mind-consuming mental health problem. It could be minor, it could be life-altering, but everyone gets a dose. The question is whether or not you will let it control your life.

The people around you at work, in school, at home, and all around the world suffer from some form of mental illness every day, and it makes the host feel a roller coaster of emotions that drowns them in insecurities, worthlessness, and their deepest fears.

I'm sure that anyone who reads this has either been introduced to mental health issues or has even been subject to its oppression. But as some of you are closing the chapter for your education and starting to look for employment opportunities, the question of how to manage and find jobs while living with mental health issues comes to mind.

"Can it be done? Can I find a job while living with a mental illness?" The answer is yes! So, let's look at how. Mental Health America and Workforce Innovation laid out some steps to finding a job for anyone with mental health issues.

## 1: Get familiar with what your good at

The key is to find a job that suits your interests and skills. Acquiring a job where you can remain passionate and apply your talents will help boost your confidence and lessen your insecurities. When you do a job that provides meaning to you, it can provide a sense

of stability and security. So even if you can't find a job in your field, if you can find a job where you can apply your talents and strengths, you have a greater chance of performing the best you can.

## 2: Take it one step at a time

Applying for a job can surely be overwhelming and interviews turn us into balls of sweat, and the risk of rejection can be detrimental to the experience. The toll on one's mental health would be great. So, creating a work plan and taking the process one step at a time would help create a realistic way to approach a job hunt. In the meantime, having a self-care plan that aids you in the process would help support you on your journey to secure a job, while maintaining your mental health. While finding a job is important, it can be chaotic, so finding suitable resources can help secure you on your path to finding a job.

## 3: Social environment

Once you obtain your job, it's important to make sure that you

surround yourself with positive influencing people. You don't need any negativity at the workplace. A smaller number of people to familiarize yourself with would be best, as being completely alone would bring feelings of isolation.

## 4: Stability

Having a stable workday schedule can be positive for maintaining healthy mental well-being. If you can plan out your day and feel better by having the whole day sorted

CREDIT: JESSICA WILSON  
Job hunting can be doubly difficult to navigate when we're dealing with a mental illness.

out, it would be easier to eliminate unpredictable outcomes in your day that may cause more anxiety. So, finding a schedule that suits you best would increase your daily productivity.

## 5: Shifts

Considering the length of your shifts is also very important and crucial so that you have relaxing periods to unwind. Contemplate whether a part-time or full-time job would suit you, and make sure that whatever you choose doesn't make you sleep deprived, as that is the fastest way to provoke someone with bipolar disorder.

## 6: To disclose or not to disclose

The biggest question is whether or not you should let your employers know about your mental illness. Ultimately, disclosing it is a personal choice. Some people prefer to let them know in the interview right away to reduce anxiety. Furthermore, the Cana-

dian Human Rights Act prohibits discrimination against those who have a mental illness. However, an interviewer may unintentionally change their mannerisms and use bias upon further questioning. It really depends on your comfort and whether or not you feel it is something your employer needs to know.

Contrary to common belief, hiring people with mental illness can be beneficial. Employers have reservations about hiring people with mental health issues as they feel they may be unpredictable in the workplace. However, CBC news reporter Emily Plunkett talks about why it can be good to hire people with mental illness.

For example, people with depression, like herself, can come up with creative solutions to problem-solve. In addition, she finds herself to be more compassionate and caring to her coworkers and customers as they might be having bad days. Plunkett's ability to empathize with those around her in the workplace due to her own struggles makes her a good candidate for various types of employment.

Once you have the courage to peruse employment, know that you have as much of a chance to get a job as another if you follow what suits you best and accommodate for your mental health. I am not saying it will be easy or that you will get a job right away, but if you identify the resources you need and equip yourself for the workforce while taking consideration of your mental well-being, then a suitable job is in the foreseeable future.

# Music Review: Selena Gomez *Rare*

**Savannah Bisailon**  
INTERROBANG

On Jan. 10, Selena Gomez released her third solo album *Rare* through Interscope Records.

The first song on the album "Lose You to Love Me" was released in October 2019. This song was her first song to hit the top on Billboard Hot 100 and made it her first single to top U.S. charts. All though this album is mainly pop, Gomez does have some influences of electro, alternative pop and R&B in some of her songs on this 12-song album.

My initial thought when I first listened was this album is very out there compared to her previous work, and that she is clearly distinguishing her career from her early Disney Channel days in the early 2010s. *Rare* has a different vibe to it compared to her first album *Kiss and Tell*, where most of the songs are directed towards a younger audience. This album is directed more towards audience members in their early to mid-20s. Her demographic target certainly changed with this album.

The first song on this album "Lose, You to Love Me" has a very

catchy beat. This song is one of my favourites on this album and in fact the first time I heard it, I was out for girl's night and it came on and I was shocked to find out it was by Gomez. When comparing it to one of her first ever songs "Who Says" you can tell she has come a long way from her earlier days and has found her vibe.

What I like most about this album is that she has stepped out of her element and created a softer side to pop. Her song "Cut You Off" has an R&B sound to it and the lyrics speak to me in a way of cutting the people out of your life who want you to change for society. I find that she has a bit of a soft tone to her voice when singing, and you can really feel the emotion in her voice.

This a side to Gomez that I haven't heard in a long time. Like when she was a part of Selena Gomez & The Scene she had more of a roughness to her voice. It felt more like she was singing words that was written for her more than speaking her truth.

While listening to *Rare* I sensed vulnerability and honesty. While listening to a song, I enjoy the feeling of being able to feel what the singer intended. This album is



Selena Gomez's third studio album *Rare* offers a new and personal sound.

CREDIT: INTERSCOPE RECORDS

completely full of songs that are venerable and honest with the audience. She engages the audience with her voice and tells a story through song.

"Cut You Off" also tells the story of beauty standards society puts on woman and how she has dealt with

them. She has always been open with her thoughts on the "idealistic" beauty standards society created against women, and in 2018 the internet criticized her body before she had kidney surgery. In this song she talks about just cutting people off and ignoring what they have to

say about her looks.

Overall this album has some pretty great songs and creates a really great message of creating an environment of self-love. The common theme in this album is self-love and I feel like it is important for artists like Gomez to promote it.



INTERVIEW

PREP

Haydn Rooth | Interrobang

Applying for jobs can be a difficult task, but landing an interview means proving yourself in person to the employer – no pressure. First, use these mantras to get into the proper head space and shake off some of that pre-interview anxiety:

The employer wants to hire you. This is a simple concept, but is very true. You would not be in the position to be interviewed if the employer did not see something in you via your resume and in person interactions. So, take a little bit of that weight off of your shoulders: you are wanted here.

There are no wrong answers when you are speaking about yourself. This is something that improved my interview skills dramatically. There is always an underlying pressure when asked personal questions during an interview. I believe this is because many people experience self-doubt in these moments, and question whether the interviewer will accept the answer. The fact of the matter is simply that the interviewer is going to have personal assumptions no matter what. Be yourself, own it and show the employer that you are awesome.

Your time is valuable. Again, another very simple concept that many people end up pushing to the backs of their minds. When you do not have a job, it is very easy to fall into that depressive, self-deprecating slump of invalidation and feeling unvalued. It is a hard feeling to shake off, but doing so is doable. Your time is just as valuable as the time the employer is spending to interview. Leave any feelings of inferiority at the door.

Secondly, here are some general interview tips:

**DO PRELIMINARY RESEARCH.**

The best way to be prepared for an interview is to know a bit about who is interviewing you. Do some research on the employer, the company and how the company runs day to day. Learn the company's mission statement if they have one. This level of preparation shows employers that you care not only about the job but about the company itself.

**PRACTISE AND PREPARE.**

Practising responses to standard questions may seem like the best course of action, but it may actually lead to trip-ups in the interview. The best practise you can take is the practice of knowing yourself and putting yourself into your answers. All of the preparation of step one can now be related to your own personal experiences. An interview is about selling yourself to the specific needs of the employer, so try and find how you will fit in.

**PREP THE NIGHT BEFORE.**

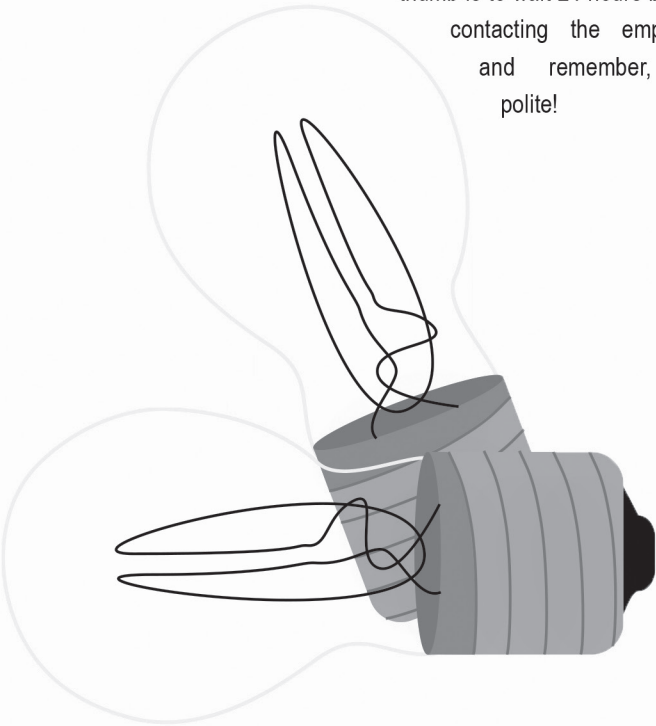
This is your time to make the next day as simple as possible. Lay out what clothes you would like to wear for the interview along with your shoe choice. Little things you can do that will take time out of your morning routine the next day will feel so good upon waking up.

**BE EARLY AND FOCUS YOUR ATTITUDE.**

This is a simple practice that looks great to employers. Arrive to the interview early and focus on positive thinking. A positive attitude and a genuine smile is a part of any good resume.

**FOLLOW UP.**

The last step is very simple: follow up. If these amazing interview tips have not landed you the job already, send a follow-up email. A good rule of thumb is to wait 24 hours before contacting the employer and remember, be polite!





# NETWORKING WITHOUT NETWORKING

Marlon Francis | Interrobang

The Oxford Dictionary defines networking as “a group of people who exchange information and contacts for professional or social contacts.” What the dictionary doesn’t divulge is that this exchange of information and contacts isn’t something that necessarily happens upon first contact. Whether it be relationship-building, or a tenet of something that you’ve said to a new friend or stranger, eventually these opportunities for exchange can arise.

For some, this revelation may ease some anxiety that can often be associated with the social pressures of networking. Networking can seem like a daunting task, especially for those who experience social anxieties in daily life. But I am here to let you know that all of the fear that we can generate in our minds about these things is without merit. You more than likely already network on a fairly regular basis; just about any conversation you engage in can turn out to be a networking opportunity.

Have you ever heard of the game ‘Seven Degrees of Kevin Bacon’? For those who haven’t, the idea here is that if you choose any actor, for instance, Justin Timberlake, you can directly link him to Kevin Bacon in some fashion within seven steps:

- » Justin Timberlake was in the movie *Trolls*
- » Which he starred in with Anna Kendrick
- » Who starred in the movie *Up in the Air* with George Clooney
- » Who co-starred in the movie *Ocean’s Eleven* with Brad Pitt
- » Who co-starred in the movie *Sleepers* with Kevin Bacon

Now, I was able to do that in five steps, and maybe it could be done in even less, but the intention was to demonstrate how the

game works. The point is that even though you may be in a conversation with someone whose interests may not clearly align with yours, it does not mean that they may not know someone, who may know someone, who may know someone else, who does.

While I don’t encourage striking up a conversation for the sole purpose of getting something out of it, one should never avoid conversation under the guise that there is nothing for them to gain or learn. The truth is we don’t always know when inspiration will hit. We don’t always know how our interactions with others will positively or negatively effect our lives. So stay open, stay attentive, and who knows where an open door of communication will lead.

Many of you with social media accounts are already networking, purposefully or not. We post images of our life, our hobbies, families, interests and dislikes. In essence, these social media accounts are interactive business cards for the 21<sup>st</sup> century. People can get an idea of whom you may be connected to, your interests, hobbies and the like.

With this type of transparency, people have more control in regards to whom they approach and with greater chance of successful alignment. These accounts can help those with the social anxieties navigate around the awkwardness of the physical face to face and need for verbal self-promotion. Maybe a more passive approach is more your speed.

Another option to alleviate the stresses associated with networking would be to participate in things you like doing with no other motive than to enjoy yourself. If you’re a musician who loves to perform and when in the world of music you are at ease, then try to immerse yourself in environments that cater to that. Go to a music store (yes, some still exist), or a big recital at a concert hall you’re familiar with, or anything that has you in an advantageous position.

That comfort zone can be your crutch, supporting you around the awkwardness of pressure situation peer to peer interaction. Doing this also increases your chances of being around like-minded people, where opportunity may exist and present itself organically.

Making a genuine connection feels so much better than one that seems manufactured. And genuine connections do not feel like work, they feel as they are; natural. Sometimes approaching things without intention can lead to conclusions that are more gratifying than if we had a specific objective or agenda.

The key to these genuine connections is your ability to be present and participate in these interactions. It is still required of you to participate and share yourself as there is no way around that, but in your quest for like-minded individuals know that the best way to begin will always be with a simple “hello”.





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# TIPS AND TRICKS TO CREATING A PORTFOLIO

Cynthia Kaczala | Interrobang

A portfolio is a collection of different works you have produced that are shown to potential employers to demonstrate your abilities in the field. These works can be anything from paintings, digital artwork to pieces of literature that you have produced. Your portfolio could be the make or break for you when getting the dream job you always wanted.

Do you think your portfolio isn't up to par? Then here's some advice you can consider when making and fixing up your portfolio.

## USE YOUR BEST WORK ONLY

You want to show your employer the best you can do, so it's obvious that you should include in your collection what is considered your best pieces. Your 'best' doesn't always mean your most recently made pieces. If you have a piece that's three years old and still think it's one of your greatest works, then keep it in your portfolio.

## ORGANIZATION IS KEY

If you are applying for multiple positions or have a specific specialization, organizing works based on your forte is key. You shouldn't have a mix and mash of different positions in one portfolio but instead have multiple portfolios, each based on one specialization. For example, if you are in video game development and specialize in character modelling and character animations, you would have two portfolios, one focusing on models with images and one focusing on animations with demo reels.

## AIM FOR HIGH RESOLUTION

When it comes to your portfolio, want your work to be in the best condition it can be viewed in. Aim to have the quality be of a high-resolution standard. If you are making a digital piece, up the resolution size as best as you can. For when you are documenting a non-digital work, it is optimal to use a camera that can take good quality pictures/videos, such as a DSLR (digital single lens reflex) camera.

## OUT WITH THE OLD, IN WITH THE NEW

Your work will most likely change over the years, and what you thought looked good in the past might not fit to your standards anymore. Do some spring cleaning with your portfolio and take out the older stuff that doesn't fit to par with your current best works.

## SOMETIMES HAVING A LITTLE IS A LOT BETTER THAN A LOT

Employers want to see the best you can do, not everything that you've ever made. Make sure that your portfolio isn't too large that it would take hours to look through everything. At most it should take about 10 to 15 minutes to look through everything.

## DEMO REELS

For aspiring animators or film producers, demo reels are the best to help show off multiple examples of work they have done. A demo reel should consist of snippets of multiple works that focus on parts that match the job position you are applying for. For example, if you want a job in character animation have a demo reel consisting of only character animations and not other stuff, such as special effects. Sometimes it's better to show off your skills in the final product, like a film or video game, to see what the piece looks like in its final form.

## EXPLAIN HOW/WHERE YOU CONTRIBUTED TO THE PROJECT IF GROUP/SHARED

If you collaborated with other people to make a piece remember to always mention where and what you worked on in the piece.

# THIS IS ME





# IMPACT OF SOCIAL MEDIA AND EMPLOYMENT

**Emma Fairgrieve** | Interrobang

Social media presence has never been as impactful as it is today. It's easy to forget that what you post may influence your chances for getting job or losing out on a position. Pretend that you are running for president today. When people Google your name, what can they see? When filling out job applications, often employers search through your social media to learn more about you. During this phase they weed out people who they don't think are professional, or who post distasteful content that a brand does not want to be associated with.

## LINKEDIN

The main social media platform used by potential employers is LinkedIn. These days, having a profile is must-have when applying for many jobs both online and off. Be sure that your LinkedIn outlines your education, work experience, extracurriculars and any other important information. Having a detailed profile is important in building a network and getting connections on the platform. Those connections could lead to employers reaching out to you for a position. LinkedIn also allows you to follow companies that interest you, that way you can keep up with potential business news and opportunities.

## FACEBOOK

Facebook is often considered a more personal social media platform. It is not encouraged to reach out to employers on Facebook, as some may think that is unprofessional. However, Facebook is often one the first social media platforms an employer will look at when considering you for a position.

Your Facebook page should be a public account in which there are no provocative or unsavory photos and posts. Use your best judgment on what you would want a potential employer to see. If you still want to have the freedom of a personal Facebook page, consider creating a separate professional and personal account. Private the personal account, that way you can be less cautious with what is shared via social media.

## TWITTER

Twitter is a very diverse platform that can be either very professional or laid back. Much like Facebook, you want to avoid any distasteful posts attached to your name. Again, it could be to your benefit to have a professional and a personal Twitter account. One of the benefits of Twitter is that it is less unprofessional to follow potential employers and in some cases, reaching out to companies can lead to a future job. A great way to easily produce content for a professional Twitter account can be including photos and videos of extracurricular activities you participate in and examples of work.

## INSTAGRAM

Instagram is best to keep on the down-low for most fields of work. That being said, it is a great tool for those looking for jobs in photography, visual arts and many other fields the require visuals. It would be to your benefit to create an accounted dedicated to being a portfolio, and a separate account for personal use (if you use Instagram for leisure). Instagram is a little murky when it comes to etiquette in terms of direct messaging employers and companies, so use your best judgment.



# *The Furies*: A gruesome version of *The Hunger Games*

**Joshua R. Waller**  
INTERROBANG

So far, 2020 hasn't been off to the greatest start in terms of good horror movies and I was starting to lose hope until I came across a Shudder exclusive, *The Furies*. With a plotline that sounded similar to *The Hunger Games*, I thought this must be at least entertaining. To my surprise, *The Furies* was an excellent horror flick with some great twists and some brutal special effects.

Kayla (Airlie Dodds) wakes up in a coffin like box, to a loud screeching noise that is ringing through her head. Once she finally gets her way out of the black box, she realizes that she is in the middle of nowhere. As confusion and her epileptic episodes begin to happen, she finds out she has been unwillingly thrown into a deadly game where eight women must survive and fight eight masked men who are hunting them. However, the rules of the game may not be as forthcoming as they seem.

The movie hooks audiences as soon as it starts. By giving you a slight glimpse of a terrifyingly masked man chasing a girl with a scythe, you know this isn't going to be some tame horror. And then, you are thrown a major curve ball once another masked man saves the girl who is being chased. Now not only are you hooked, but are dosed with some intrigue and mystery.

What *The Furies* does so well is keeping you guessing throughout



CREDIT: SHUDDER

This year's horror genre finally finds its footing with Shudder's *The Furies*.

the entire film. Why are they here? Who are they? Unlike awful horror movies where they don't answer any of those questions or worse, have a cliché answer to them, *The Furies* simply gives you hints as the movie progresses. This keeps you on the edge of your seat until the very end.

In addition to the suspense and perfect pacing, the movie is intense-

ly graphic with some pretty disgusting special effects. If you aren't into gore, then you will definitely want to skip this film as it leaves nothing to the imagination and will keep you squirming until the scene finally ends.

Another thing that made this film so interesting was the creativity that went into creating the masked men. Not only were they nightmar-

ish, they each had their own unique aesthetic that almost was a homage to other iconic horror villains. The one thing I was the film did better was develop the woman characters more. There was some character development, but many just seemed like filler.

Lastly, *The Furies* (also known as Erinyes) in Greek mythology are female deities of vengeance who

represent avenger of murder, the jealous and constant anger. The film only gives one sentence relating to this, but going into the film with this knowledge will make everything seem that much more put together.

Overall, *The Furies* is an incredible horror film that keeps you guessing, keeps you on the edge of your seat and purposefully grosses you out along the way.

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# Annual MIA charity concert fast approaching

**Hannah Theodore**  
INTERROBANG

Students of Fanshawe’s music industry arts (MIA) program are gearing up for the culmination of months of hard work.

Share The Land is an entirely student-organized charity concert put on by MIA to honour former Fanshawe professor and Canadian music icon, Jack Richardson. The concert has been an annual tradition for MIA students since 2012. This year’s concert is being held at London Music Hall on Feb. 12 and 7:00 p.m. (doors at 6:00 p.m.).

The show is a collection of MIA students showcasing their talents to raise money for a charity of their choosing. Every year the executive team chooses a different charity to support, and this year’s executive team chose The Hospital for Sick Children (SickKids).

Students have been preparing for the event since October, and one of Share The Land’s general managers, Ryan Glen said that process comes with many challenges.

“It’s a lot of work to get all the bands where they need to be,” said Glen. “Each week they have something new they all have to work on.”

Glen said that includes things like how to act and speak on stage or how to move and perform for a crowd. For many bands, Share The Land is their first exposure to playing for a large audience.

“They’re working on things that take a show from good to great,” he said.

Glen said this year that new steps have been taken to improve the show’s visual elements, offering a different experience for audience members.

“There are different intro videos and graphics playing in the background while artists are performing,” he said. Designing the visual aspects of the show is another major piece of the puzzle that MIA students work tirelessly to perfect.

For the show’s other general



CREDIT: TERI MICHALARGIAS  
Share The Land celebrates the hard work and talent of Fanshawe’s MIA students, all while raising money for charity.

manager, Alison Procknow, months of hard work means exciting payoff.

“I’m excited to watch everything come together,” she said. “It’s been a long process. It’s been quite difficult. But I’m just excited to see it all come together as one.”

Glen added that the entire experience is an excellent learning tool for students, despite the stress that it comes with. Practice with technical elements of performance as well as the planning and promotion behind live music are all pieces that play a part in bringing Share The Land together.

Share The Land gives MIA students the opportunity to hone their skills as performers and event planners. Whether you’re looking to discover new bands, support the work of young students, or just support Sick Kids, Share The Land is an exciting evening for students and audience members alike.

Tickets for the event are \$20 and are available at [ticketweb.ca](http://ticketweb.ca), Grooves Records, and the London Music Hall box office. For more information, find the event on Facebook at [facebook.com/sharethelandfanshawe](http://facebook.com/sharethelandfanshawe).

# In conversation with author Alicia Elliott

**Ilhan Aden**  
INTERROBANG



CREDIT: JUAN DAVID SUAREZ VACCA  
An energizing conversation about life with award-winning author Alicia Elliott.

The journey to self-discovery can be an exhilarating yet difficult one. Its importance may be undervalued until the journey begins but its impact is everlasting. These were my thoughts after my dynamic conversation with award-winning author Alicia Elliott, who visited Fanshawe on Jan. 16 as part of this year’s Letters and Arts Society Reading Series.

Elliott is a Haudenosaunee writer and editor from Brantford, Ont. Early into her career, she has been able to garner great success in Canada’s literary world. Elliott’s award-winning essay *A Mind Spread Open on the Ground* laid the foundation for her first book of the same title.

*A Mind Spread Open on the Ground* paints a vivid picture with just its title. It is the Mohawk word for depression but also an analogy for Elliott’s approach to essay writing. She looks at everything spread out in front of her to then make free form connections.

This approach to essay writing has continued to award her the ability to connect and resonate with readers. She said it is important to “not only look at what has happened to someone in terms of the life they’ve experienced but the histories they inherited and the cultural baggage.”

Elliott’s openness to try and understand people has led her to try and understand herself; past, present and future. Delving into her cultural upbringing, Elliott spoke about how she unpacks and works through intergenerational trauma.

“When you make a decision, especially an important decision, what you’re supposed to bear in mind is the impact [on] seven generations into the future. When you are reflecting on how you got somewhere [and] trying to make different decisions you’re supposed to look back seven generations into the past,” said Elliott.

Central to Haudenosaunee philosophy, Elliott believes the present is always informed and influenced by the past. It is with this mindset Elliott can remind us all that we are

not the centre of the universe but rather part of a large interconnected story.

Being a part of a bigger story has helped define what legacy means to Elliott. She believes in the campsite rule of leaving a place better than when you found it, in this case the world.

“We don’t own the land; it belongs to our children and our children’s children. We are borrowing it from them,” said Elliott.

When asked what Elliott wants the world to know about her, her response was encouraging. She does not want the world to know about her per se but hopes to act as a catalyst for others to begin their own journey of self-discovery.

“I want people think more critically about themselves and where they are. [To think] how the decisions they make influence themselves, influence other people and influence the future. Reflect on the legacies that they’ve carried or inherited [although] they did not necessarily choose [them] but has affected them, nonetheless. Learn lessons from that and make different choices to create a different future.”

*Letters and Arts Reading Series is an event held at Fanshawe College for nearly 50 years. The series focuses on connecting Canadian writers with Fanshawe students, faculty and staff. For more information check out the Letters and Arts Society page on the Fanshawe College website.*



Comic by Dylan Charette



# Triggers in the news: Surviving the Weinstein trials

**Hannah Theodore**  
INTERROBANG

It's almost impossible to avoid Harvey Weinstein in the news. The powerful Hollywood producer came under fire in 2017, when he was accused of sexual assault by dozens of women. The accusations cost Weinstein his job and his reputation.

News of Weinstein's behaviour and the bravery of the women who came forward popularized the #MeToo Movement, as more women began sharing their own stories of survival in solidarity.

For the latter part of 2019, the #MeToo Movement slowed as Weinstein's name temporarily disappeared from the news. But on Jan. 6, the conversation re-opened, as Weinstein's trial began in New York. With the charges laid against him, Weinstein could face life in jail.

As the trials begin, and the world's eyes turn to see justice unfold, the lengthy trial process and its news coverage may be extremely painful for survivors of sexual violence. Simply seeing news of Weinstein's misconduct can lead to survivors feeling triggered and reminded of their own experiences.

Fanshawe's Sexual Violence Prevention Advisor, Leah Marshall, said it's important that students take

time to care for themselves if seeing these stories causes them pain.

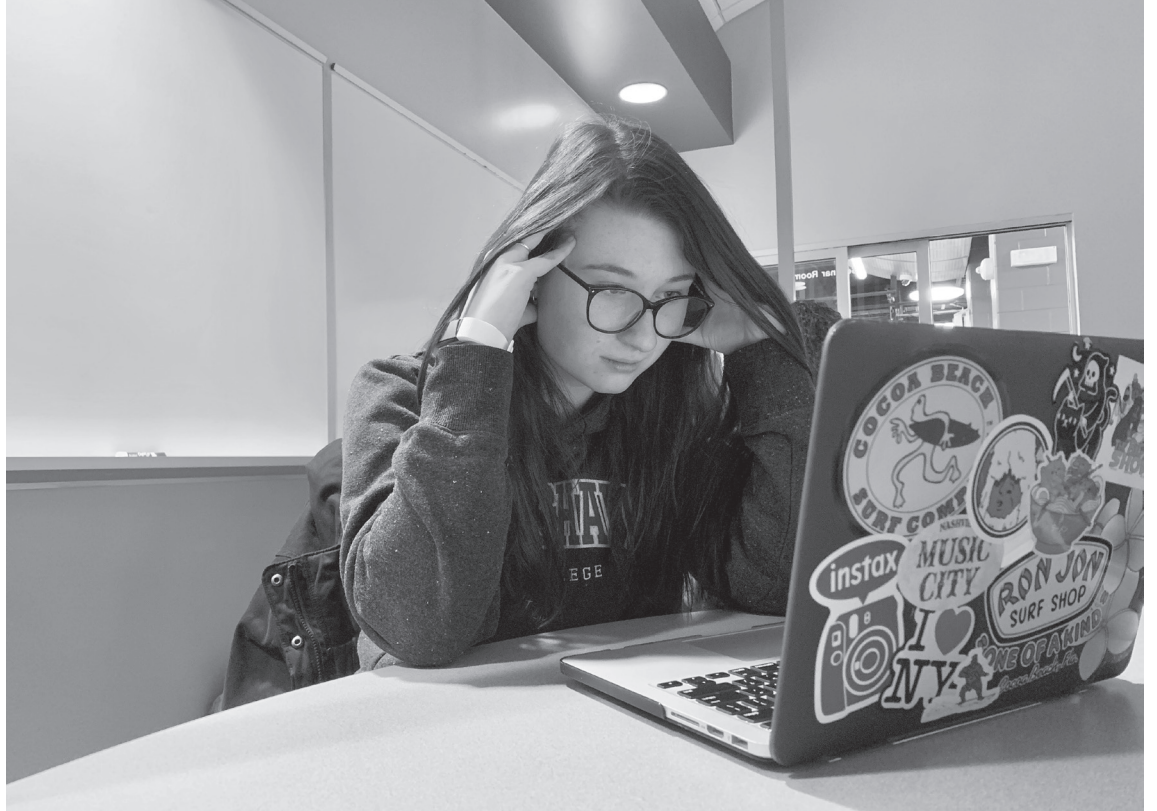
"When we flip open our phones, we don't know what the first news story that we're going to see is," she said. "What triggers one person may not trigger another. We need to make a plan for ourselves when we know that these stories are going to be present in our lives."

Caring for friends and family that may be affected by the news can look like a lot of different things, but most importantly, it means allowing survivors to take the necessary steps needed to feel centered and safe.

"Taking back power and control in your healing journey is the most important thing," said Marshall. "When we feel triggered, our whole body can feel really thrown off. So we need to be able to care for ourselves in the moment."

She added that coping mechanisms look different for each person, but that it can help to take space and time to breathe, avoid reading full articles, and find ways to centre yourself if you are affected by the news. Sometimes this means just being prepared to see the news and having a coping plan in place beforehand.

In spite of the potential harm caused by Weinstein's case, Marshall added that it did help propel the movement of survivors speaking out.



CREDIT: HANNAH THEODORE

Details of Weinstein's misconduct may be triggering to those following the story.

"Before, people didn't think of the option of sharing the story of what occurred online or in a public forum," said Marshall. As we know, our legal system does not provide a lot of justice for survivors and so we sometimes need

another outlet, and taking back that power and control looks different for everyone."

The truth is, this is a complicated field, and what may empower some survivors may hurt others. It's important that students care for them-

selves and each other as these trials unfold and Weinstein's name again becomes unavoidable in the news.

For anyone seeking confidential support, please reach out to Leah Marshall at [lkmarshall@fanshawec.ca](mailto:lkmarshall@fanshawec.ca) or 1-844-666-SVPA.



## Netflix Fix of the Week: Leslie Jones: Time Machine

**Lubna Shaikh**  
INTERROBANG

To be honest, the knee brace got me intrigued enough to watch this show. Personally, I've loved Leslie Jones ever since I saw her live tweeting on the Olympics and of course her reaction videos to *Game of Thrones*. I enjoyed that more than I enjoyed the last season of *Game of Thrones* itself.

Wearing a Nipsey Hussle shirt and a knee brace "on the outside," Jones gives us an hour of insight in *Time Machine*, her first special since 2010's *Problem Child*. It's directed by none other than *Game of Thrones* showrunners D.B. Weiss and David Benioff themselves, so it's safe to say they're fans too. For those who do not know who she is, you might remember her from *Saturday Night Live* or the most recent *Ghostbusters* movie.

Jones' new special is all about time — what it gives and what it takes away. It's also about telling men to wash their... nether regions. Read between the lines. Jones' tenure on *Saturday Night Live* made her what she calls "white people famous." It's easy to see why.

It only takes a few moments to recognize her masterful command over the audience. The best comedians keep their audience in the palm of their hands, and Jones is such a pro at telling stories that leave the crowd hanging on every



CREDIT: NETFLIX

Comedian Leslie Jones makes her debut on Netflix with an hour long special called *Time Machine*.

word — you'll know what we mean once you watch it. Watching Jones toy with the audience is a blast, and nothing beats seeing her unleash her comedic wrath upon a couple 20-year-olds.

According to Jones, we spend our '20s feeling fresh, our '30s decaying like an overripe banana, and our '40s in a state of absolute and utter denial. It's not until 50 that Jones accepted her stage in life moved into a comfort zone where she could not care any less.

Cue the knee brace. She also goes on to recount how she tried to get Prince's attention at a night club back in the day. Oh, and at this point you can expect a lot of dancing.

My verdict? It's a must watch. Jones' positive attitude and energy has a way to get to you even through a screen. Her realest moments focus on how the younger generation (she's talking about us) has forgotten to 'have fun' and is riddled with anxiety and pressures of life.

After describing her '20s, '30s, '40s and her presently single situation, Jones closes with a bit that inspired the title of her Netflix hour. "I wish I had a time machine, like you know, to go back and tell the 20-year-old self, 'Hey, it's gonna be OK.'"

And you know what, it is going to be OK. Remind yourself that every day.





## HEALTH & FITNESS

Karen Nixon-Carroll



CREDIT: GLOBALSTOCK

Your commitment to your workout routine can pay off in your job interview.

# The right FIT for the job

It's a rough competition out there when everyone who is graduating at the same time is going for the same job. What can set you apart and what does this fitness article have to do with it? I want to come at you with to main points that I hope will bring you out on top.

Fitness has a lot to do with getting a great job or career. If you regularly follow a fitness routine, it shows discipline, determination, motivation, care and attention. You can tell your interviewer that you manage your time well and are able to get in a workout X amount of times each week and that you have also improved your productivity at the gym by learning the best routines that are an efficient use of your time.

When you exercise regularly and with proper form, you tend to stand or sit taller, have a strong grip and fidget less. All of these attributes can show your interviewer that you are poised, confident and powerful. Yes, we all come in different shapes and sizes, but if you can show how strong and attentive you are just when you are sitting across from the interviewer, you will appear more appealing to them.

Working out regularly can also have positive effects on your stress, anxiety, energy, and stamina. This will help you to feel relaxed before, during and after the interview. You could even try reviewing interview questions while you workout and then reflect on them while your stretch and or meditate at the end to help visualize a positive experience.

Now that I've shared a few ways fitness can help you land the job, I'd like to give you a few extra tips based on my many years of experience interviewing potential candidates. I think because many of the candidates we interview are applying for fitness related positions, or because they might know us already as

a member of the fitness centre, they believe they don't have to step it up. This is WRONG!

I think you should always arrive five to 10 minutes early. Any earlier and it can sometimes make the interviewer feel rushed. If there is time, you could ask if you can take a self guided tour or if there is anything you should read before.

Always shake your interviewers hand at the beginning and end. Make sure to dress to impress as well. We often have candidates come to an interview right after working out and stink like sweaty socks. This is a hands down no for me. Sit up tall in your chair and do not fidget.

Bring a copy of your resume, references, and schedule of availability for your interviewer to have so they don't have to sift through email to find this. You can also email it to them or ask if they prefer this.

Make sure you have gone to the company website and or asked some of the employees questions so that you know something about the company. Have this part memorized. You could also memorize a list of potential questions, but I think there is nothing wrong with bringing the list with you. It shows your care and were prepared.

Listen to and answer every part of the question and ask questions to clarify. Relax and keep it conversational by sharing stories, but keep it professional. Smile and laugh where appropriate. Look your interviewer in the eye often.

Lastly, thank your interviewer for the opportunity and ask when you can expect to hear back. You can even say "Good Luck with the interview process" and be on your way.

If you need help with building your strength, confidence, stamina and even your interview skills, come and see us in the Student Wellness Centre or sign up on our App for and orientation.

Karen Nixon-Carroll is the Program Manager at the Student Wellness Centre.

# The empowering moments in Michelle Obama's *Becoming*

Rebeca Shiferaw  
INTERROBANG

With the recent passing of former First Lady Michelle Obama's 56th birthday, I thought it only necessary to discuss Obama and her inspirational memoir, *Becoming*.

*Becoming* is a mesmerizing reflection of personal storytelling, which invites readers into the life of one of the most influential women of our time. The memoir begins by introducing Obama's humble upbringings in the south side of Chicago, to the demands of balancing work life and motherhood, as well as her overall experience in the political realm as FLOTUS.

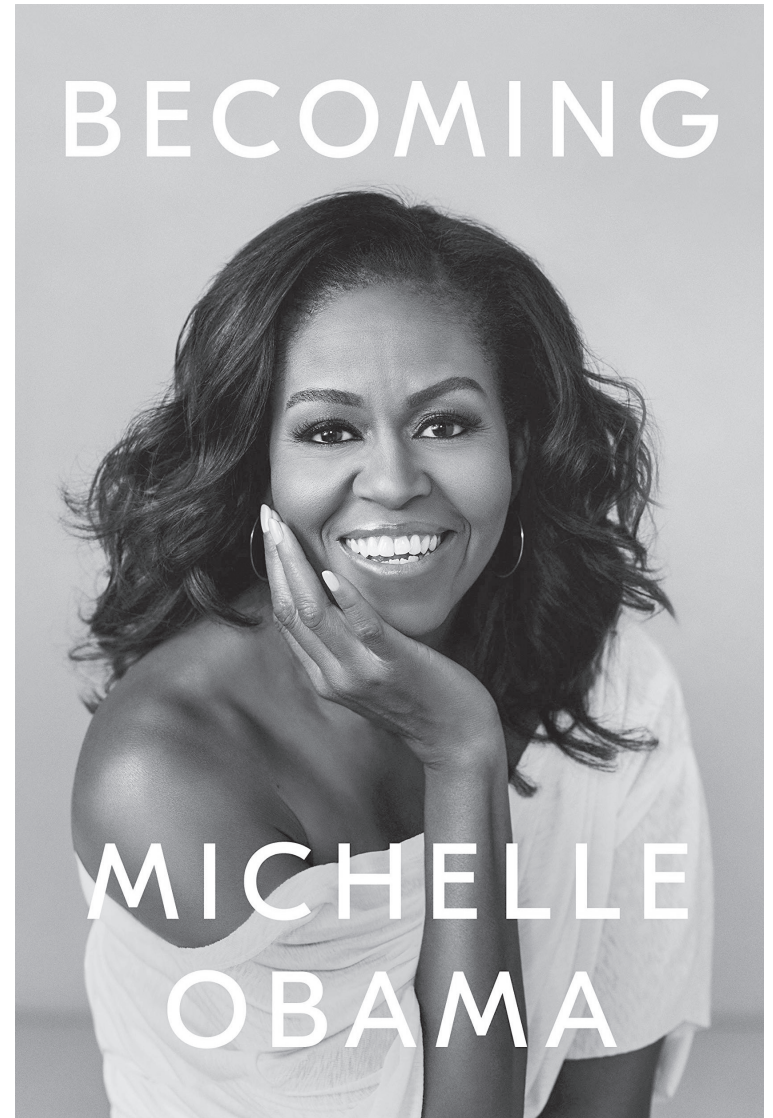
*Becoming* is an honest reflection, which details some of the most important moments in Obama's life, from childhood to adulthood, readers see the overall growth that shaped who she would eventually become. The memoir highlights Obama's triumphs and ability to defy expectations, as well as to confront personal struggles and disappointments.

With Obama being so honest and intimate in her memoir, readers will begin to gain a sense of inspiration while reading. These powerful moments are so candid; she details such intimate moments, such as her family bond, family's experience facing constant discrimination, and her overall experience in finding herself.

"Failure is a feeling long before it becomes an actual result. It's vulnerability that breeds with self-doubt and then is escalated, often deliberately, by fear."

This quote was one of my favourite lines in the memoir. It speaks to what many of us experience on a daily basis. Here, Obama eloquently reminds readers that we must look beyond fear and strive forward.

Another favourite moment of mine was when Obama addressed her experience in high school. While attending a wealthier school outside of her neighbourhood, she



CREDIT: CROWN PUBLISHING GROUP

"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self," writes Obama in her memoir, *Becoming*.

felt as though she was representing her neighbourhood as a whole. Princeton was a similar experience, in which she was representing her entire race. In each of these spaces, Obama had to represent her community in its entirety. Never seen as an individual, but grouped to represent one's community.

As history has shown us, much of the roles revolved around the First Lady is to support their husband during his presidential reign.

However, in Obama's case, we see her ability to not only support her husband, but also peruse her own campaign initiatives. Obama's campaign has focused on youth and health; her initiatives have been able to create spaces for children, which prioritizes their education and future.

With all that being said, *Becoming* is a must-read memoir. The honesty that readers witness will leave one inspired and deeply touched.

# FSU.CA/CONTESTS

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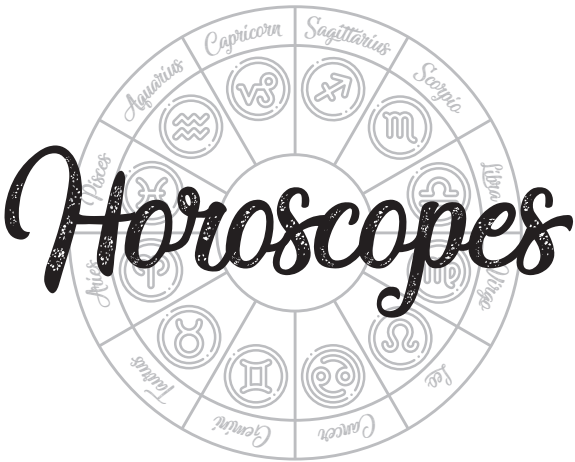
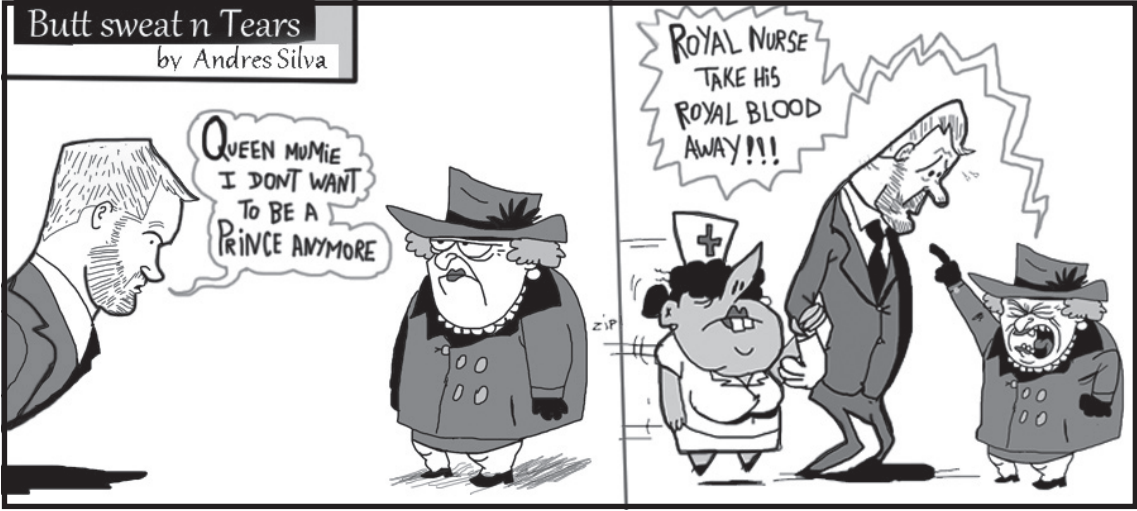
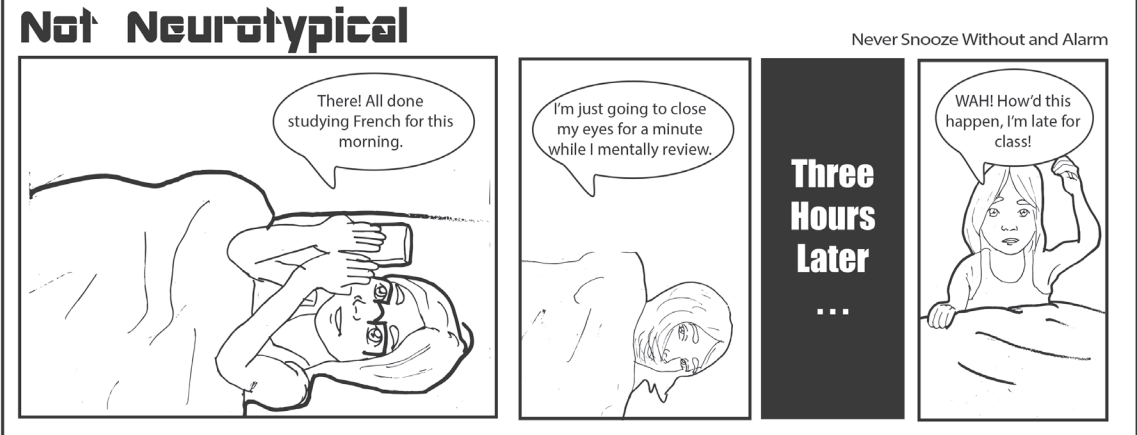
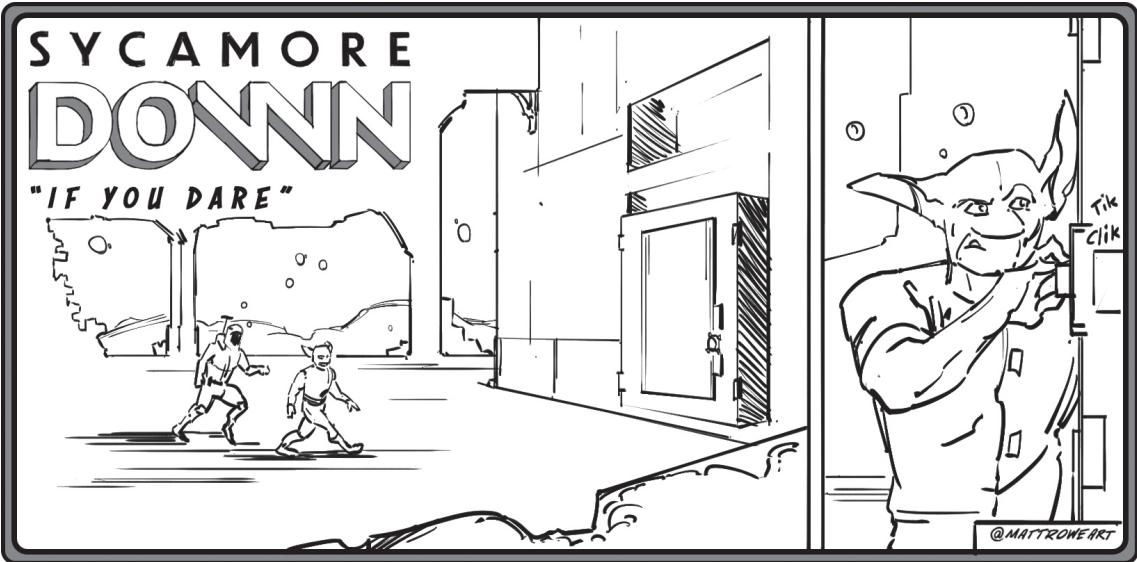
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Aries

A significant change is heading your way. Don't leave things up to someone else. Put your plans to work and resolve issues that could slow things down. Express your thoughts and intentions, and you will persuade someone close to you to pitch in and help. Someone will disappoint if your expectations are too high. When in doubt, make arrangements to deal with matters personally. A secret is best kept that way for the time being.

Taurus

Balance is the key to maintaining healthy relationships. Consider what you do for others and what you get in return and you'll come up with a way to make sure everyone is doing his or her fair share. Something is likely to go wrong if you get involved in a joint venture. Take better care of your well-being by finding a way to lower your stress. Plan a trip, sign up for a course or get together with people who can offer insight into your heritage.

Gemini

A discussion with someone who has more experience than you will be educational. Take action, and implement the suggestions offered. Spend more time listening and observing and what you discover will help improve the way you live and how you deal with people. Confusion will set in if someone makes an unexpected change of plans. Size up the situation, and be sure to do what works best for you.

Cancer

An opportunity to do something with someone you love will unleash your creative imagination. Romance is in the stars. Take a cautious approach when dealing with emotional matters. It's best to protect your documents, passwords and financial assets from someone's view. Be sure to be precise and get what you want in writing. Refuse to make an impulsive move because someone else does.

Leo

Your creative input will draw interest. Before you make promises, have a feasible plan in place. Connect with people from your past or those who have something to offer. Use your intellect to wow someone who interests you. Someone you were counting on is likely to change his or her mind at the last minute. Be prepared to step in and take over. You'll have to think fast if you don't want to lose out on an offer someone makes.

Virgo

Keep an open mind and take advantage of changes and opportunities that come your way. Accepting the inevitable will help you move forward without looking back. Refuse to let anger consume you. If someone does something you don't like, walk away and engage in pastimes and with people who put a smile on your face. Bond with the people who share your beliefs, concerns and pleasures and happiness will prevail.

Libra

Don't put up with interference that can ruin your plans or your happiness. The more time spent with people who appreciate you and taking part in events that motivate you to follow your dreams, the better. Stay away from indulgent or demanding people. A change of plans will leave you wondering what's next. You are best to reveal what you know and ask for information that will help you make the best decision.

Scorpio

Talk to people who are well-informed and make changes that will help you improve your lifestyle. A past problem will surface if you have left it festering. Be very clear regarding your intentions or someone will misinterpret what you are saying. If you keep changing your mind, you'll send the wrong signal to someone you love. A little discipline and hard work will help you reach your goal. Say no if someone suggests you cut corners.

Sagittarius

You'll be disappointed if you put your trust in someone. Anger won't solve anything, but you can relieve stress if you spend time with someone who makes you laugh and brings out the best in you. Emotions will surface regarding a situation with a friend or relative. Don't commit to anything that has implications that could affect your reputation or your physical well-being. You have to be persistent and stand your ground if you want to get ahead.

Capricorn

Look for new ways to use your skills and you will find a source of income that will help take care of debt. An unusual matter concerning someone else's money or possessions will surface. Be very careful about how you handle issues or criticism, or blame will prevail. Share your concerns and your intentions with someone who is farsighted, and you'll gain knowledge that will help you make the best decision.

Aquarius

An opportunity is apparent if you check online job postings. Pick up information and additional skills, and update your resume. Get involved in a new project and you'll find a way to bring in extra cash. Don't share your ideas with someone who tends to be competitive or jealous. Deal with matters of secrecy, or that have to do with government agencies or institutions.

Pisces

Get serious about what you want to do next. Be true to yourself, and you will find a way to use your talents to benefit you as well as others. You can expect to have problems with colleagues, parents, mentors or anyone you look up to this week. Stay calm, and keep your opinions to yourself. Consider what you are capable of doing and what you want to do for others before you commit. Don't make a move because someone else does.



# 2020 BMW X6 M50i: A Fusion SUV



**Nauman Farooq**  
AUTOMOTIVE AFFAIRS

The year was 2008, and BMW had sprung a new type of vehicle onto the world. It was the size and weight of an SUV, but its body was a fair bit different from the two-box design most people associate with that of an SUV.

Just as the world was coming to grips with the idea of a four-door coupe (Mercedes-Benz were first to offer one of those, in the shape of the CLS), BMW decided that what the world really needed was a four-door SUV coupe. Many auto critics hated the idea, and predicted this genre will die before it even properly takes off.

They were wrong. Not only has BMW sold over 443,000 examples of the X6, they've also started offering smaller models based on this formula — i.e., the X4 and the X2. Furthermore, just about everyone has gotten in on the SUV coupe game, so BMW was on the right path.

For 2020, the third-generation model of the X6 has been introduced; but is it any good?

Time to find out.

**Styling:** If you've never liked the look of any previous X6 — or any other SUV coupe for that matter — than the 2020 X6 will do nothing to win you over.

It is still a massive vehicle (in fact, the 2020 model is a bit longer, a bit wider, but also a bit lower than the outgoing model) but thanks to that sloping roofline, it doesn't have a lot of space — more of that later.

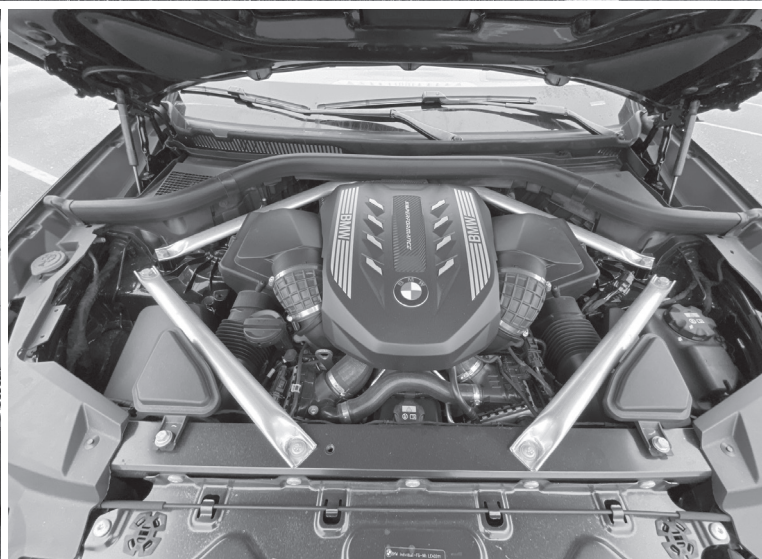
I was not a fan of the styling of the first-generation model of the X6, but quite liked the second-gen model. This third-gen model is fine, but personally, I prefer the look of the outgoing model.

I wish, that by this point, BMW had given the X6 an active rear spoiler, but all you get is a thin little piece of plastic — a vehicle of this price and prestige deserves better. What BMW does give you this time around is an (optional) illuminated front grille — some people find it cool, others think it's cringeworthy; we'll let you decide on that yourself.

**Interior:** Step inside (you still have to watch your head as you climb in) and you'll surely be impressed by the new interior. Being a sister vehicle to the new BMW X5, the X6 benefits from the same technology plus fit and finish. So that means, the X6 has the same infotainment system, gesture control, ambient lighting, and even the (optional) crystal gear shifter as the X5.

Where they differ is in rear seat space, and cargo room. Thanks to its sloping rearwards roofline, there is not a lot of headroom for rear seat occupants, and luggage space (while better than in a conventional sedan) is not going to accommodate large items — so not the ideal vehicle to take to IKEA.

However, most buyers of the X6 don't have large families to lug around, they are younger and more style conscious, and would not consider a conventional SUV.



CREDIT: NAUMAN FAROOQ

It's a shame that the X6 leans more towards style than substance.

**Powertrain:** Two engines are on offer with the 2020 X6 in Canada. The base motor is a turbocharged 3.0-litre inline six-cylinder unit. Called the xDrive40i, this model is good for 335 horsepower and 330 pound-feet of torque.

My tester was the beefier M50i model, which features a twin-turbocharged 4.4-litre V8, which is good for 523 horsepower and 553 pound-feet of torque.

Regardless of the X6 you choose, the only transmission on offer is an eight-speed automatic, which sends power to an intelligent all-wheel drive system.

**Performance & Driving Dynamics:** As you'd expect, performance is pretty good — on paper at least.

The 2020 X6 M50i can sprint from 0 to 100 kilometres per hour in just 4.1 seconds, while top speed is electronically limited to 250 km/h. So, it sure is fast, but there is more to a vehicle than just numbers, and that's where the X6 M50i could have been better.

First issue is the ride quality. The X6 is stiffer than the X5, and that means you'll feel more of the road

imperfections. Even in 'Comfort' mode it bounced and jiggled around much more than I was expecting. In short, this is an SUV that prefers carpet smooth roads, so not made for the rough stuff.

Then there is the steering, which is completely devoid of feel, but also sharpness. There seems to be a lag every time you command a quick response, and that's a bit annoying.

Probably the worst bit is the throttle response. It is an electronic unit, rather than cable operated, and it not only lacks feel, but also sharpness. There seems to be a lag every time you command a quick response, and that's a bit annoying.

Speaking of annoying, if you're on the highway, and you decide to use its active cruise control — be sure to use it in the right setting. You see, it not only lets you use it in a normal way, keeping a distance between you and the car ahead, which is very useful in a traffic jam, but it also works in a semi-autonomous capacity where it will keep

you in your lane and try to protect you from a vehicle driving into the side of you. Good in theory, but this setting turned out to be more nerve wracking than to be of help, as on a few occasions it suddenly swerved the vehicle when it didn't need to. I turned this setting off after a few minutes and never turned it on again.

**Fuel Economy:** In my fuel economy test (where I drive a vehicle 170 kilometres on the highway + 130 kilometres in the city) the 2020 BMW X6 M50i averaged 13.9-litres per 100 kilometres. So, it is on the thirsty side, and since it'll only drink premium fuel, also rather expensive to run. But, that is to be expected from a performance tuned BMW V8 motor, and one should keep this in mind when making a purchasing decision on a vehicle like this.

**Pricing:** The 2020 BMW X6 M50i is yours from \$92,000. My tester, which had the optional "Premium Excellence" package, "Full Merino" leather, the "illuminated kidney grille" and "carbon fibre trim" came to \$112,500 (plus dealer fees and taxes).

**Verdict:** BMW has long stood by their mantra, that they build the "Ultimate Driving Machines." The X6 seems to lean more towards style than driving excellence, and that's a shame.

What's even more surprising is how different the X6 is from the X5. The slightly cheaper, more conventional looking SUV from BMW (which I tested last year in the xDrive40i trim) is not only better than the X6 in many areas, but the X5 is the best luxury SUV you can buy at the moment.

I'm struggling to come up with a single redeeming feature for the X6, something that makes it better than the X5, but I can't.

So, take my advice, if you want a luxury SUV, buy a proper SUV like the X5. If you want a coupe, then buy a proper coupe, like a BMW M4. Fusion food can often have wonderful results, but it's best to avoid fusion cars.

For additional car related content, please look up: *Automotive Affairs on YouTube* — [youtube.com/c/automotiveaffairs](https://youtube.com/c/automotiveaffairs) and on Instagram at [@automotive\\_affairs](https://www.instagram.com/automotive_affairs).



WEEKLY STANDINGS



Women's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	11	11	0	22
Humber	12	10	2	20
St. Clair	12	9	3	18
Mohawk	13	8	5	16
Niagara	11	7	4	14
Redeemer	12	6	6	12
Sheridan	12	4	8	8
Conestoga	11	2	9	4
Cambrian	12	2	10	4
Boreal	12	0	12	0

Men's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
Humber	12	12	0	24
Conestoga	11	8	3	16
Niagara	11	8	3	16
Redeemer	12	8	4	16
Mohawk	13	7	6	14
St. Clair	12	6	6	12
Fanshawe	11	5	6	10
Sheridan	12	4	8	8
Boreal	12	1	11	2
Cambrian	12	0	12	0

Women's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
Humber	11	11	0	22
Fanshawe	11	10	1	20
St. Clair	11	8	3	16
Lambton	12	8	4	16
Sheridan	10	6	4	12
Conestoga	12	6	6	12
Mohawk	10	3	7	6
Redeemer	11	2	9	4
Niagara	10	1	9	2
Sault	12	0	12	0

Men's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
St. Clair	12	10	2	20
Fanshawe	12	9	3	18
Sheridan	12	9	3	18
Redeemer	12	9	3	18
Humber	13	9	4	18
Mohawk	12	8	4	16
Lambton	13	5	8	10
Niagara	11	4	7	8
Conestoga	13	4	9	8
Sault	13	1	12	2
Canadore	13	0	13	0

Printed standings are reflective of January 20, 2020.

Visit [www.ocaa.com](http://www.ocaa.com) to keep up-to-date on all OCAA stats.

Falcons' volleyball coach reaches special milestone

Skylar McCarthy  
INTERROBANG

On Jan 9, the Fanshawe Falcons' men's volleyball team (5-6) defeated the Sheridan Bruins (3-7) three games to one. This win was men's volleyball head coach Patrick Johnston's 100th Ontario Colleges Athletic Association (OCAA) league win. This improves his career record of 100-18.

Patrick Johnston has been the coach of the Fanshawe Falcons' men's volleyball for seven years. Before that, he was part of the National Team Canada volleyball roster for the 2004 Boy's Youth North, Central America and Caribbean Volleyball Confederation (NORCECA) U-19 championships and winning sliver with Team Canada. He also played for Team Ontario in the 2005 Canada Games in Regina, Sask..

In an interview with Interrobang, Johnston recalls his final season playing for the Western Mustangs volleyball team in 2013, when things took a turn for the worst when his playing career came to an abrupt end. He tore and ruptured his hamstring. This is when he decided to coach.

"I started coaching the junior girls' volleyball team, and my coaches told

me after I had gotten my rupture to go get my coaching certificate," Johnston said. "[Returning to Fanshawe] felt weird for me being back in the city that I went to school for, but I knew I wanted to build the program up from scratch."

In his first season as coach, the Falcons went from seventh in the West Division in 2012, to be in second in the West Division.

"It was a challenge for me, trying to build the program back up, and having to recruit talent to come to Fanshawe was hard, but we made it happen," Johnston said.

Since being head coach, Johnston has won the OCAA West Coach of the year three times, OCAA League Coach of the year twice, a Canadian Collegiate Athletic Association (CCAA) Coach of the year and the CCAA Coaching Excellence award. During the seven years, coach Johnston has made multiple playoff appearances, two OCAA bronze medals, a CCAA bronze medal, three OCAA gold medals, and a CCAA National Championship just last year.

"Winning the National Championship last year will always be in my memory," said Johnston of his career. "Some of these kids, I was coaching them since they were in high school and coaching them



CREDIT: FANSHAWE ATHLETICS  
Falcons' men's volleyball coach Patrick Johnston has reached a coaching milestone.

through the London Volleyball Club and to see us all win together was an amazing experience."

This season has been a challenge for Johnston so far.

"This year, we lost 13 graduates, and four of our athletes are playing for Team Canada," he said. "This year we have six out of our seven starters are freshmen, so this year will be a developing curve for most of our guys, then when next year when we get our Team Canada guys back for next year, we can be in a competitive situation."

The men's volleyball team will face off next on Jan. 25 against the Humber Hawks at 3 p.m. during Falcons Fest.

Falcons' volleyball teams meet victory, defeat as season heats up

Angela McInnes  
INTERROBANG

There's a lot on the go for the Fanshawe Falcons' men's and women's volleyball teams on the night of Jan. 22.

In their third game of the new year, each team will step up to the net with their own objective: the women must maintain their 34-game Ontario Colleges Athletic Association (OCAA) winning streak, while the men must come back from their defeat by the Conestoga Condors in the previous week.

On Jan. 16, the men's team (5-6) lost to the Condors (8-3) in three sets. According to a Fanshawe Athletics press release, the teams exchanged points in the opening set, with the Falcons scoring points from Ewan Mason (recreation and leisure services). Mitch McFadden (electrical techniques) also made some major headway, but Conestoga pulled away at the end of the frame to take the first set 25-21.

The Falcons held a mere 2-point lead through the second set with hits from Daniel Ridings (construction engineering technology) and Luke Blissett (bachelor of commerce), but the Condors bounced back to take the lead and the set 25-33. They then took the third set 25-18 and took a 3-0 victory over Fanshawe. The top



CREDIT: FANSHAWE ATHLETICS  
The Falcons' women's volleyball team maintained their provincial winning streak by defeating Conestoga on Jan. 16.

performer for the Falcons was Mason with 14 points.

That same night, the No. 4 nationally ranked women's squad (11-0) finished with a three set victory over Conestoga (2-9) at home. The Falcons had an early lead with a service ace from middle Skylar Johnson (nursing), followed by a tip from Mattea Deleary (bachelor of early childhood leadership).

Captain Janelle Albert (business – marketing) clinched the set midway through with a massive kill that put the team up 18-11. They won the first frame 25-16.

The second set saw a strong hit from Katie Stewart (fitness and health promotion), giving the Falcons a 9-2 lead. Libero Lauren Rey-

craft's (business - marketing) dig set up a kill from Lauren Vahrmeyer (business) that continued the lead, and ended the set with 25-9.

The momentum continued in the third set when Ashley Rafferty (business) set up Albert for another kill. The Condors and Falcons traded points up until the middle of the frame, when the home team took the lead again with a five-point run. They won the final set 25-20, and the match 3-0.

The Falcons' volleyball teams will be home for the next two matches, hosting the No. 14 Redeemer Royals on Jan. 22 and the Humber Hawks on Jan. 25.

This article was written on Jan. 22.



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