

INTERROBANG

WHAT HAS THE
PANDEMIC TAUGHT US
ABOUT INEQUALITY?

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FROM THE EDITOR Angela McInnes

Dear students of Fanshawe College and Western University (and London readers — thanks for picking up your copy!),

Welcome to Interrobang's 2021 Diversity & Inclusion issue. This is where our writers meditate on how everyone can make society more inclusive to its marginalized groups.

Obviously, much of our feature content this year has COVID-19 in mind. Reporter Hannah Theodore examines income inequality between those who are able to work from home and those who are not; columnist and nursing student Salma Hussein sheds a light on why Indigenous peoples have been rightfully prioritized for vaccinations. In the same vein, reporter Ian Indiano shares his insights on how the pandemic has impacted immigrants to Canada.

Our news content covers Fanshawe's Doula Studies program offering drop-in sessions to parents, and an interview with speaker Leroy Hibbert on Black History Month. The latest from Western's Gazette desk includes a new course in Indigenized astronomy; meanwhile, another group has now called for chancellor Hasenfratz's resignation.

Opinion, culture and leisure content for this issue includes thoughts on London's growing rent divide, how the pandemic affects students with eating disorders, and why Tom Brady is the greatest athlete of our generation.

The world is swiftly changing. I look forward to recapping the latest in our next issue, out March 5. Until then, follow us on Facebook, Instagram and Twitter, and check out our website at theinterrobang.ca.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca

Employment and Student Entrepreneurial Services presents

2021 VIRTUAL CAREER FAIR

Wednesday, February 24, 2021
10 a.m. to 2 p.m. | Hosted online via Brazen

While this is a virtual fair, students are expected to be dressed in appropriate business attire and should be prepared to share a digital version of their resume with employers.

GET READY FOR VIRTUAL CAREER FAIR 2021!

The following workshops will be running throughout February:

- ▶ **How to Prepare for Virtual Career Fair**
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- ▶ **10 Steps to Your Next Job**
- ▶ **The Resume**
- ▶ **How to Ace Virtual and Telephone Interviews**
- ▶ **Virtual Networking**

For more information on workshops, or to **register for the fair**, visit the webpage below.

fanshawec.ca/careerfair



**HERE
FOR
YOU**

Speaker Leroy Hibbert gives talk on understanding Black history

Skyilar McCarthy
INTERROBANG

February is Black History Month, when people from Canada, the U.S. and the U.K. honour and learn about the historical events of Black history and reflect on how it all led to where Black people are today.

In May 2020, the murder of George Floyd by Derek Chauvin as well as three other police officers sparked protests around the world. Black History Month, especially post-2020, is an important time to learn what Black people have gone through then and still have to go through now.

Leroy Hibbert is a multicultural outreach program coordinator at LUSO Community Services. He's done presentations speaking at elementary and secondary schools in London. He also led the "Understanding Black History" session hosted by the Fanshawe Student Union (FSU) On Feb 16.

Before the session, Hibbert told Interrobang that one of the starting points to understand what Black people have been through is education.

"There's a quote by a gentlemen that says, 'education is the passport to the future, because tomorrow belongs to those who prepare for it today,'" Hibbert said. "It's important to understand that we exist, and we've been here for generations, as well as to celebrate the fact that we are a very diverse community, we have different interests, and we have contributed significantly to

the growth of this country and also the world."

But how do we become a more informed diverse society? How do we start that off? Hibbert continued to say the education system isn't always culturally neutral, but it's also about relationship building.

"It's about understanding and knowing the truth," Hibbert said. "I think sometimes the truth has been diluted in various racialized communities which is concerning. One of the greatest things you can possibly do is just really connect, communicate, and get this knowledge into the lives of people. It's really about building that sense of community."

He also explained that here in Canada, Toronto is one of the most diverse cities in the world. Toronto's population is made of 51 per cent of residents born outside Canada but is home to 230 different nationalities.

So how can we end systematic racism? What can our political leaders do? Hibbert said that the misunderstanding around systematic racism is that people think the system is broken. He said it isn't.

"It's designed to operate this way. It just so happened it's operating extremely well, almost unconsciously," Hibbert said. "Having people that are at tables of influence from racialized communities which can provide a more equitable approach to decision making, regarding our political leaders it is important that they invest financially in our communities through programing that builds capacity and sustainability."



CREDIT: ANGELA MCINNES
Leroy Hibbert, multicultural outreach program coordinator for LUSO Community Services, spoke to the crowd of about 10,000 Londoners in Victoria Park during the Black Lives Matter rally in June 2020 (file photo). More recently, Hibbert spoke to Fanshawe students over Zoom about Black History Month on Feb. 16.

There are people who think racism isn't an issue here in Canada. They believe that we don't have a race issue like in the United States. But Hibbert said that Black people as well as others within BIPOC community in Canada experience polite racism.

"In Canada, racism is demonstrated in covert and not necessarily overt ways," Hibbert said. "We need to make sure that we name these sorts of things and be willing to roll up our sleeves if you will, and proactively address this injustice of racial hierarchy in society."

In terms of what he wants to see in the future, Hibbert says he wants to see equal opportunity in employment. Stats Canada has said that the unemployment rate for Black people is 12 per cent, compared to 5 per cent for non-Black people. He also wants more people to engage in healthy discussions so that we can have appreciation of one another. Finally, he wants people to speak up but not speak over those from racialized communities.

We all have a part to play in helping our world become free from racism. Having conversations is a great starting point in building understanding with people that represent culturally and racially diverse communities.

Fanshawe Doula students offer free virtual sessions

Hannah Theodore
INTERROBANG

Students of Fanshawe's Doula Studies program are reaching out to the community to offer free online sessions for parents and parents-to-be.

The sessions will be offered every Tuesday at 2 p.m. until April 9. They are available on a drop-in basis for anyone seeking guidance or assistance with parenthood. While the sessions are targeted to parents and parents-to-be, organizers said anyone is welcome.

Program instructor and full spectrum doula, Christal Malone said that in pre-COVID times, drop-in doula sessions offered space for connection and collaboration.

"That was sort of a way to bring together new parents or existing parents to foster peer to peer education and community and just sort of like, a connection," said Malone. "And we always found like, there was a lot of supportive things that came from the drop-in. Lots of conversations around like how to take care of a newborn and how to test feed. And so a lot of connections were established and made."

Another instructor in the program, Jennifer Surerus agreed that the drop-ins are an important place for families to connect.

"People make really, really close friendships at that time in their lives," said Surerus. "And so people not having those opportunities is a really... it's a missed time in their lives."



CREDIT: HANNAH THEODORE
Doula students and instructors chat over Zoom about their free virtual drop-in sessions.

Malone and Surerus hope the virtual sessions will give parents a way to connect with one another through isolating times.

"Parenthood is such an isolating practice already in North America," said Malone. "And we really benefit from that connection from being able to share our insights and share our insecurities together and be real humans in the same spot. So I think that when you come to the drop-in, that's what you're going to get."

Instructors Malone and Surerus are also looking forward to giving their students the chance to step into the teaching position. Students like Niamh Wilcox will be running the sessions, applying the skills they've learned at Fanshawe in a practical setting.

"We kind of had this idea that maybe we were losing out on the opportunity to have those practicum hours," said Wilcox. "But now we've realized that we can reach so many more people this way."

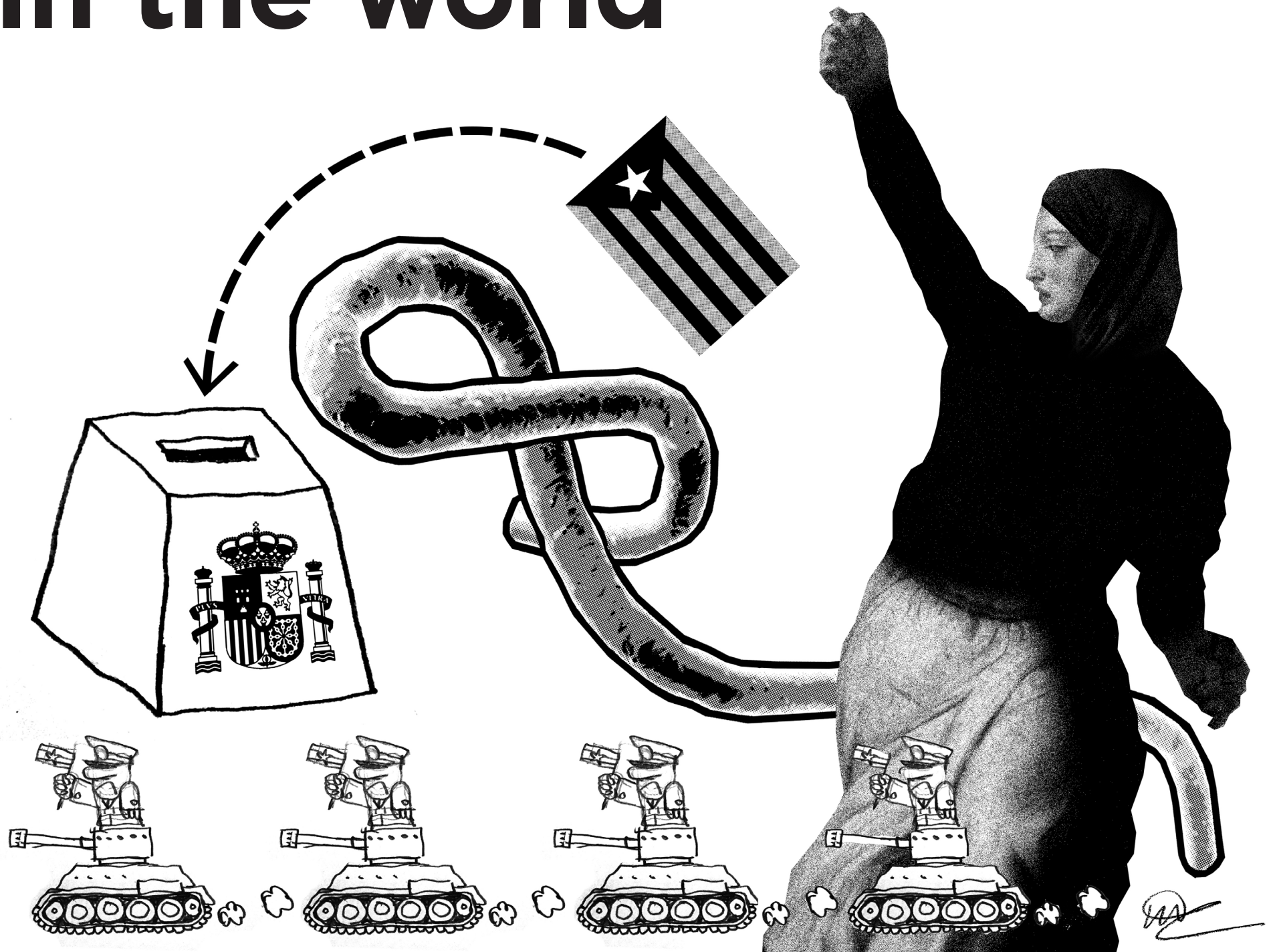
Wilcox added that as a mature student, she had some difficulty adjusting to the virtual format.

"It's definitely been a big learning opportunity for me, but our teachers have been amazing, they've been very available," she said.

The students have held two sessions so far, and are hoping even more families will attend the future sessions. Malone said the sessions have a lasting impact on parents and their communities. She hopes expecting and existing parents will consider dropping in to share in the experience.

"I still have lasting friendships from the people I met at drop-in," she said. "And I still have a circle of clients that I support, that all met through the drop-in that are having subsequent pregnancies afterwards. And so there's really no way to contextualize...how organic the community's built and how we really need this village more than ever."

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



CREDIT: IAN INDIANO

This week in Off the Radar: A new Ebola epidemic, a coup in Myanmar and more.

Ian Indiano
INTERROBANG

The plurality of points of view is fundamental to understanding what's happening around us.

Like the old saying, "one man's trash is another man's treasure," all conflicts have at least two sides, and to look at it objectively it's important to understand what each one is saying and see the big picture. This huddle of points of view that inhabits the inner and outer world is exactly what makes us humans. And reading the news, also is in a way, a study of the effects of human behaviour on the world. To help you stay informed, here are five news stories that you probably don't know about:

Coup in Myanmar

Myanmar, also known as Burma, is going through a serious political crisis. The country, governed by an oppressive military junta from 1962 to 2011, had its government overthrown in an army coup on Feb. 1. The coup involved arresting many opposition leaders and journalists. Since then,

hundreds of thousands of people went to the streets to protest, demanding democracy be restored and their leaders to be released. One of the detained people is Aung San Suu Kyi, a 1991 Nobel Peace Prize laureate and current head of state. Since the coup, the country suffered telecommunication interruptions and armoured vehicles and troops were sent to control the protests, raising the possibility of a crackdown.

New Ebola epidemic in Guinea

A new Ebola epidemic was officially declared in Guinea after the deaths of at least three people. There are at least four other confirmed cases in the country. The virus is transmitted to humans by animals like chimpanzees and bats. The outbreak probably started after a nurse died from the disease on Jan. 28. In Guinea community funerals are common, where people help to wash the body of the deceased. Ebola has a long incubation period making the bodies of the victims particularly toxic. These are the first deaths since 2016. To control the epidemic the government is acquiring vaccines and newly developed drugs.

Colombia sends help to Venezuelans

The Colombian president announced a 10-year protection statute to more than 1.82 million Venezuelans living in Colombia. The statute gives Venezuelans permission to stay in the country and allows them to apply for permanent residency. It will also help the migrants to access social services and find work. Nowadays, more than 1 million undocumented Venezuelans moved to Colombia running away from the hyperinflation, food shortages and low wages found in a Venezuela in crises. The measure was applauded by humanitarian leaders and institutions around the world, including Pope Francis, who is also South American.

New anti-radicalism law accused of being anti-Muslim in France

A new bill aimed at rooting out Islamic extremists in France is facing retaliation from activists, who claim that it attacks religious freedom and turns all Muslims into suspects. A draft of the bill was recently voted, and it should be approved soon. President

Emmanuel Macron endorsed the bill, saying that it will protect French values like secularism and gender equality, and also prevent radical and violent ideas. However, activists argue that Macron is using the bill to gain support from conservative and far-right voters for the next election. They also reminded that most French Muslims (which represent the second biggest religion in the country) do not espouse extremist views.

Catalan separatist movement gains force after election

A regional election was held under severe COVID-19 restrictions in Spain. The biggest parties fighting for the parliament seats are the Socialists (against Catalonia's separation), the Republic Left of Catalonia, and the Together for Catalonia (both pro-separation). A tight race is expected. The election is another chapter of the decades-long debate about whether Catalonia should become an independent state or stay as an attached Spanish territory. In 2017 a separation bid was considered unconstitutional and failed. Many separatist leaders were arrested or exiled.

Graduate students' society joins call for chancellor Linda Hasenfratz's resignation



CREDIT: YIFEI ZHANG (GAZETTE)

Western's Society of Graduate Students wants Western's chancellor Linda Hasenfratz to resign.

GAZETTE NEWS

The Society of Graduate Students published an open letter calling for the immediate resignation of Western's chancellor Linda Hasenfratz after her vacation abroad over the winter break.

SOGS is the third major campus group to call for the chancellor's resignation, following the faculty association and the teaching assistant union.

"Your choice to travel for pleasure is proof of your inability to continue to serve at Western University," reads the society's open letter to chancellor Hasenfratz. "Our confidence in your ability to lead, inspire and respect our members has been irreparably damaged by your actions."

The letter also criticized Western's Board of Governors for not taking action against Hasenfratz's decision to travel, as the chair of the board called the situation a "teaching and learning moment" for the community and allowing her to continue in her position.

"When you write of 'rebuilding trust,' we read it as a flouting of consequences made possible by wealth and social mobility," reads the letter.

"When Western's Board of Governors writes of a 'teaching and

learning moment,' we read it as evading accountability."

SOGS originally passed a motion condemning Hasenfratz's travel in their January council meeting, which received unanimous approval. After further discussion, SOGS President Kirstyn Seanor decided expressing disappointment wasn't enough.

The council cited the "distrust, offense and dismay" of their members at the chancellor's decision to travel abroad as reasons for their motion.

"Our letter not only highlights the double standard that exists for persons of wealth and social mobility regarding consequences, but also calls to question the University's handling of this matter," said seanor.

"Our perception is that the chancellor of our university — an individual who is supposed to embody the ideals of the institution — views herself as superior to her charges and immune to accountability," read the letter.

SOGS' letter comes just a few days after Western's convocation marshall, professor Gregory Kelly, resigned his post. Kelly said that "as a matter of principle" he could not conduct convocation with Hasenfratz as "to share the stage with our chancellor would implicitly endorse her conduct."

The University of Western Ontario Faculty Association was the first major campus group to call for Hasenfratz's resignation, releasing a statement Jan. 25, just less than a week after news broke of her travel and subsequent resignation from Ontario's vaccine task force.

The Public Service Alliance of Canada's Local 610, which represents Western's graduate teaching assistants and postdoctorals, followed UWOF's call for resignation, with SOGS and the University Students' Council strongly condemning the chancellor's decision at the time. The USC has not made any formal statement calling for Hasenfratz to resign.

Western and Hasenfratz have not commented on the community pushback since the board decided she would keep her position almost three weeks ago. At the time, Hasenfratz released a statement apologizing to the community.

"I am so disappointed in myself for not setting a better example when I travelled abroad against recommendations," reads the statement from Hasenfratz. "I have breached the community's trust and apologize without reservation for the mistake I have made."

The chair of Western's BOG said the board forgave Hasenfratz as she seemed "genuinely remorseful" for her actions.



CREDIT: KAUSTAV SHARMA (GAZETTE)

A new Western University course will connect the Indigenous and Eurocentric ways of knowing the subject of astronomy.

Western's Indigenized astronomy course uses science as a gateway to Indigenous culture

Peter Greve GAZETTE

Western is home to one of Canada's only Indigenized astronomy courses, balancing traditional Indigenous and Eurocentric approaches to science.

The course, Two Eyed Seeing and Astronomy, uses the strengths of Indigenous knowing to promote class engagement in the ethics of astronomy and Indigenous history. It was first introduced to Western University undergraduate students as a science credit in September 2019 and is running this semester.

The course creators — Sasha Doxtator of the Oneida Nation, Brianne Derrah of New Post Ojibwe and Huron Metis of the Mattawa harvesting area and Rob Cockcroft of the United Kingdom, now living in southern Ontario — worked together to create a learning space that uses astronomy as a gateway to Indigenous culture, history and the processes of decolonization and reconciliation.

The course is not a mandatory requirement for any program, however, Western undergraduate students can earn a science or Indigenous Studies credit through it.

Cockcroft, an associate professor at Western, established the course after he found morals and ethics were not sufficiently addressed in current astronomy and science fields.

"Indigenous astronomy served as the lens through which we could talk about colonization and look at some of the historical injustices that continue to happen today," Cockcroft says. "It wasn't just about astronomy."

Doxtator says the course aims to shift students' focus away from typical Eurocentric approaches of the science. For example, the course transforms students' normative view of the Milky Way to a spiritual and cultural Indigenous feature of the sky.

Doxtator, Derrah and Cockcroft were drawn to this collaboration through their roots in Oneida culture and the Oneida language. Their dedication to Oneida language helped preserve the context of Indigenous story translations and ways of knowing.

For Derrah, this course was an especially unique opportunity to reconnect with her culture and family languages.

"My grandfather was telling stories a little while ago about how his mother could speak four languages, [Ojibway, Cree, French and English], but she was still considered illiterate."

Derrah is a passionate course developer and presenter who shared Indigenous knowledge with the class. She acknowledged the importance of language in sharing cultural knowledge.

"My family had all of these languages but decided to let them go because it wasn't safe [to use them] anymore. It broke my heart," she says.

Doxtator is an experienced educator within her Oneida community and has been a certified language teacher since 2013. She collected stories from Elders and knowledge keepers in her community and across the Haudenosaunee Confederacy to bring back to her class and to share with community groups.

"Whenever I heard about teachings of the moon, I always wanted to learn more," she says. "So much of our belief system ties in with the stars and the moon."

Identifying and interviewing knowledge keepers in her community was a challenging job that required Doxtator to get permission from her Clan Mothers and submit an ethics research proposal.

According to Derrah and Doxtator, the authenticity, significance and impact of the course is evident in the transformation of student attitudes.

"Seeing those students want to demand change, seeing that they want to demand more Indigenous learning in schools, made it worth it for me," reflects Derrah.

The course's title, connects two ways of knowing the subject of astronomy through the term "two-eye seeing." In one eye, learners can see strengths of Indigenous ways of knowing and, through the other, learners can see the strengths of Eurocentric ways of knowing.

"I think adding these other ways of knowing, other perspectives, is an important thing to do and will help heal science."

And while Western may only have one Indigenized science course at the moment, there is always promise to expand course selection in the future.

"The dean of Science met with me and asked 'what else can we do to encourage or create more Indigenous courses and to recruit Indigenous students to come to Western for science?'" says Doxtator.

Opinion: Love always wins



Michael Veenema
RELIGION

Hip-hop, country, pop, electronic, rock, opera, classical and other genres of music have a very frequent theme, love — love in its many forms.

I once read a comment about the iconic band, U2. The writer said that the band sees the universe as a place where all people and movements are being judged according to the standard of love. Songs such as “In the Name of Love,” support that idea. The main form of love in U2’s music is what we might call “sacrificial” love, the kind of love that moves someone to take a risk for someone else.

And then there is the way in which Christian and Jewish people have overwhelmingly described God. Quoting the Bible it is said, “God is love.”

Two things, very quickly about that statement. First, love appears to be a more important attribute of God than anything else. The universe has many hints, we could even say, declarations that a god of intelligence is behind it. It is filled with complexity and beauty. Glory is maybe the best word. But God is not only a kind of mind or intelligence. He is also *personal*, meaning especially, that he loves.

Above all, God is love. An origin of the world that is not personal would in the end leave us with a universe that is interesting, but cold, lifeless, and hopeless. Many people recoil from such a view. Still, some modern people, heroically I would say, embrace it, or at least resign themselves to it.

The second thing about the understanding that “God is love” is that those who try to follow God do not always live up to what that statement implies. That there have been failures and cruelties done by people in the name of God seems obvious.



CREDIT: IPOBPA

Opinion: If God is love, we should rightly expect love to reveal itself on many levels.

But the standard remains. God remains. If it didn’t, and if he didn’t, we would have only a weak basis (maybe none) for judging some actions to be good and others evil.

So, if God is love, we could rightly expect love to reveal itself on many levels. And I think that it does.

For today, I want to relate just one story as an example of how love, its demands, and the hope it brings, can be bundled into our lives.

Two weeks ago, a friend of mine died. It was after a long battle with cancer. He and I were students in seminary together. I’ll call

him John.

By the time I met him, John had been the president of his high school students’ council. He had travelled across Canada. He once hitchhiked to Florida in winter, spending one night in Buffalo sleeping under a bridge. He had travelled to Europe and had lived in Israel, working on a kibbutz. He was a bit of prankster, which I think might have contributed to later problems.

Like me, he was married and the parent of several kids. He was not a small man, and so the flimsy lawn chair on which he once

sat during a porch visit at our house did not survive.

We parted ways after seminary. John’s experiences in churches were not the greatest. Eventually, he was released from his role as a church leader, something that devastated him and his family. His marriage did not survive. One of his children, I’ll call him Peter, told me that he never wanted anything to do with his father again — which kind of broke my own heart to hear.

The service for John was by Zoom. The pastor who led the service spoke about how people liked being around him, but that at times he exasperated his friends.

Still, John was loved. People, including acquaintances who tried to help him when he was let go by the church, were there to pray and to support the family.

His ex-wife, who is a close friend to my wife and me, did not remain absent. She also was there. One of his daughters talked about disappointment with her dad, but then about how she learned to love him in spite of his weaknesses. Another daughter posted pictures of her hugging John in his last days. I would not have recognized him if I hadn’t known who it was. They spoke about the trust in God he had imparted to them.

I myself got to talk with John by phone a few times at the end of 2020. He told me he was dying and how he longed to hear from his son. He seemed encouraged by my comments about the painting he took up in his last months. The paintings are, to me, primitive and brilliant.

He also told me that he was not afraid to die. He understood that he was an ordinary human being with hopes and unfulfilled dreams, who had done good, but also who had sinned. He trusted in God to take the whole package that was him in love, and to restore him to eternal life.

The pastor read from this passage in the Bible:

If God didn’t hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn’t gladly and freely do for us? ... Do you think anyone is going to be able to drive a wedge between us and Christ’s love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture (from Romans 8; version: *The Message*).

Peter sat out the service for his father. His mother, John’s ex-wife, told me late that evening that he was very troubled. Conflicted, I would guess, between love for his father and his anger. But love, still there, I do not doubt. I believe that in time, it will win. Just as God’s love for John has.



Russian opposition leader Alexei Navalny made a heart gesture to his wife while in the Moscow City Court on Feb. 2. The Kremlin critic has been accused of libeling a Russian World War II veteran. On Feb. 16, he called the case “obvious legal nonsense,” and said it was one of many cases designed to silence him and intimidate his supporters. To onlookers around the world, his gesture of love has become an iconic moment in his fight for freedom of expression in Europe’s most corrupt country.

Illustration by **Lance Dagenais**

The Rent Divide: Is London the new Toronto?

Ilhan Aden
INTERROBANG

Never did I think I would live long enough in London Ontario to complain about how expensive the city has gotten, but here we are in 2021 with the lowest vacancy rate in almost a decade.

If you are fortunate enough not to worry about the rising cost of rentals you may be in the minority here.

Known as the Forest City, London has always been praised for its inviting greenery and small city charm. But in recent years, Londoners being priced out of both the rental and housing market has been the talk of the town.

Some blame the rising cost of living for the mass exodus from Toronto and the GTA, while others focus on families wanting more space and sanity.

Although decreasing, rent in Toronto is slightly higher than that of the national average at around \$1,800 but with rent rising seven per cent in 2020, London is now inching closer to that average than ever before.

To put it into perspective, the most expensive one bedroom rental — unsurprisingly in Vancouver — goes for upwards of \$1,900; here in London, it is sitting around \$1,100 to \$1,200.

And it is not just London.

Smaller cities and towns surrounding major cities are seeing similar patterns and problems regarding the rental market.

How is this possible you ask? With the simple infrastructure of supply and demand of course.

Simply put, more people want more apartments and because they are seeking out smaller cities that have vacancies, the price of rent there steadily increases because of the new demand — slowly pricing out locals.

According to a survey conducted by the



CREDIT: ANGELA MCINNIS

Opinion: London is evolving into the next Toronto as the rental market soars.

Canadian Mortgage Housing Corporation last year, only 2.3 per cent of London rentals were considered affordable — affordable being 30 per cent of your household income. This has been applying a significant amount of pressure on the government to help those in poverty seek fair rental pricing.

A proposed solution to the growing problem

here in London is Gear-to-Income housing. It is a form of subsidized housing with rent based upon a tenant's income. The aim is to ensure no more than 30 per cent of one's income is spent on rent in hopes of rebuilding affordable housing for everyone.

This proposed plan is one of many potential solutions to the increasing cost of living, but it

is contingent on support; support for your local MP's applying the pressure to grow programs like Gear-to-Income housing and support for your local shelters currently housing those in need.

If London wants to avoid the pitfalls of the Toronto rental market, we have a lot of work ahead of us.

Opinion: EDI training is not the responsibility of marginalized students

Bella Pick
GAZETTE

With equity, diversity and inclusion moving to the forefront of workplace and academic discussion and little space left in budgets to adequately pay for training, the task of diversity training often falls into the hands of students most harmed by gaps in EDI (equality, diversity and inclusion).

Providing diversity training is emotionally taxing at its best and retraumatizing at its worst.

And though the emotional labour of providing diversity training cuts deep, those on the receiving end often fail to recognize it.

Students, often untrained and feeling a sense of obligation, are working for free to provide a service that would be otherwise costly; universities and workplaces fail to recognize there is a reason for that cost.

Many people who professionally provide EDI training attended graduate education focused on anti-oppressive techniques, something that requires years of work and research to effectively disseminate.

Marginalized students aren't intrinsically trained on how to teach people to be anti-racist

or how to be activists. Many students facing oppression don't have the time to fully educate themselves on anti-oppressive practices, nor do they have the resources.

What's more, living in one oppressed identity doesn't automatically provide people with knowledge of every other. While intersectionality has come to the forefront of our EDI narratives, that doesn't mean that a racialized straight person innately understands the struggles of an LGBTQ2+ person, nor does it mean that an able-bodied LGBTQ2+ person understands the struggles of a disabled person, the list goes on.

Students living in oppressed identities are the people most critically impacted by workplaces and schools failing to understand or implement diversity initiatives. When marginalized students provide such training without preparation, they have no choice but to draw on their own experiences in that space and relive traumas the organization they're trying to help caused.

EDI training is necessary, but untrained and unpaid students should not be the ones providing it. If schools and workplaces expect young, marginalized people to perform such an emotionally laborious task, they have a responsibility to ensure that they are properly trained



CREDIT: YIFEI ZHANG (GAZETTE)

Opinion: Students attend school to learn, not to teach anti-racism.

and, more importantly, ensure that they have access to proper support systems and compensation while providing training.

Marginalized students face systemic barriers

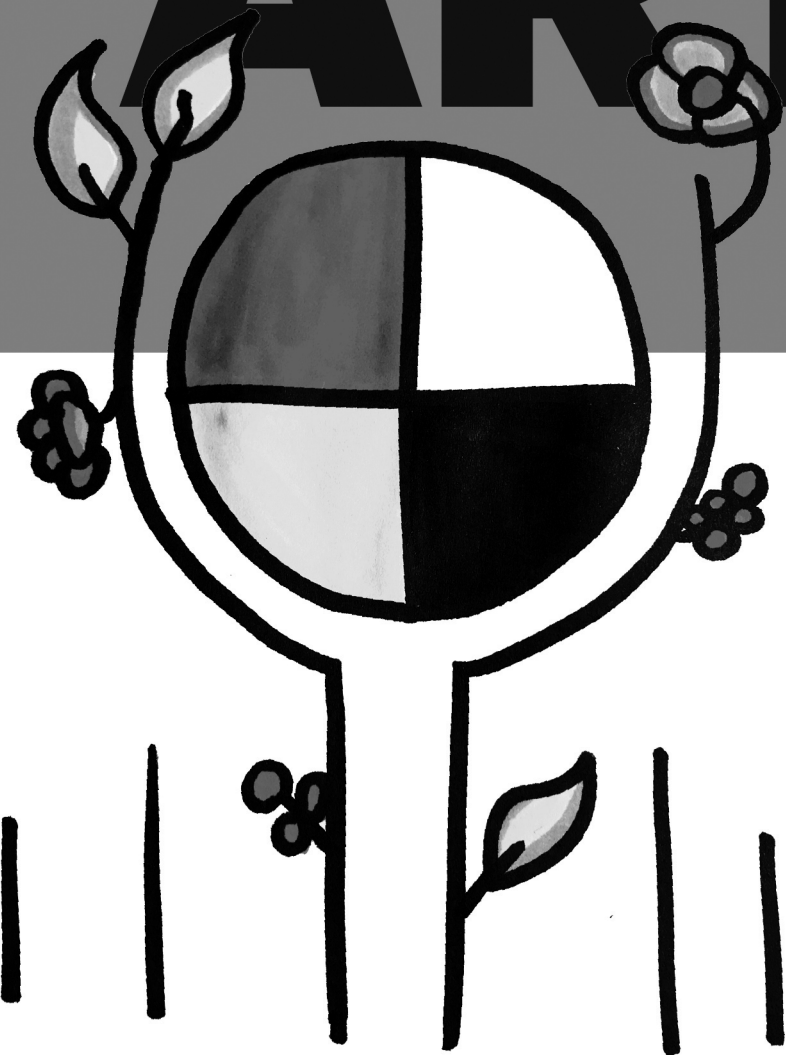
to accessing education and employment from the outset and asking them to fix a system that kicks them when they're down is nothing but insulting.



HAVE AN OPINION? SUBMIT YOUR STORY!
Letters to the Editor: fsuleters@fanshawec.ca

GETTING TO KNOW LOCAL INDIGENOUS ARTISTS

CHEYENNE DOCKSTADER | INTERROBANG



CREDIT: CHEYENNE DOCKSTADER

Holly Pichette and Kelly Greene: two incredible artists whose work is rooted in their experiences as Indigenous women working hard to share their craft throughout Canada.

Their journeys started in very different places and had grown in different ways, although they now both reside in Ontario. They are creating art and happy to share how their backgrounds as Indigenous women have influenced their work.

Pichette is of Omushkego Cree and French Canadian descent. She is a multidisciplinary artist who grew up in a small community in northern Ontario. Pichette has been working as an artist since 2005, but upon completing the fine arts program at Fanshawe, she stepped into working as a freelance artist on a bigger scale than before. Pichette also works in student services at the Institute of Indigenous Learning at Fanshawe College.

Greene is a member of the Six Nations of the Grand River Reserve. Her father was Mohawk/Oneida and her mother was Sicilian. Greene had lived in Ontario until moving to Albuquerque New Mexico before eventually returning to Ontario. Greene has been a practicing artist since childhood, as most

artists are, but started exhibiting her work in the Woodland Cultural Centre's First Nations Art exhibits, now known as "Indigenous Art" in 1990 while studying to obtain her BFA from the University of Western Ontario. Prior to this, Greene has studied visual arts at the University of New Mexico. Greene also works as a frontline worker at a non-profit mental health counselling centre here in London, specifically part of the reception/administrative team.

When asked how Greene's work is influenced by her Indigenous background, she said, "It has a major influence on my work. As I began learning about my culture, that was mostly unknown to me as a child to a young adult. I've made art to attempt to convey the teachings and information I've learned from the many people and events that have occurred in my life. My work can sometimes, if not always, have a political intent I'm trying to express. If my work can educate others, I am grateful to have been able to do so as I appreciate art when it impacts and teaches me too."

Pichette had something similar to say about how her culture influences her art.

"My ancestry and cultural ties do inform my work pretty consistently. My work tends to revolve around our inherent connection to land."

Pichette's artworks are often filled with Indigenous imagery or are even made using traditional media such as beading.

"I just leaped and didn't really worry too much about it, I am who I am and I have a deep sense of gratitude for those who supported me along the way. There have been times where I've felt invisible or that Indigenous art was undervalued but I persisted and continued creating work that I enjoyed. Art is a way of life for me, it is my passion, my voice and in my very nature to create, create, create. I say to anyone who has a passion for art to go for it. If it lights you up inside, let it lead you. I love being an artist, I wouldn't want to be anything else."

Those who attend Fanshawe may notice the many beautiful paintings around the College, many of which are one of Pichette's pieces. This is what Pichette had to say on how she had caught the attention of the college: "I developed connections within the First Nations Centre as a student and always shared what I was working on. This kind of led to some of the College's acquisitions of my work over the years. I would say to aspiring artists to make connections with the institutions they are training in and to share your work through platforms on social media. I can't stress enough the importance of an online platform solely to share your work, developing a website and getting a business card."

Pichette's connections would lead her to working with other artists on a mural in downtown London.

"It is one of my favourite pieces to date, it's in such a public space and the process to complete it was very exciting and memorable. It was a different process to work with other artists and collaborate on a larger scale work. I can say that I learned a lot about the power of developing new connections."

Greene also expressed how important it is to work with and support other artists.

"Actually this spring I will be working on another mural in the region with the same two artists I worked with," she said. "They are both talented powerhouse female artists. The collaborative art projects are more new to me but I'm definitely enjoying the process and feel like you really learn a lot about yourself as an artist by working with others and it can be a very enriching and supportive atmosphere."

Find Kelly Greene at kellygreenesart.blogspot.com and on Instagram @[kellykgreeneart](https://www.instagram.com/kellykgreeneart), and Holly Pichette at urbaniskwew.com.



Why we need more diversity for women in politics

Skylar McCarthy
Interrobang

In the last few years, we're starting to see, especially in the United States, more women are getting into politics. Before U.S. President Joe Biden was sworn in, Vice-President Kamala Harris was sworn in as not only the first female in office, but also the first African American and the first South Asian American ever to hold the office of vice-president of the United States.

But here in Canada, when Justin Trudeau first was elected as Prime Minister in 2015, Trudeau gave Canada its first cabinet with an equal number of men and woman. Trudeau hailed this as "a cabinet that looks like Canada." One of Trudeau's key campaign promises was to "build a government as diverse as Canada." Since Canada's last federal election in 2019, although there has been steps in the right direction to that, gender equity in the Canadian Government is still far off.

Even though we saw a record number of 98 women elected into the House of Commons, it still only equals up to just 29 per cent of the House of Commons. It's 10 more than in 2015, but it seems like gender parity isn't there yet and is a slow process.

In 1984, only 9.6 per cent of elected officials in the House of Commons were women. That's roughly only a 19 per cent increase over the last 35 years. Nasha Brownridge, the Director of Communications from Equal Voice, an organization that has been campaigning for gender equality in the federal government, said in a Vancouver Sun article, "progress has been incredibly slow and incremental."

The percentage of women elected from each party varied considerably. Roughly 33 per cent of Liberal MP's are women, and roughly 18 per cent of Conservative MP's are women. But one thing is clear, all parties appear to be trying to include more women in the political process.

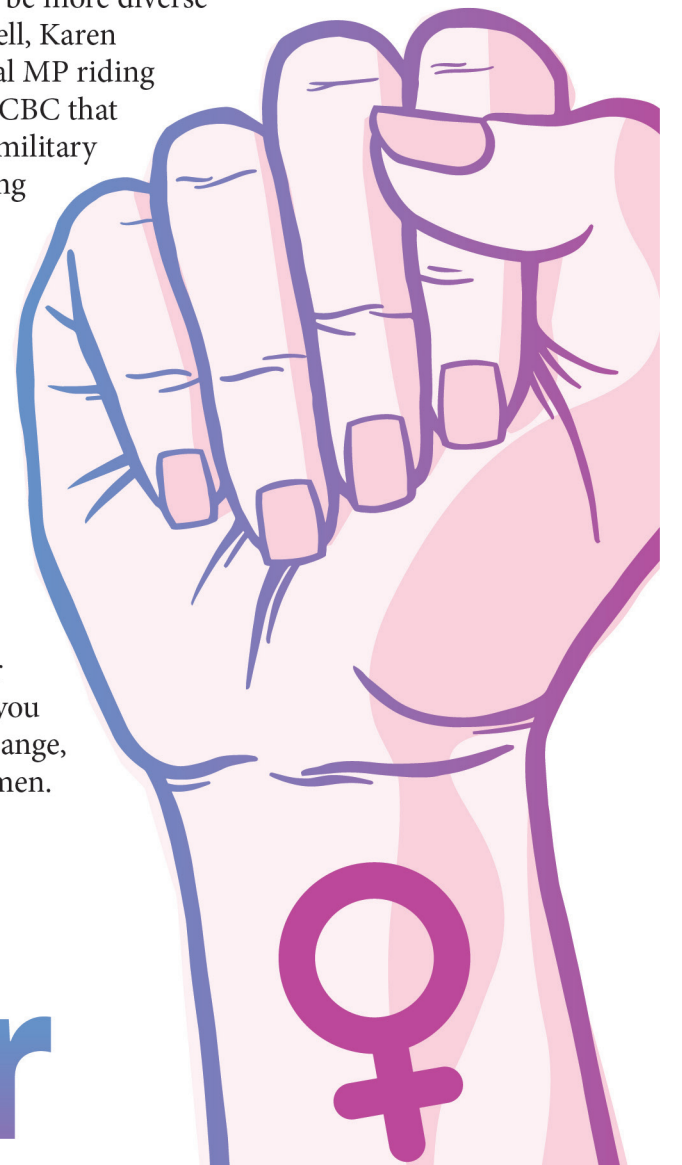
But why aren't we seeing a big rise instead of a slow one? There are a number of factors, but a major one is incumbency. Eleanor Fast, the executive director of Equal Voice, in a CBC article pointed out this effect and how it affects women.

"Seventy-four per cent of all parliamentarians were men, and many of them stood again," she said. "If you have a successful Member of Parliament who wishes to run again, it makes absolute sense for you to nominate them." Even though it makes it easier for a party to hold on to a seat, it makes it harder for new people, including women, to get their foot in the door.

The negativity associated with politics, whether it is the heckling in the House or the increased exposure to abuse online, is often cited for women as a barrier to entry. Just look at the report that Liberal MP Catherine McKenna's Ottawa office being vandalized with a vulgar slur. It's a prime example.

But why should we be more diverse in who we choose? Well, Karen McCrimmon, a Liberal MP riding Kanata-Carleton told CBC that the experience in the military taught her that bringing in more women can change the way a workplace operates. "I think that women are more used to working collaboratively, to getting things done in informal structures," she said.

So just remember for the next election, locally, provincially or at the federal level. If you want to see politics change, lets vote for more women.



lets vote for more women

INCOME INEQUALITY AND WORKING FROM HOME

Hannah Theodore | Interrobang

COVID-19 has meant that more Canadians are working from home more than ever before. Working from home comes with a myriad of privileges by eliminating spending on commuting, giving workers more freedom to take breaks and make meals, and making it possible to wear sweatpants for every shift. But not everyone has been afforded these privileges. Many jobs, particularly jobs that are lower-paying, do not provide an option for employees to work from home. With COVID-19, that means lower-income workers who are already a vulnerable population, have been putting their lives on the line, while higher-paid workers have had the luxury of staying at home.

According to Statistics Canada, only about 40 per cent of Canada's workforce has the option to work from home. That means the majority of Canadians do not have work from home feasibility. The survey also found that dual-earner families with higher earnings are more likely than lower-income families to hold jobs that can be done from home.

"54 per cent of the dual-earner families who are in the top decile of the family earnings distribution hold jobs in which both husbands and wives can work from home," said StatsCan. Compare that to the only eight per cent of dual-earners in the lowest decile, and we begin to see a disparity.

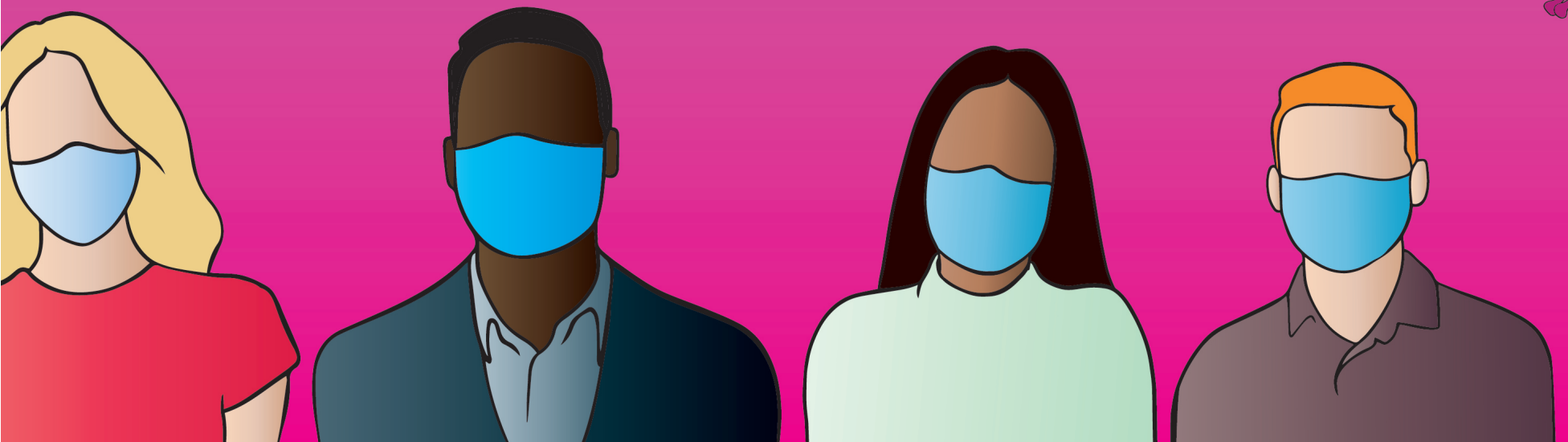
Tereca Whittingham is one of those workers who has not had the luxury of working from home. She is a part-time dental hygienist, and as she explained, working from home is simply not an option for her. "Through the whole COVID, I've actually been working because you can't take teeth home with you," she said. Her partner, who worked full-time as an arborist, was unable to continue working through the winter months, meaning Whittingham was the sole earner for her household through the most financially difficult months of the pandemic. "While everyone's

getting cozied up in pajamas, and working from home, I have to get cozy in an office," said Whittingham. While she hasn't been concerned about contracting the virus, she admitted that certain health measures can be difficult to accommodate. "The only frustration is the masks, because we have to wear the N95 masks," she said.

Not everyone has been able to continue working through the pandemic, though. Also brought on by COVID-19 has been the dramatic loss of jobs. The start of 2021 opened with a staggering 213,000 jobs lost. StatsCan's survey suggests that lower-income workers that don't have work from home feasibility are more likely to face work interruptions amid COVID-19. The majority of jobs lost in January were in the food service sector, primarily with part-time employees. That means workers who were already struggling financially are now out of work, or are facing drastic hour shortages.

StatsCan also draws attention to the fact that "primary earners with high levels of education are more likely to hold jobs that can be done from home." Less than 30 per cent of primary earners with a high school diploma can work from home, while 66 per cent of earners with a bachelor's degree or higher education can do so. Education in Canada is a privilege that not all have been afforded, which creates an added disparity amid COVID-19.

While the popular discussion centres around the future of working from home, it's important we don't forget those who are excluded from that conversation. Canadians who were already at risk financially are now facing unprecedented struggles. While working from home does have its own host of complications (communication, higher electric bills), the loss of jobs and steady income from low-wage workers is on display now more than ever.



HOW THE CANADIAN HEALTHCARE SYSTEM IS PRIORITIZING FOR THE VACCINE ROLLOUT

Salma Hussein | Interrobang

After being in a pandemic for over a year, the seriousness of this virus has become evident and a daily worry in everyone's lives. However, those who are more susceptible to the virus and live in vulnerable communities are most at risk for the consequences of COVID-19.

Systemic racism in Canadian healthcare is not a secret, and the structure of prioritization for the vaccine rollout has proven for the nth time that vulnerable communities, like the Indigenous population, suffer from the prejudice of the system.

Minister of Indigenous Services, Marc Miller, has emphasized that Indigenous communities are more than three times at risk to the virus. He's also said that the science is proving why Indigenous people should be prioritized for the vaccine.

There are even some people who will go to far lengths to get the vaccine when more vulnerable communities are at risk. In late January, married couple Rodney and Ekaterina Baker from Vancouver flew a private plane to a small community, Beaver Creek, posing as motel employees in order to receive the first doses of the Moderna vaccine.

This rural community was receiving priority due to their limited access healthcare services, and Baker, the CEO of a Canadian Casino, and his wife decided to take advantage of the community. Their violation was quickly reported however, as the small town was able to identify that they were not part of the community. However, there may be others who are trying to do the same in order to receive the vaccine at an earlier time than those who are prioritized. It is important to recognize that there are more vulnerable communities who need this vaccine first, such as rural and Indigenous communities who do not have quick access to medical services.

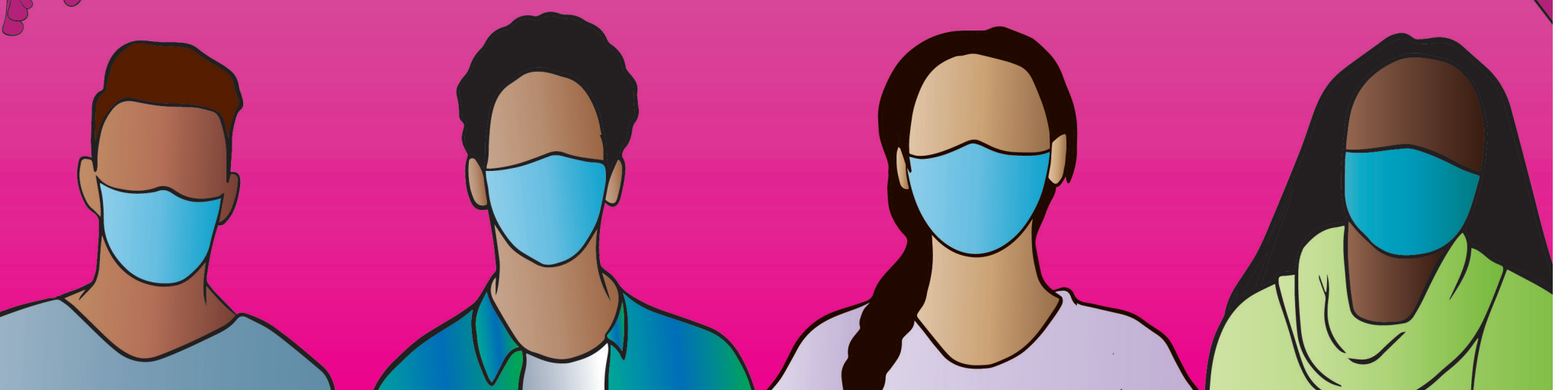
The reason why Indigenous communities are more vulnerable is due to the limited access they have to healthcare. That is why there needs to be a structured plan to aid Indigenous communities and safely transport vaccines to the more remote locations where Indigenous communities reside.

Some communities are thousands of kilometres from the nearest medical centres and cannot receive the essential care they require. One of the major concerns about providing vaccines for Indigenous communities is the method of transportation. However, there is a plan to bring in vaccinations to remote locations safely to 31 First Nation communities, called Operation Remote Immunity.

Dr. Marcia Anderson, of the COVID-19 Pandemic Response Coordination Team, has shared that First Nations people make up 73 per cent of all presumed active cases, 50 per cent of hospitalizations, and 52 per cent of ICU admissions [in Manitoba]. The hike in cases among the Indigenous population has officials making more vaccines available for Indigenous communities.

Ornge Air is an air ambulance team that provide medical services by air transport and are leading this project by transporting the vaccines by air to the remote Indigenous communities. A good measure this operation is taking is providing cultural training to the members before heading to the communities. This is an important part of the process to ensure that Indigenous communities are respected and are treated with culturally safe care.

According to the latest data on Feb. 18, those communities have been receiving the shots they need. More than 83,000 doses have been administered so far in more than 400 Indigenous communities. 25 per cent of adults in these communities have received at least one shot — a rate six times higher than the one for the general population.





OH CANADA! Our (New) Home & Native Land!

Ian Indiano | Interrobang

The fight for the full integration of immigrants in Canadian society can be pessimistically described as an eternal struggle. Here many immigrants have to face excessive bureaucracy and governmental abandonment. Ironically, many people move to Canada trying to run away from these issues. And this moment in time doesn't help either.

It is during crises that society shows its true colours. The very best and worst of us emerges from our pores and suddenly we can see clearly the problems and the areas we need to improve. Canada is a beautiful country that is ready to accept anyone, but at the same time, with an unclear path of entry.

Although arguable, all the governmental bureaucracy exists to protect any country's institutions and social structures (which is not inherently bad), they are also philosophically redundant. And a lot of times, also frustrating. In my case, for being Brazilian, after a quick check on Google Maps, I can confirm that I was actually born in the very same portion of land that this paper is being published. Only very far south.

Apart from the Panama Canal, which was manmade, the American continent could be one big country where we are all connected. This logic can be expanded to easily justify the philosophical inexistence of the concept "foreign." However, I still need extensive paperwork if I want to enter this country. And if I want to stay, even more. The fact that immigration officers are not usually interested in my cheap philosophical daydreams doesn't help either.

For a country where immigration is such a fundamental part of its DNA, Canada still has a long way to go to construct a truly fair system. And please don't think I only have eyes for the bad side. It is my duty to praise the government for all the good things too.

We have to remember that Canada is still accepting and processing immigration applications, even though with much longer

wait times. And that the government is offering help to immigrants, like extending work permits for international students amid COVID-19. We must comprehend that there is no manual on how to deal with a pandemic like this and it is perfectly understandable that all the government sectors are doing their best to keep working. But we also have to remember the families, including my own, and individuals that had to leave Canada, or are considering doing so, unwittingly.

I believe that during this period unfortunately there's not much we can do. A world where we are confined inside our houses anxiously waiting to restart our social lives doesn't leave us with many options. However, I think that the best thing we can do is to get informed. To take an analytic approach to these issues and to understand how they surround us.

For example, right now all our focus is turned to the healthcare system and immigrants are an important part of this system. Around 41.3 per cent of orderlies and nurses and 42.8 per cent of specialist physicians in Canada are immigrants. Still, racism in their workplace is not uncommon. It can be manifested explicitly or discreetly, by not trusting the doctor's opinion or asking to see a different professional. In moments like this, discrimination against healthcare workers should be tackled as a priority.

But the future is bright. The number of immigrants accepted every year in Canada has been growing for years, we accept five times more immigrants than the U.S. And we also know that immigration will be fundamental for the post-pandemic economic recovery.

Canada's population growth would probably be in decline or have stalled if it wasn't for immigration, and we are likely to go back to the exponential growth of the employment rate for new Canadians that we had before the pandemic after things go back to normal. Canada is a beautiful country, and a land that I'm learning to love. And with or without the pandemic, we must continue to get stronger socially, culturally and demographically.

Students with eating disorders face additional struggles in COVID-19

Bella Pick
GAZETTE

In a world of mounting social isolation and constant media consumption, people are face-to-face with their bodies more now than ever before.

As a result, research finds eating disorder symptoms heightened during the coronavirus pandemic.

Jaclyn Siegel, a PhD student at Western University and lecturer at King's University College, is among two groups of researchers currently focusing on the issue.

"Right when the pandemic began, there was a lot of chaos and confusion, and people did not know where to go [or] who they could trust for reliable and empirically supported information about mental health regarding the pandemic," said Siegel.

Siegel and colleagues who specialize in eating disorders established Psychologists Against COVID-19, a research group to study and inform about the impact the pandemic has had on people who suffer from them. They noticed many patients were experiencing greater symptoms now compared to pre-pandemic times.

The group's article compiles research from the SARS pandemic and anecdotal research from people currently living through COVID-19, as opposed to empirical data gathering, due to the time sensitivity of the issue.

"[We found from past research on major disasters that] viewing traumatic news can trigger many forms of psychological distress, including disordered eating behaviours," Siegel notes.

While this research is not novel, its re-imagining in the context of COVID-19 is intended to guide clinicians and people living with eating disorders through the pandemic.

Siegel is also involved in research at the University of Missouri's Center for Body Image Research and Policy; her research there focuses on specific risk factors for negative body image and disordered eating during the pandemic.

"We found that, in a sample of almost 900 young adults in the United States, 40 per cent of women and 46 per cent of men said that it would be worse to gain 25 pounds during social distancing than to contract COVID-19," explains Siegel.

Eating disorders impact nearly one million Canadians, many of them young people. With mounting pressure to lose the "Quarantine 15," it's no surprise that eating disorders are becoming worse through the pandemic.

Second-year education student, Sarah Jones, echoes the same sentiments.

"So I would say being in a total lockdown and not having friends checking in on you or having those positive social experiences — I think it can definitely exacerbate disordered eating," she says.

Siegel also mentions that, while eating disorders impact people of all backgrounds, the issue is magnified for marginalized communities, considering the added stress caused by current events.

"We also know that this pandemic is coinciding with the Black Lives Matter movement. And so, particularly for Black students and for Black people, this may be a time of acute stress," she says. "The effects of this pandemic are also going to be magnified for people with low socioeconomic status, because access to all of the things that are necessary for proper eating disorder, maintenance and recovery."

Jones says lacking access to support systems is an ongoing issue for students facing issues with body image



CREDIT: LUCY VILLENEUVE (GAZETTE)

Research has found that eating disorder symptoms have increased due to the mental strain of the pandemic.

and disordered eating.

"I'm sure that the university has put forward some efforts and I know at the Faculty of Education are helping with mental health check-ins and that sort of thing which I think is positive, but for me personally, I also rely on my own support system, my friends and my family and my partner is kind of my go to," said Jones.

In spite of the heightened stress caused by the pandemic, Siegel, who has personally lived through an eating disorder, also says there are supports available.

"Eating disorders can be chronic conditions, and people do often experience periods of relapse and remission throughout the course of their lives. But when you reach a place where you are able to see the light that is recovery, it can be such a beautiful, warm hug," she says.

Apps like Recovery Record, which acts as a replacement for calorie tracking apps that are growing in popularity, are an excellent resource for people struggling with eating disorders. Telehealth and virtual therapy are also increasingly accessible in the pandemic.

Smaller actions, like reducing harmful media like "Fitspo" Instagram posts or harmful news may also reduce anxiety and assist in the recovery process, according to Siegel. She also suggests engaging with people and activities that reduce stress.

Citing her experience working with elementary school kids, Jones noticed that her students are spending more time on social media and comparing themselves to others, which has carried over into students in post-secondary education as well.

"I mean, for myself, I noticed I'm

on my phone a lot more now than ever with lots of extra free time and I know that kids are the same way. So I think it affects us too, with social relationships and also just spending more time on our phones and social media so I think it does carry over," Jones notes.

While social media is a necessary evil in many people's lives in an unprecedented age of digital citizenship, Siegel mentions self-compassion is an excellent way to combat the flood of harmful media.

"It's such an intensely challenging situation for so many of us. Don't worry about your weight — your weight will figure itself out ..." says Siegel. "Finding opportunities to increase your self-compassion could potentially reduce the harmful impact of all of these body image threats that are somewhat inevitable in the age of social media."

How do we develop emotional intelligence?

Christopher Miszczak
INTERROBANG

"You will never be good enough."

This was the message that was playing in the back of my mind a weekend or so ago when I went out for a few errands. The story begins during this brief and brisk walk while I was musing about my life. I then slipped on a patch of ice that I did not notice. Fortunately, it did not take me that long to pick myself up, dust myself off and simply keep going. I could not help though but to keep on thinking about those hurtful words that I once heard when I was in early high school. Something clicked that day — why did I not even think about slipping on a patch of ice and picking myself up? Why am I agonizing over something that happened years ago? This really got me thinking about the subject of practising emotional intelligence as a skill. It requires practice.

"Without even having the knowledge of what emotional intelligence is, the fact that you could use the experience of physically injuring yourself and what it was like to be emotionally injured. It is a powerful analogy," explained Jessica Holsapple, founder of SEG Consulting Group.

Criticism at the end of the day jeopardizes our ability to connect

as humans. That connection is critical for our survival, especially from an ancestral perspective. Holsapple has said how we know that physical ailments will typically heal but the fear of rejection, the loss of connection, ridicule, and ostracization is a scarier thing. Isolation is not healthy for us.

COVID-19 has directly impacted the need to understand and collaborate better given different circumstances. Virtual learning and remote working has become a necessity. Given that there is a lot of non-physical connection happening now, we are reliant on written and verbal communication. That is shining a light on how intentional we need to be on our communications.

The reason that Holsapple studied emotional intelligence is because the alternative side of what you are working on in environments where that is not that well cultivated; it can and does take a toll on your mental health. Particularly when we are dedicating a lot of time to working around other people.

It takes a stronger sense of discipline to disconnect yourself and make healthy barriers so that we do not burn ourselves out, especially when so many are eager to take on additional commitments.

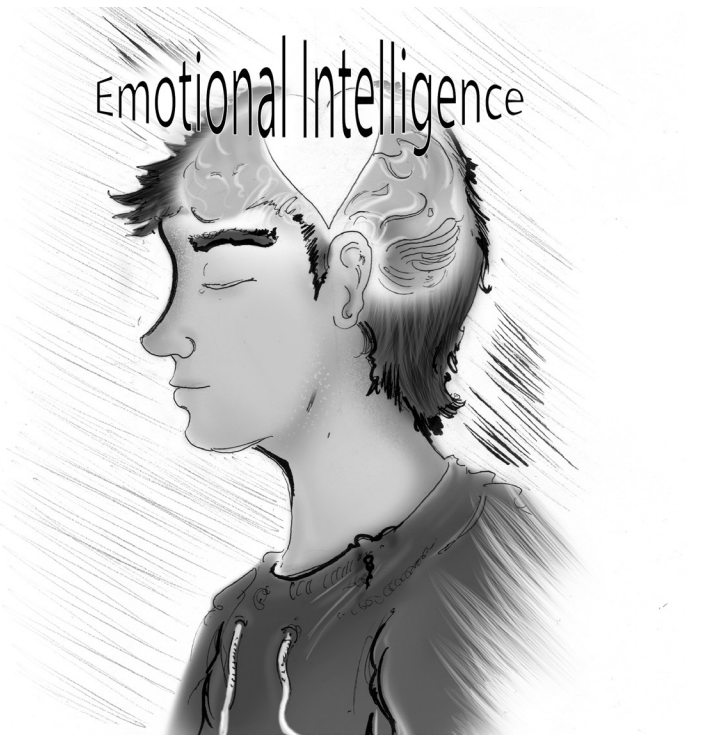
It is still possible to be able to help others while being socially disconnected. Our physical lack of

connection has not taken away our need for connection. In Holsapple's experience, there are more people that are being intentional in how they make a connection. Therefore, we live in an age where we have multiple channels, multiple platforms, multiple ways to connect around the globe. In every opportunity to connect there is an equal opportunity to teach, to learn, and impact someone's life.

Holsapple shared an amazing story, where she stepped outside and saw a large plastic beach ball that read, "Ball of joy, pass it on." Immediately it made her smile. She just kicked it over to her neighbours thinking, it's those little things. Where you are thinking outside of yourself, you are thinking of others that you do not really know. But how it can affect someone else.

Simon Sinek, Brené Brown, Daniel H. Pink, Adam Grant, Pat Mumford are only a few examples of figures to look to for inspiration. Hearing the message from multiple people reinforces that message. Watching these individuals build their own platforms, this is social proof that people want and crave this information.

Reinforcement and positive feedback are the best way to learn something. Even if it is spoken in many different forms, and many ways. This is how we develop



CREDIT: CHRISTOPHER MISZCZAK

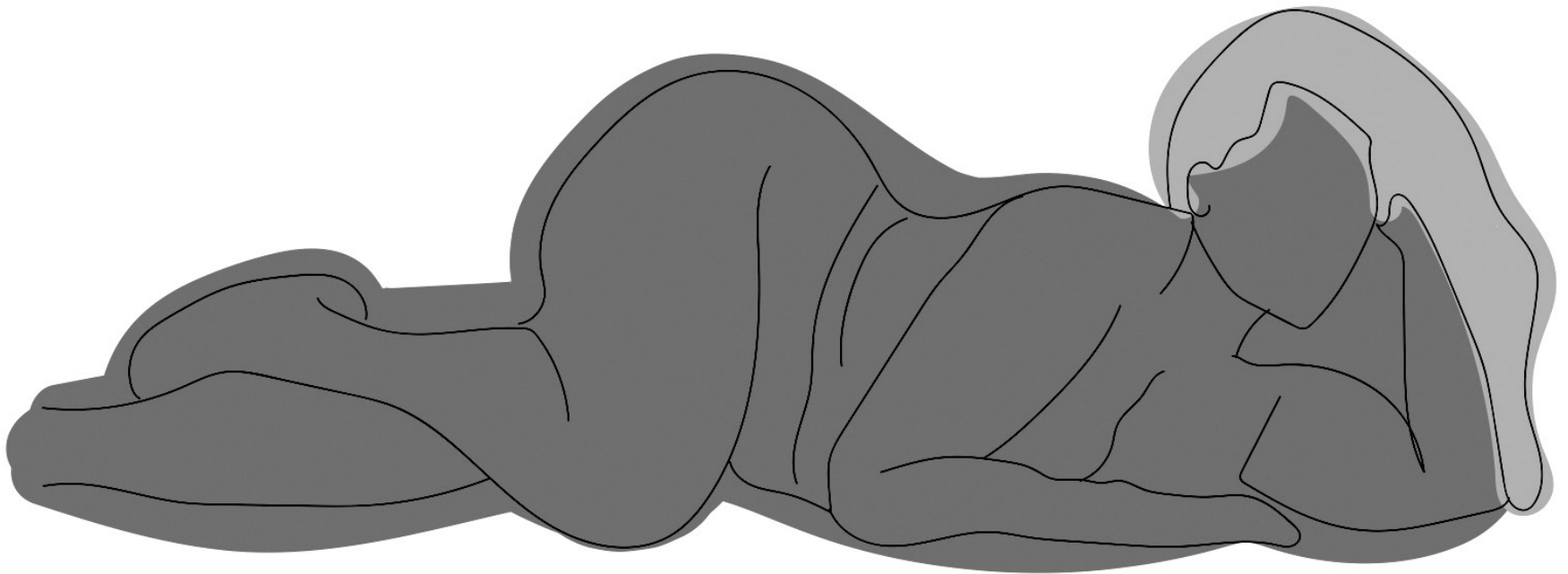
Emotional intelligence is a skill we must develop with practice and time.

emotional intelligence like any other skill that we can practice.

It is encouraged for the Fanshawe College student body to continuously learn about themselves, to learn about their passions. To know that their passions can lead towards their purpose. You are all doing wonderful things by pursuing

an education, ensure that you are exploring the full depth of yourself to discover what your purpose is and how you can best serve yourself, your passion and purpose.

Socrates once wrote "The secret of change is to focus all of your energy not on fighting the old, but on building the new."



CREDIT: TANIYA SPOLIA (GAZETTE)

Eurocentric beauty standards are pervasive in mainstream media, but people of colour are finding subtle ways to reclaim their culture.

‘I still feel I’m influenced by it’: BIPOC students on growing up around Eurocentric beauty standards

Sarah Wallace
GAZETTE

The beauty industry is worth an estimated \$532 billion. Streaming services dominate our screens, with Netflix alone boasting 183 million subscribers worldwide. And even with a global audience, beauty and media industries continue to cater to Eurocentric beauty standards.

And this emphasis on predominantly white features impacts daily life: makeup companies face controversy for limited shade ranges, 78 per cent of models worldwide identify as white and few diverse television shows exist. This has ingrained children with inaccurate standards of what is and isn’t “beautiful.”

“I was the only Indian person in my grade until Grade 6,” says second-year management and organizational studies student Jasleen Dhillon.

She grew up in a predominately white school, where her looks deviated from the norm.

“I would get picked on because I looked completely different than [the white girls],” she says. “White girls had more structured, thinner eyebrows. I had dark, big eyebrows and I was really self-conscious of that. I had a unibrow and I had hair on my arms and you can see it.”

Like many people of colour, Dhillon saw white-beauty as the only accepted kind growing up. She recognizes how years of bullying warped her perception of beauty and, at times,

ostracized her from her culture.

“I was so young when I started shaving my arms and I was so self-conscious about things like facial hair and unibrows that I would sit in school [with my hand over my face] just so people wouldn’t see my face,” Dhillon explains.

The effort to blend in London meant leaving behind parts of her family’s culture.

“When we went out to events, my mom and my sisters wore our cultural dresses and I would not,” says Dhillon. “I would hate to wear it, because I thought it looks ugly and no one else is wearing it.”

“I still feel ... I’m influenced by it. Like ‘oh I don’t want to go in the sun, I don’t want to get dark.’ Or ‘oh I got to do my eyebrows every week to make sure they’re not messy.’”

The persistence of Eurocentric beauty standards — that being Caucasian is the universal ideal and anything that deviates from typically white features is undesirable — is an active attack on the self-esteem of people of colour growing up, which leaves many uncomfortable in their own skin.

Sophie Wu, a second-year math and School for Advanced Studies of Arts and Humanities student, grew up in a white neighbourhood in Oakville.

“I remember I didn’t realize I was Asian until fourth grade,” Wu says. “It was a lot harder for me to think of myself as attractive or good looking. As a kid, it didn’t matter too much, but it wasn’t until puberty hit

that I was like ‘ah fuck. This might matter.’”

While her 12-year-old sister is able to see people who look like her on television — like in *Kim’s Convenience* and *Crazy Rich Asians* — Wu couldn’t relate.

“She does this thing where every time she sees an Asian on screen she’s like ‘oh look, that’s an Asian’ and I never got to do that as a kid,” she explains. “You would watch TV and read magazines and see that no one was Chinese. I think London [Tipton] from the *Suite Life of Zack and Cody* was the only Asian character I saw on TV, and she wasn’t a super multi-dimensional character.”

According to a study by Nielsen, a company that studies media representation, people of colour make up 39.5 per cent of the population of the United States but represented 27 per cent of characters on television. In contrast, their white peers are represented more than 80 per cent on television, but only total 60 per cent of the population.

And although some representation does exist, it’s often lacking.

Tyrese Walters, a third-year music and political science student, noticed that representation of Black people is often pigeonholed. They looked and acted completely different to how he identified as a Black person.

“I think that the media portrays specific stereotypes, especially around Black men in media always being the strong, burly, big-type, masculine [and] athletic,” says Walters. “That’s something I would always see in TV shows, like with *High School Musical*’s Chad. I was so young watching that and people would always liken him to me because I was tall and Black.”

Colourism, colonialism and archetypal characters revolving around people of colour are not limited to North America. Zahra Fatina, a third-year health studies student, grew up in Bangladesh and lived in a multicultural neighbourhood upon moving to Canada. While she didn’t feel ostracized as a child and in Canada, returning to Bangladesh was a different story.

“Growing up I was told to stay out of the sun because it would make me darker,” explains Fatina. “I was around 12 when I went back

to visit home for the first time, and the first time I saw my grandmother she was very upset with me because I had spent the whole summer playing in the pool and I was really dark, and she wouldn’t talk to me for a few days.”

“It felt weird experiencing those European beauty standards not just from a Westernized country but in a country in the south,” she says.

European beauty’s tied to looking forever young can be traced back to the rise of Christianity in the Middle Ages in Europe. Blonde hair, fair skin and blue eyes was considered “the light of God,” according to Mark Tungate in his book, *Branded Beauty: How Marketing Changed the Way We Look*. Lighter skin was also considered higher class, as it meant people did not have to work in the sun as opposed to their darker-skinned counterparts.

When the European colonizers went to Asia, Africa and Latin America in the 15th century, they brought these white beauty standards with them. When the colonizers left, their legacy had already cemented itself in these cultures.

“I remember one summer I was out for too long, and I was crying before I had to go to school because I was like ‘people already think I’m dark and ugly and they’re going to think I’m darker and uglier,’” says Dhillon. “After that summer, I tried to avoid going in the sun, [that was] when I was 10.”

While the effects of colonization continue to ripple through modern society, people of colour are finding subtle ways to reclaim their culture. Walters does so through his hair.

“I would always cut my hair really short,” Walters says. “I never thought anything of it, I just thought that I liked my hair short and preferred it that way. I was making excuses for myself. As a musician ... I wanted to make my own image and be my own person. I don’t want to be the next Khalid, I don’t want to be the next The Weeknd, that’s not who I am. I wanted to take back and own my hair in whatever ways I want to.”

Fatina’s experiences with Eurocentric beauty standards led her to pitch and co-run Ethnocultural Support Services’ The Colour of Beauty campaign. The goal of the campaign

was to encourage students to challenge Eurocentric notions of beauty and appreciate ethnic features.

“We really wanted to uplift BIPOC students and people in general because beauty should not just be one thing,” says Azza Osman, a third-year nursing student who was also in charge of The Colour of Beauty campaign. “There’s beauty in all different types of features, and we tend to forget that because we live in a society where you need to have straight hair or a certain nose shape.”

While representation has increased in the media and beauty, Wu explains the best way to have better representation is through highlighting authentic stories.

“A big part is telling more authentic Asian stories and more stories Asian or BIPOC people can relate with in general, because generally their voices have been excluded,” says Wu. “So I don’t think it’s enough to say ‘we want more people cast in specific races,’ that doesn’t lead to anything other than BIPOC kids saying ‘oh that’s me on screen.’ We need more than that.”

Streaming services like Netflix and Amazon Prime Video are starting to introduce people of colours’ stories, like Netflix’s *Never Have I Ever* and *Malcolm and Marie*. Amazon Prime Video also committed \$1.3 million to support BIPOC Canadian television and film production.

While this shift in the streaming services is a great start, Osman notes that there is still more that needs to be done.

“There’s still much more [room for] improvement,” says Osman. “I feel a lot of racialized groups are portrayed in certain ways on television still, like in terms of Black women, or colourism, or having certain features. Although BIPOC people are being portrayed more, there could still be more inclusivity among that, [including] improvement in terms of intersectionality.”

“I want the next generation of children to grow up with a more inclusive idea of the world,” says Fatina. “I want to see more [LGBTQ2+] representation with BIPOC. Not having them there for a specific trope would be something I would value, but I think the steps being taken now are something to celebrate.”



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‘Hold on to your feelings of universal love’: Sunday Ajak talks social justice through speech



CREDIT: COURTESY OF SUNDAY AJAK

Sunday Ajak is wielding the power of words to make the world a better, more socially just place.

Bella Pick
GAZETTE

Bridging the gap between the classroom and the outside world seems more like a dream than reality for many students — but for Sunday Ajak, it’s a second nature.

The third-year social justice and peace studies student from King’s University College has used his education in everyday life by participating in a variety of social justice initiatives both on and off campus.

“I’m a part of [Black Students’ Association], I recently did the campaign that they’re launching ... I recorded an initial speech with them. I did the [Ethnocultural Student Support Services] campaign, I’ve been doing [African Student’s Association] campaigns,” says Ajak.

In addition to his extracurriculars at Western University, the London-native is an avid writer. He writes slam poetry and motivational speeches, focused on social justice related issues.

“I started back in high school. Just giving speeches at county shows, honestly I didn’t think too much of it back then. I would just write a thought here and there and perform it and then people will likely hear it. And then through that I got traction,” he explains. “I started performing those speeches outside of my school, went to all the different high schools

in London and then from there, and then it kind of just spiraled into a thing where I just go to organizations or schools and speak.”

After starting at Western, Ajak was eager to get involved in more social justice movements and speaking opportunities.

“It was natural for me to find associations that would help me build my speaking career and help me get opportunities to speak. BSA was one of the really big ones. They do a bunch of stuff in February and they have events throughout the year. And so I would just go and give speeches for them,” he says.

Ajak posts his motivational speeches on his Instagram account and YouTube channel. Prior to the coronavirus pandemic, Ajak could be found giving speeches around campus and the London community. COVID-19, however, forced him to shift how he delivered his speeches.

“There was no real opportunity to perform in front of a crowd, obviously, so I kind of improvised; I would record my speeches as audios and turn them into stuff that you hear on YouTube,” he notes. “And so I’ve really been hammering a lot of those out in the last eight months. It’s gained a good amount of traction and I love it.”

His speeches deal with racial and social justice, something he’s learned about extensively through his time at Western, and is a large

part of why he chose his social justice and peace program.

“I’ve learned so much in the program in terms of all the injustices happening as well and solutions that we can go about fixing. Then, I incorporate those into my speeches to kind of go hand in hand,” he explains.

“I find that if I have a really good topic one day in class, I write it down and I’m like, okay, write something about that. And that’s just been my train for the last three years I’ve been in the program. That’s why I love it so much, because it doesn’t really feel like schoolwork, it’s just so exciting.”

Ajak says that the Black Lives Matter movement influenced his own work and helped elevate his platform. He encourages other students to get involved wherever they can.

“Make sure you’re holding on to your feelings of universal love — self-love — just keep keeping your identity yours. Don’t feed into a narrative saying ‘oh I don’t like you because of this,’” he explains. “That goes for everybody, because if you remove that stigma, that difference of ‘I’m a part of this group, I don’t like your group’ — if you remove that as a fundamental principle, then you can really start to address the core problems with race.”

Ajak’s work is also featured in Interrobang’s Black History Month issue.



CREDIT: COLUMBIA PICTURES

Peter Sellers played multiple roles in Stanley Kubrick’s classic satire, including that of the titular character.

Why *Dr. Strangelove* is once again the movie of our times

Ilhan Aden
INTERROBANG

SPOILERS AHEAD, YOU HAVE BEEN WARNED.

Running on 30 per cent two weeks before Reading Week of course has me procrastinating, so I decided to binge-watch a few films in hopes of resetting my focus.

I watched my usual horror favourites mixed in with a few new ones, but I finally made time to watch a film countless recommended to me, *Dr. Strangelove or: How I stopped worrying and learned to love the bomb*.

Wordy title aside, the 1964 Stanley Kubrick film centres around Air Force General Jack D. Ripper’s belief that Russian communists are poisoning the water through fluoridation; a revelation he had during sex...weird time, right? This leads to a pre-emptive nuclear strike to the U.S.S.R and unsurprisingly, chaos ensues.

The juxtaposition between impending annihilation and hilarious dialogue is the essence of the film. Without it, it is a stark reminder of the lingering fear of complete destruction that permeated the Cold War era.

As the film follows three stories unfolding simultaneously, the reoccurring theme of the American superiority complex is ever so present.

On one hand you have the U.S. president and his military men arguing about communism while on the verge of a catastrophic nuclear war. You then have a deranged Air Force General adamant his beliefs are correct because why wouldn’t they be? And lastly you have the flight crew carrying out the mission at any cost, even that of their lives.

In other words, Americans are the best, have been the best and will die the best in the eyes of many characters in the film.

Everyone aims to be a winner by any means necessary even if it destroys the world. What’s more American than that?

As the story continues to unfold, the American propensity for violence to solve violence becomes the only solution; be it the pilot’s iconic sacrifice, Dr. Strangelove’s underground city or the Air Force General’s demise.

Within each story the need for “the West” to be right prevents meaningful dialogue that could prevent the attack. Fast forward to today and the storyline is not all that different.

For a film made in the ‘60s, the absurdity of the plotline is straight out of Donald Trump’s playbook. From the worry of him activating nuclear codes to his hate for “Ch-eye-na”, he could easily be a stand in for a number of roles.

Hell, even Alex Jones’ belief in “estrogen mimickers” is parallel to the fluoridation plotline. And with Trump echoing many of Jones’ conspiracies, it would only be a matter of time before this one took heed.

This film explains yesterday’s, today’s and probably tomorrow’s political pitfalls if American exceptionalism continues to plague politics.

Overall, the film is best to watch with as little information as possible as it packs a better gut punch when watched on a whim. Its mixture of comedy and philosophy make it an easily repeatable timeless classic.

If this film will do anything for you, let it serve as a reminder: although it feels like the world is on the brink of total disaster, we made it through then and we’ll make it through now... hopefully.



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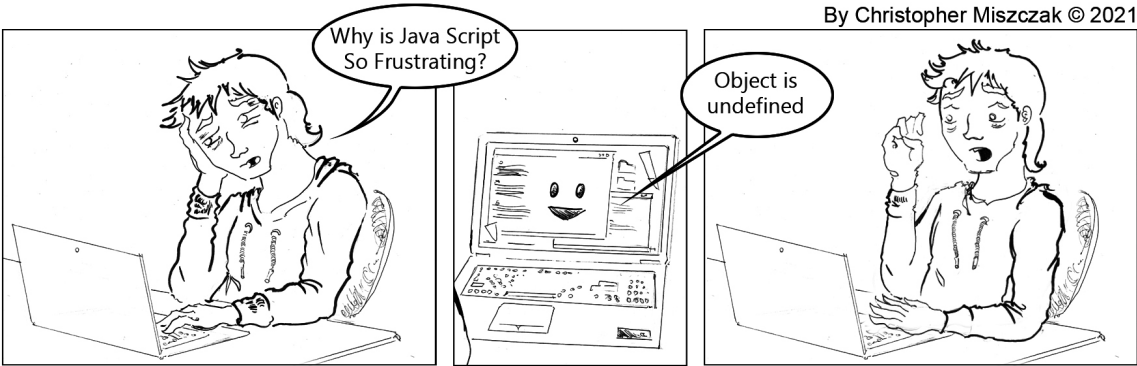
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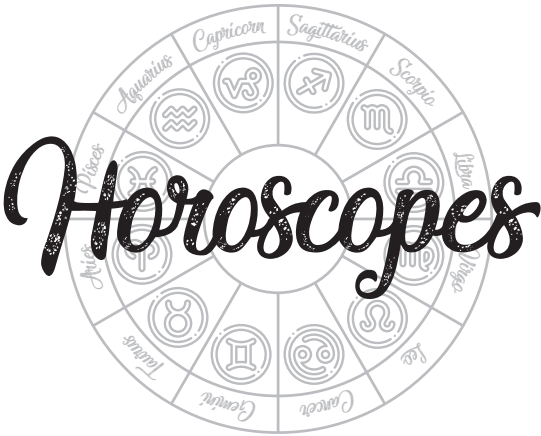
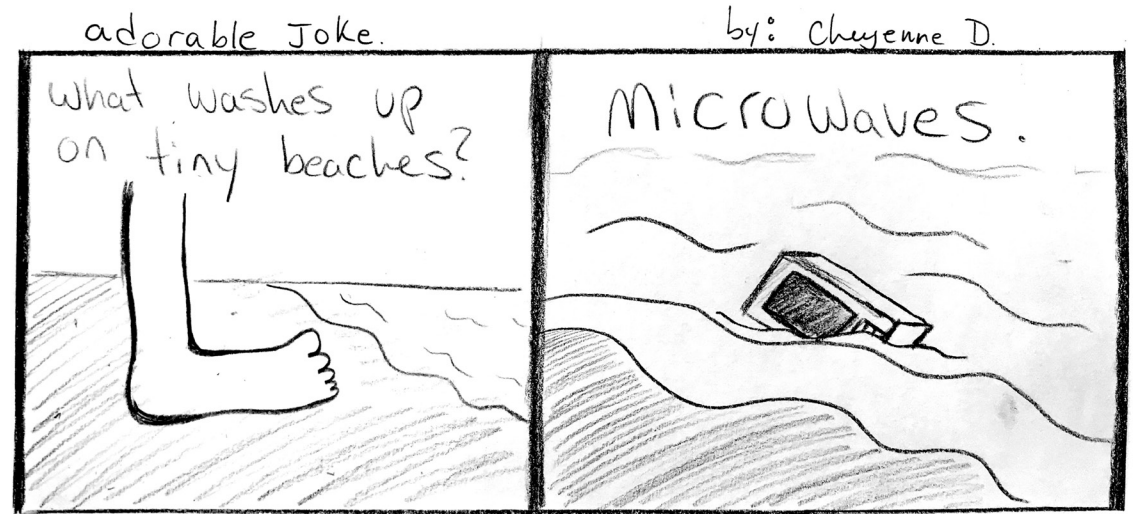
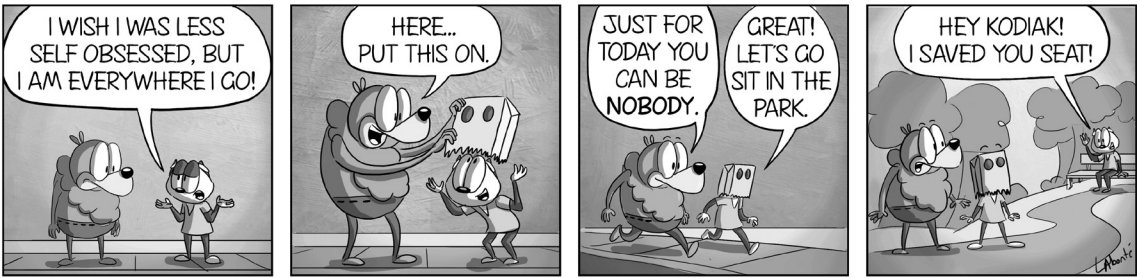


Freshman Fifteen



By Alan Dungo

Not Neurotypical



Horoscopes

Aries

Gather information and feel confident that you can turn one of your dreams into a reality. Preparing a proposal for an interview or touching base with someone who can assist you in getting ahead will help you excel. Focus on what you can do not the impossible. Call on those you know will pitch in and help. Offer peace and love, and you'll temper any hostility you encounter. Take care of your responsibilities and move on to more enjoyable activities. What you do for others will make you feel good and set a trend that keeps paying joy forward.

Taurus

Think about what you want to convey before sharing your feelings. Choose your words wisely, and offer peace and love, not division and chaos. Set the pace and keep life simple. A change someone makes will be a telltale sign of what's to come. Be ready to take control and tie up loose ends. Emotions will be close to the surface. Refuse to let emotional issues interfere with productivity. Distance yourself from unstable people and situations. Let your actions speak for you. Look for an innovative way to use your skills and connections and you'll get the support you need to reach your goal.

Gemini

Say what's on your mind and put an end to a situation that has been confusing. Love and romance are encouraged. A passionate gesture will enhance a meaningful relationship. Spend less time analyzing and more time taking care of business. You'll have everything under control if you don't lose your temper or take on the impossible. Pace yourself, and you'll get the results you want. Someone will withhold information. Don't fold under pressure or believe everything you hear - false information regarding a job opportunity or someone's intentions is likely.

Cancer

Find out as much as you can on that is pertinent to a career path or hobby you want to pursue. Be open to suggestions but don't feel you have to make a move because someone takes the plunge. Let your intuition guide you, and you'll make decisions that are good for you. It's time to please yourself. You'll face a challenge if you overspend. Think twice before you let someone talk you into something you cannot afford. Set up a budget and start saving. You'll come up with a great plan that will help you make a difference. Time spent doing something gratifying will be time well spent.

Leo

Nurturing relationships will encourage peace and love. If you neglect to do something you promised, you will find it difficult to live down your shortcoming; be attentive. Put the final touch on something you've been working toward and you'll get rave reviews. Don't let someone's jealousy get to you, or an argument will break out. Choose passion, not discord. Take the initiative and follow through with your plans. Don't waste precious time on something or someone who will never see or do things your way. Don't be foolish with money. Research will be necessary if you want to avoid loss.

Virgo

Don't make a fuss or you'll upset someone you love. Choose compliments over criticism. Put more emphasis on doing things that bring you the most joy. A kind gesture will bring you closer to someone who shares your interest. Take the path that leads to something new and exciting. Scour online ads and you'll come across something that interests you. A proposition will entice you, but before you decide to get involved, find out how much it will cost. Spend more time with someone you love. A special event will bring you closer together. Romance is in the stars.

Libra

Don't share personal information. Someone you least expect will twist your words and cause a stir. An articulate, brief response is for the best. Consider how you can use your money wisely. A humanitarian act will lead to connections that can help you advance. Avoid encounters that can turn into a potential health risk. Put a plan in place to help you put your finances in order. If you aren't happy take closer look within yourself to find answers. Surround yourself with trustworthy people. Romance is encouraged and will bring you closer to someone you love.

Scorpio

Refuse to let the past hold you back. Put an end to impossible situations, and walk away from people who bring out the worst in you. Focus on your dreams, people and things that make you happy. Push hard to tie up loose ends. It's impossible to get on with your life if you are living in the past. Take action and make things happen. Problems with a friend will leave you at a loss. Reevaluate what's transpired, and make a positive lifestyle change. You'll feel good about the decisions and changes you make at home.

Sagittarius

Step up and follow through on a goal. It's up to you to lay down ground rules and set the pace. Don't hesitate to invest time and money into upgrading your skills to help you find a position more to your liking. Reach out to an old friend and you'll gain insight into new possibilities. What you discover will encourage you to consider making a move or spending more time doing things you enjoy. An emotional situation will surface if you get into a discussion with a friend or relative. Be careful what you reveal.

Capricorn

Stick close to friends and family the next few weeks. Don't let an old flame disrupt your life. Hold on to what you've got, and strive to make things better. Use your imagination, and you'll come up with a good idea that will brighten your surroundings and make your space function better. Don't let the little things get to you. It's OK if someone doesn't see things your way. Go about your business, and give others the freedom to do as they please. Take a walk down memory lane and you'll be encouraged to do something you used to enjoy.

Aquarius

Set boundaries with anyone trying to take advantage of you. The opportunity to take something you enjoy doing and turn it into a profitable venture looks promising. Pick up equipment or information that will contribute to your success. An unexpected turn of events will give you the chance to show off your talent. Take time out to spend with someone you love. The support you receive will encourage you to pursue your dreams, and the rewards you share will make your hard work worthwhile. Be careful how you handle your money. Make romance, home and family your priorities.

Pisces

Keep an open mind but don't let anyone manipulate you. Agree to do things that are good for you; temptation will lead to trouble. Get involved in a cause and you'll connect with someone who can help you get ahead. The way you approach work will change the way you earn your living. You are better off not disagreeing. Listen, but don't share your thoughts, and you'll avoid getting into a senseless fight. Spend your time with people who enjoy common interests. You'll experience a revelation regarding something you enjoy doing.

Why Tom Brady is the greatest athlete of this generation

Skylar McCarthy
INTERROBANG

Super Bowl LV (55) has passed. It featured the Kansas City Chiefs and the Tampa Bay Buccaneers. It is the only Super Bowl to ever feature a team play at their home stadium, as the game was played in Tampa.

The key matchup however was each team's quarterbacks. Patrick Mahomes is the new young superstar in the NFL, winning last year's Super Bowl with the Kansas City Chiefs. But, on the other team, you had Tom Brady.

Heading into this Super Bowl, Brady had already won six, which was the most of any player to ever play in the National Football League (NFL). Not only that, this was Brady's first season in Tampa after leaving the New England Patriots organization.

This season was unlike any other in NFL history. There was no pre-season, which meant that teams had less time to practice. Brady had less time to review the Tampa Bay playbook and adjust to new teammates.

And yet, when it seemed like Brady would fail, he defeated two all time greats in the playoffs, Aaron Rodgers and Drew Brees on the road, and brought Tampa Bay their first Super Bowl title since 2002.

The Super Bowl was the perfect match-up. The young and rising superstar against who many consider the greatest quarterback of all time. But the game was a total domination on offense and defence for Tampa Bay as they defeated the Chiefs 31-9.

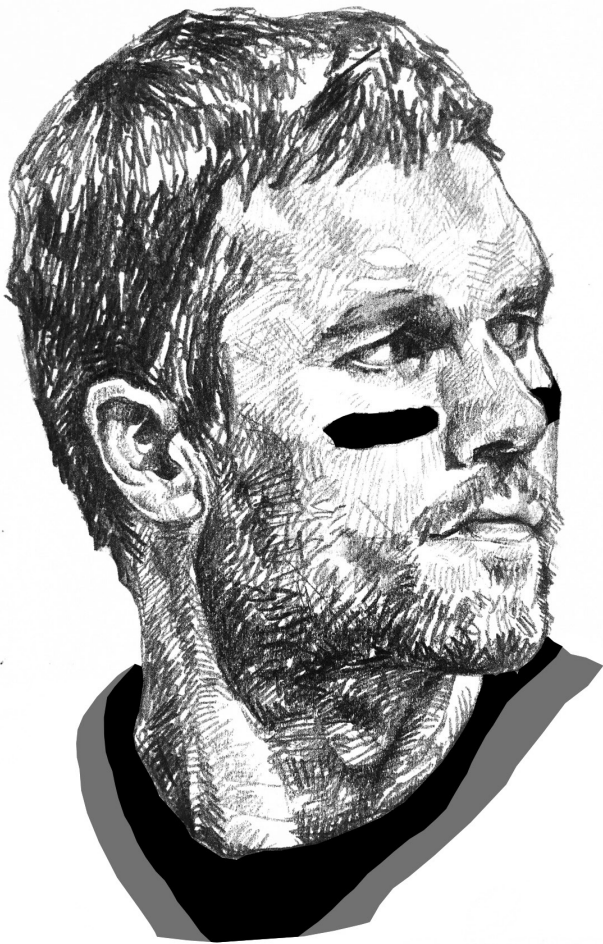
This was the game I finally sat down and said Tom Brady is the greatest athlete in our generation.

Brady, the man who can't stop winning, won his seventh Super Bowl, more than any other player or team has ever won the Super Bowl. Brady is now being compared to Michael Jordan, Tiger Woods and Babe Ruth as one of the greatest in their sport, and it feels like he's the Jordan of football. When you go to 10 Super Bowls, and win 75 per cent of them, you're a really good player.

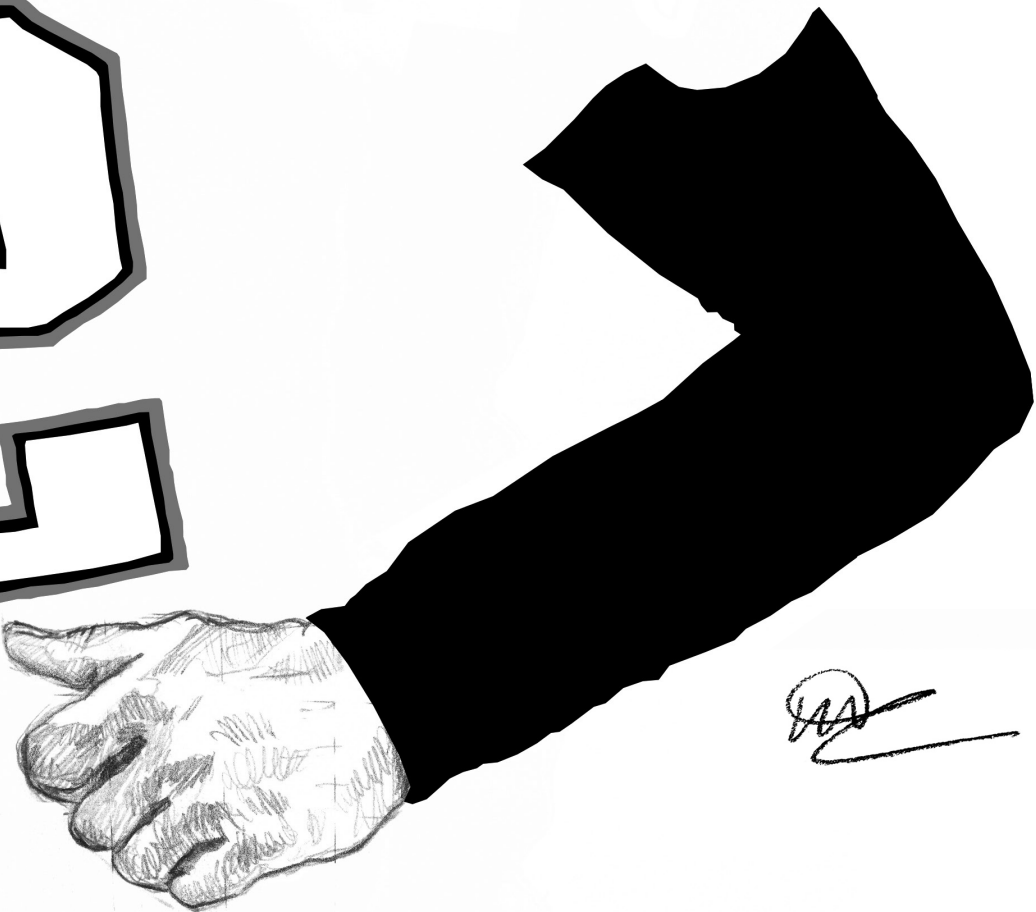
When we talk athletes from this generation who were great, you talk about LeBron James, Sidney Crosby, Serena Williams, Usain Bolt, and many more, not many have won more than Brady. Crosby has only won three Stanley Cups. LeBron has only won four NBA championships. Let me remind you Brady has won seven championships. While yes, he has lost in the Super Bowl three times, LeBron has lost the championship more times than he won, and Crosby has lost a Stanley Cup too.

Look, don't get me wrong, Brady isn't as naturally gifted as an athlete like LeBron or Bolt, but at the end of the day, an athlete's success is by the championships you win. He silenced all the critics who said he's too old (By the way, he won the Super Bowl at the age of 43). He silenced everyone in New England who thought he could only win a Super Bowl with one team. Did I mention he plans to return next season, to try and win an eighth Super Bowl.

Brady is this generation's Michael Jordan, and no matter what, Brady will keep on winning!



CREDIT: IAN INDIANO
Tom Brady won his seventh Super Bowl, putting him in ranks of Michael Jordan and Babe Ruth as the greatest athletes ever.



Beyond the blonde: Playoff hair, beards and superstitions in sport

Alex McComb
GAZETTE

It's not a phase, mom. It's the playoffs.

Spending an afternoon bleaching hair until it resembles Big Bird's feathers, shaving heads into mohawks or simply growing out untamed beards have become popular post-season superstitions for athletes.

Each sport has unique traditions — jersey swaps, scoring celebrations, fantasy drafts, tailgates — but playoff hair takes the cake as the most engaging for teammates and fans alike.

Some of Western University's teams have participated in playoff hair traditions in past years. The Mustangs football team began their bleach blonde playoff hair tradition in 2017 — the season Western went undefeated and won their first Vanier Cup national championship since 1994.

Former Mustangs linebacker Phil Dion remembers the day he and a few other teammates, including current Edmonton Football Team defensive back Jordan Beaulieu, decided Western was going to try something different that year.

"[Beaulieu] was growing his hair, and since the beginning of the season I was bugging him about cutting his hair into a mullet," said Dion. "All year he said, 'once we reach the playoffs, I'll do it.' He didn't have to convince me too much before I decided to join and that's when we started spreading it throughout the team."

Dion didn't rock the classic

Joe Dirt mullet but he did shave his head into a mohawk and dyed it to match Beaulieu's bleach blonde hair.

Beaulieu was inspired by Dion's former CEGEP team, the Champlain College Cougars, who used to participate in playoff hair traditions before their varsity careers.

Although he doesn't believe the blonde hair directly contributed to the Vanier Cup victory, he does believe the hair was a reflection of the team's mentality.

Following a heartbreaking 2016 Yates Cup, Dion expressed that the culture in the locker room, on the field and in meeting rooms was different in 2017, and the playoff hair encapsulated that new "hunger."

"[The playoff hair] really reflected how we felt as a team because everybody was in it," he said. "We were committed to literally ruining our hair to be committed to the same goal, which was going all the way [to the Vanier Cup]."

And football isn't the only sport to carry on the tradition. Hockey has a more storied history with the odd superstition — especially with beards.

Mustangs men's hockey player Anthony Stefano said that while his current team has yet to begin a playoff hair tradition, he has many memories of dying his hair before coming to Western.

Stefano recalled that his first memory of playoff traditions was in minor league hockey when he was 12 years old. He said the team dyed their hair red and shaved it into mohawks.

Since then, Stefano has



CREDIT: PHIL DION (GAZETTE)

Playoff hairstyles give a strong boost to team spirit, even if they aren't a proven good luck charm.

participated in a number of playoff hair traditions before beginning his U Sports career, including bleaching his hair blonde and growing out a beard for every post-season run — although the latter didn't see much success until recently.

The Mustangs forward has a few favourite playoff beards from professional players, namely San Jose Sharks defenceman Brent Burns,

who has been widely recognized in the National Hockey League for some of the best playoff beards over the years. Joe Thornton, a Toronto Maple Leafs forward and former teammate of Burns, also has fan favourite facial hair year-round.

Though he has seen many teams with varying styles of playoff hair win championships, Stefano still isn't certain if the hair is actually

a good luck charm. But, he does know that having these traditions in the locker room gives a strong boost to team culture.

"You can attribute [playoff success] to the camaraderie of doing something together and that brotherhood where everyone's on the same page," said Stefano. "I think it lets people show their character a little bit."



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