

INTERROBANG



WHY IS THERE ONLY ONE CANDIDATE FOR FSU PRESIDENT?

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FROM THE EDITOR Angela McInnes

Greetings and salutations fair readers of the Fanshawe community and beyond. Welcome to another issue of Interrobang, Fanshawe's official campus newspaper.

First order of business: I hope everyone has recovered well from the recent mid-term blitz. Courses here tend to emphasize hands-on application and group work, which can be extra intense when paired with the pressure to study for an exam. You guys are here because you're smart, driven and capable. I'm sure you did your best, so continue to focus your sights on finishing out the term and you'll be fine.

Now, to this week's content. As you can glean from our cover, our top news story examines why there happens to be only one candidate running for president of the Fanshawe Student Union (FSU) this year. Reporter Emily Stewart got the answer from current president Keren Nanneti (page 3), while I sat down with candidate Katyayini Thakur to learn more about her platform. You can listen to the interview at theinterrobang.ca

As for other sections, our opinion writers explore judgement day and the outcome of the Harvey Weinstein trial; coincidence? You decide.

In lifestyles we have our sustainability bulletin, health column, Netflix fix and more, and in sports you can catch up how the Falcons are doing so far in provincials.

This is but a preview of what's inside, so open 'er on up and read some good old fashioned print media — at the very least to give your eyes a break from all that screen time.

And so it goes,



COVER:
Lam Le



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

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Studying until the sun goes down.

Photo Credit: Clayton Durrell, France

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Only one candidate running for FSU president in 2020 Election

Emily Stewart
INTERROBANG

Soon, Fanshawe College students will cast their ballots in the Fanshawe Student Union (FSU) 2020 Election. There are 15 Student Administrative Council (SAC) director candidates to choose from, but only one presidential candidate.

Current FSU president Keren Nanneti explained that there was confusion over the rules to run in the election. Since Nanneti is a current student doing the role on a part-time basis, many students thought that you could be a returning student to participate in the election.

“We had lots of applications come in, but we couldn’t approve any of them because they were not eligible,” she said. “We needed a student who was graduating and could take up this role for full-time, so that was the main reason we didn’t have as many candidates running for the president.”

The FSU president is usually a full-time role. However, after former FSU president Abdullah Qassab was deemed to have left his position in July 2019, a by-election was called for October for a part-time president that was also a full-time student. Nanneti said the rules were made clear on the election packages and through the election promotions, and that it will be clear to the students once the new president takes on the role.

More than 150 volunteers spent four hours a day to promote the upcoming election across different campuses. Class reps and coordinators from different departments were also sent personal invitations regarding the election. Nanneti and the rest of the FSU executives also did five shifts each for election promotions.

She’s pleased with the response,

because of the number of students running for director.

“We have just eight positions, but we have almost 15 people for it, which means that we had a good response out of the campaigning that we did,” she said.

Katyayani Thakur, a health systems management student, is the only candidate up for the FSU president position. In an electronic interview with Interrobang, she said she was surprised that she was the only candidate running for president.

“I do believe that a healthy competition is the essence of any election process,” she said. “Ideally, I would have preferred had I a competitor or two for the position — it would be more fun that way.”

It won’t be the first FSU election for Thakur, who was elected as one of the SAC directors in October 2019. Her experience as director taught her a lot about what the FSU aims to accomplish and what it can do for the students’ well-being. The more she learned, the more she wanted to be involved with the FSU.

“You’d be pleasantly surprised as to the scope and reach of a student body, in Canadian colleges and universities, in establishing student-management synergy,” Thakur said. “It helps attain mutual satisfaction and peaceful functioning.”

Before enrolling in Fanshawe’s health systems management program, Thakur worked in New Delhi, India for three years as a doctor in a specialty hospital’s department of medical oncology. She came to Canada to get her license and open her own clinic.

As FSU President, Thakur’s main goal is to make students sufficiently aware of how the FSU can serve them by bridging the communication gap between the student union and the students. She



CREDIT: ANGELA MCINNES

Health systems management student Katyayani Thakur’s experience as a Student Administrative Council (SAC) director inspired her to run for Fanshawe Student Union (FSU) President.

would also like to provide healthier on-campus dining options, create more on-campus and off-campus volunteer and job opportunities, and reduce wait times to see a doctor at the College’s Fowler Kennedy Sport Medicine Clinic.

Although she’s the only FSU President candidate, Thakur isn’t taking it for granted.

“My election agenda is very real, and I plan on campaigning just as I had planned before being informed of the nominations list,” she said. “I can’t wait to take office and contribute towards enriching the Fan-

shawe student experience to the best of my abilities.”

Nanneti said that since the FSU is the go-to service for students, whether they want to address academic appeals, finances, or student events, choosing representatives to better serve the student population is key.

“The person who is leading the FSU is very important for them to choose in order to have all these accomplished,” Nanneti said. “They would want to vote in a responsible director who would lead the students and the class reps in a proper

direction to get their voices out.”

She added that students can still vote-in Thakur to show they support her serving as the FSU President.

Voting takes place from March 2 to 4 at 2 p.m. at on Fanshawe Online (FOL). Results will be announced March 4 at 3 p.m. in the Outback Shack. More information can be found on fsu.ca/elections.

This article was written before the FSU Elections Speeches and Presidential Q&A on Feb. 26. Visit theinterrobang.ca to read our online coverage of the event.

Taking small steps to a zero-waste lifestyle

Emily Stewart
INTERROBANG

Living a zero-waste lifestyle isn’t necessarily about no waste at all.

Reimagine Co. went to the Alumni Lecture Theatre at Fanshawe College on Feb. 25 to run a Zero-waste Workshop. Heenal Rajani, co-founder of Reimagine Co., explained what zero-waste means, his own zero-waste journey, and waste reduction strategies to the students, faculty, staff, and members of the greater London, Ont. community.

“For me, zero-waste doesn’t mean zero. People think about zero-waste as maybe people producing a mason jar for full of garbage in a year,” Rajani said. “Some of the people who popularize the zero-waste movement, you see their Instagrams or their blogs where they’re producing a Mason jar worth of garbage or they don’t buy anything in a whole year, this kind of thing. That’s not realistic or even possible for most people, the way that our society is structured.”

Zero-waste, rather, is raising awareness about consumption. Refusing, reusing, rotting (compost-

ing), and recycling are all steps to take towards a zero-waste lifestyle. Sending items into a landfill is the absolute last option.

Refusing what you don’t need in life is the top priority and includes declining free items at events and avoiding single-use plastics in favour of reusable items. Rajani said to pick one way to reduce waste and stick to it. For example, you can refuse single-use coffee cups and instead, only buy hot drinks when you have your reusable mug with you.

Simplifying and deciding what you need and don’t need is the next step. Rajani acknowledged it’s not always easy, but it can help prioritize what’s necessary.

“The less you have, the less you want is what I’ve found” he said.

Bringing your own reusable produce bags to grocers and containers to restaurants reduces single-use item consumption.

Composting can be done at home, either through a composter bought from a City of London EnviroDepot or through feeding food scraps to worms, otherwise known as vermiculture. If composting at home isn’t possible, freeze the

scraps for a week or so and bring it to a place that composts and/or use the ShareWaste app to connect with people who compost.

Reducing consumption whenever possible also looks like cooking more at home and reducing packaged food purchases. Rajani said that while there’s a misconception that zero-waste shopping is expensive, he and his family saved money by refusing packaged food. Buying second-hand items like clothing and toys is also more eco-friendly, but if you are purchasing new items, buying higher-quality can reduce constant consumption and saving money in the long run.

Earlier in the presentation, Rajani mentioned that recycling, while well-regarded, isn’t the be-all-end all for sustainability. When recycling is the option, think about recycling well. The app Recycle Coach can be used as a guide to proper recycling.

Rajani acknowledged when it’s tough to make individual changes towards a zero-waste lifestyle, making it a fun game with friends builds motivation.

“If you’re interested in starting your zero-waste journey, find a



CREDIT: EMILY STEWART

Heenal Rajani, co-founder of Reimagine Co. listed the several small steps towards a zero-waste lifestyle during a workshop on Feb. 25.

friend to do it with and hold each other accountable. Challenge each other, see who can be better or however you want to do it.”

During the presentation, EnviroFanshawe President Rebecca Amendola said the club is running a Bring Your Own contest. Students can post a photo on Instagram or Facebook with hashtag

#byofanshawe that shows how they brought their own reusable items to campus for a chance to win a reusable prize pack from Reimagine Co. An EnviroFanshawe Instagram post said students can enter once a day.

For more information about Reimagine Co.’s products, workshops, and events, visit reimagineco.ca.

Fanshawe continues joint nursing degree program with Western

Emily Stewart
INTERROBANG

Colleges across Ontario can now offer stand-alone degrees in nursing, but so far, Fanshawe College will not be offering one.

A Feb. 11 press release from Fanshawe College’s corporate communications team said the Ontario government now allows colleges to offer stand-alone nursing degree programs. Up until the announcement, the province required colleges to partner with universities to offer nursing degrees and had since 2000.

Fanshawe will keep its partnership with Western University to offer the four-year collaborative nursing degree program. Right now, the Fanshawe nursing students spend the first two years at the College before moving to Western for third year and the first semester of fourth year. Fanshawe and Western share the final semester of fourth year, which is an integrated practicum.

“We’re in close proximity and we work well together, Western and Fanshawe, so we decided that we’d stay for now,” said Dr. Sandy DeLuca, the associate dean for Fanshawe’s School of Nursing. The partnership will continue for about two and a half more years through the memorandum of understanding.

“After that, we will reassess the situation and just see where we’re at.”

The College has the program approval and accreditation standards needed for a stand-alone degree, should they offer one.

DeLuca added that it’s the second time Ontario Colleges asked for a stand-alone nursing degree offer, the first being about five years ago. Keeping nurses within the communities of which they studied was a major player in why colleges across Ontario wanted stand-alone nursing degrees.

Although Western and Fanshawe

Ontario colleges can now offer stand-alone nursing degrees.

are both in London, that’s not the case for other Ontario post-secondary institutions. Humber College, for example, has a partnership with the University of New Brunswick for their nursing program. Humber takes on the bulk of the four-year program, so DeLuca said that they are likely to be one of the first Ontario colleges to launch a stand-alone degree program.

For other programs across the province, like those offered at Northern Ontario colleges, students who do two years at the college will

then have to move on to the university to complete the program and might not be nearby the college.

“Even if you look at some of the Southwestern Ontario collaborations, those students have to transfer and it’s not near home, and so it’s financially a burden and it disrupts — they’ve gotten used to the college faculty,” DeLuca said. “This, hopefully, will solve that issue.”

She noted that there is more demand for a college-based stand-alone nursing degree program than

there was in the past. Colleges across the province are different than what they were a decade ago.

“Colleges have their own research agendas now,” she said. “This is a large college. We are accredited exactly the same way as the university and my faculty is all master’s and PhD prepared.”

Fanshawe and Western are also part of the London Nurse Leaders Collaborative, where representatives from both schools meet the vice-president and chief nurse executives of the regional hospitals to

discuss their graduates.

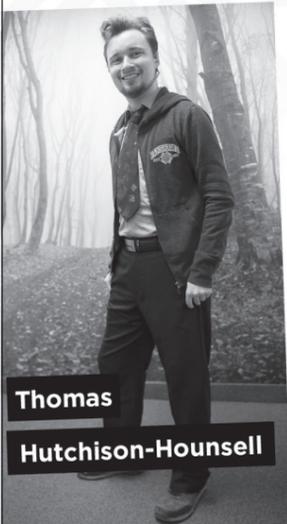
“We share our issues so they’re right there at the table talking about how excellent our graduates are and for us, it’s also our practical nursing graduates,” she said. “It really helps with the hiring of our grads and if there’s any issues they will inform us. If they think they need more assessment or simulation or something like that, they’ll inform us.”

Fanshawe and Western have had their partnership since around 2001.



CREDIT: DYLAN CHARETTE

Student Representative to the 2020-2021 Board of Governors Acclaimed!



Thomas Hutchison-Hounsell

We are pleased to announce that Thomas Hutchison-Hounsell has been acclaimed as the Student Representative on the Board of Governors for his second one-year term from September 1, 2020 to August 31, 2021.

Tom is an avid gamer who aims to “increase opportunities for social networking between students”. Tom is currently completing the Architectural Technology program.

Please join us in congratulating Tom!



Saveria grateful for *American Idol* opportunity

Emily Stewart
INTERROBANG

Previous CTV's *The Launch* winner Saveria is thankful for the support of her fans after auditioning for *American Idol*.

Saveria's *American Idol* audition aired on Feb. 16, where she performed "Tell Me This Is Real," an original song from her band Daytrip. She earned a "yes" from *American Idol* judge Katy Perry, but fellow Lionel Richie and Luke Bryan said "no" and she did not advance to the next round.

Many people expressed their support for Saveria on social me-

dia, with the hashtag #JusticeFor-Saveria trending on Twitter.

"Honestly, I was in disbelief over how many people were commenting — like just on YouTube and on Facebook and even DM-ing [direct messaging] me on Instagram," Saveria told Interrobang, adding some people expressed shock over the result of her audition and said they were boycotting *American Idol*, while others said they wanted to check out more of her music.

Local musicians like Sarina Haggarty and Sum-01 cheered for her. *American Idol* alumni like winners Carrie Underwood and Maddie Poppe and season 14

runner-up Clark Beckham also showed their support and said she should've made it through. On Twitter, Perry tweeted "@saveriamusic I STILL THINK THEY WERE WRONG. HOW ABOUT THAT! #AmericanIdol" and Underwood replied "I agree with you."

Perry and Underwood are two of Saveria's favourite artists growing up, so she felt grateful they were on her side.

"Even being Canadian and being on a show like this, it's crazy. It was the first year that they were accepting Canadians and I feel like I'm probably — I'm definitely the only one in London that

had this chance," she said. "I feel incredibly lucky and just grateful that people are starting to notice my dreams and the things I've been working hard for, for a really long time."

Saveria explained the TV show, who kept the recruitment quiet for this year, did not hold auditions in Canada. Rather, the team scouted musicians across Canada via word of mouth. The music industry arts (MIA) alumna from Fanshawe College got on the show because a friend of a friend knew someone scouting in Los Angeles for Canadian musicians.

Her song "Pity," released in October 2019, also gained lots of traction because of *American Idol*.

When Interrobang interviewed Saveria about the single prior to its release, she planned to either put out an album or an EP. Now, she'll be releasing new singles one at a time. She explained that since she works a regular job on top of being a musician, releasing one new song at a time is a more cost-effective way to keep fans tuned in and to showcase her different sides as an artist.

"A lot of my music reflects a lot of different inspirations of mine. If I put out a song that I'm real-

ly, really vibing and I'm like 'This song, I love it so much,' and people love it too, I know what direction I should go into for my next single," she said. "But if it's not the biggest hit, you know what I mean? People maybe thought my single before was even better. It's like 'OK. I can learn from this. I can learn that my audience needs to go into this direction a little bit more.'"

Saveria hopes to release another single in the near future because a lot of people who discovered her from *American Idol* crave more tunes. She's also been working with Fancy, a side-project of The New Pornographers' bassist Todd Fancey.

"I'm doing some songs for them and they were like 'Woah. We don't want you to just do backup vocals. We think you would be awesome on a lead song for the side project,'" Saveria said. "They were like 'We want you to do three leads on this new album for Fancy,' and I was like 'Are you kidding me? This is dope. I'm very willing to do that.'"

You can listen to "Tell Me This Is Real" and other music by Saveria on Spotify.



CREDIT: PROVIDED BY SAVERIA

Saveria said she is grateful for being able to audition on *American Idol*, and for the support of her fans.



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

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Tom Hutchison-Hounsell

Student Representative to The Board of Governors

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New supports coming for Fanshawe military students

Hannah Theodore
INTERROBANG

On Friday Feb. 21, Colonel Jason Guiney and Fanshawe president Peter Devlin signed a new memorandum supporting military personnel attending college.

The memorandum provides a framework for the College to develop support programs for active service members, as well as students transitioning away from active service.

This will mean more classes reflecting the skill set of service members, counselling services that help students adjust to civilian life, and post-graduate employment assistance.

Devlin, who was once an active service member, said that it's important that Fanshawe become what he called a more "military connected college".

"The Canadian Armed Forces are a reflection of Canada," he said. "They're part of our society. And so that connectedness just allows ongoing growth of the military and of Fanshawe."

Devlin said that as a former service member himself, he can attest to the fact that there are many similarities between student life and soldier life.

"Students for the most part are young and they're our future," he said. "And so, I thought there was a great opportunity to combine

this committed uniformed force with the learning opportunity and growth that is resident here in Fanshawe."

The challenges faced by students who serve in the military are often unique. Colonel Jason Guiney said that the skill sets developed in the army are not always transferable to civilian life.

New initiatives at Fanshawe will allow service members to study in fields that relate to their training and provide them with more job opportunities. To recognize the skills of military personnel, students enrolled in the program will graduate with a notation of leadership, something Colonel Guiney said is emblematic of their unique experience.

"We have a number of hard combat arms trades, like armoured soldiers, reconnaissance soldiers, and infantry soldiers," said Guiney. "And those technical skill sets are necessarily transferable. So an institution like Fanshawe allows the soldier-in-transition to civilian life, get a new trade."

Also present at the signing was Colonel Joe Robinson, who is the commanding officer for the 31 Canadian Brigade Group. He oversees much of the military in Southwestern Ontario, and said that the new memorandum will hopefully lead to other colleges building connections with Canadian Armed Forces.

"Fanshawe, with the leader-



CREDIT: HANNAH THEODORE

A new memorandum of understanding will help Fanshawe provide better support to military personnel.

ship of Mr. Devlin, has been the primary institution that has come forward with wanting to make those connections with the military," said Robinson. "Certainly, we hope that this could potentially go into other institutions but Fanshawe has definitely led the charge

with this initiative."

For Colonel Guiney, the memorandum is a way for Canada to give back to its armed forces, and both Fanshawe and the Canadian Armed Forces are hoping the new connection will be mutually beneficial to both parties.

"It's very heartwarming to see Canada giving back to its soldiers," said Guiney. "It's nice to see the academic community at large take an interest in its soldiers. I see this as an informal social contract between soldiers and Canadian society."

New research fund helping develop students' digital marketing skills

Hannah Theodore
INTERROBANG

A new competition co-funded by Northern Commerce and Fanshawe College is giving students the chance to put their digital marketing skills to the test.

A selection of students enrolled in the business administration marketing, marketing management, and honours bachelor of commerce (digital marketing) programs will all take part in a two-month long challenge. They will be required to put together a digital marketing campaign for a participating local business.

Liz Gray is a faculty member of the Lawrence Kinlin School of Business and will be overseeing the competition.

"We have about \$7,000 that is spread across fourteen teams that are working with small businesses in the London region," said Gray. "Each team has \$450 in cash that they can choose to spend on Google and/or Facebook to drive website traffic for the organization with whom they have been partnered."

Due to the funding from Northern Commerce, Gray said the students will be able to get hands-on experience that they may not have been able to get otherwise. Gray said that this hands-on training will be highly beneficial to students in

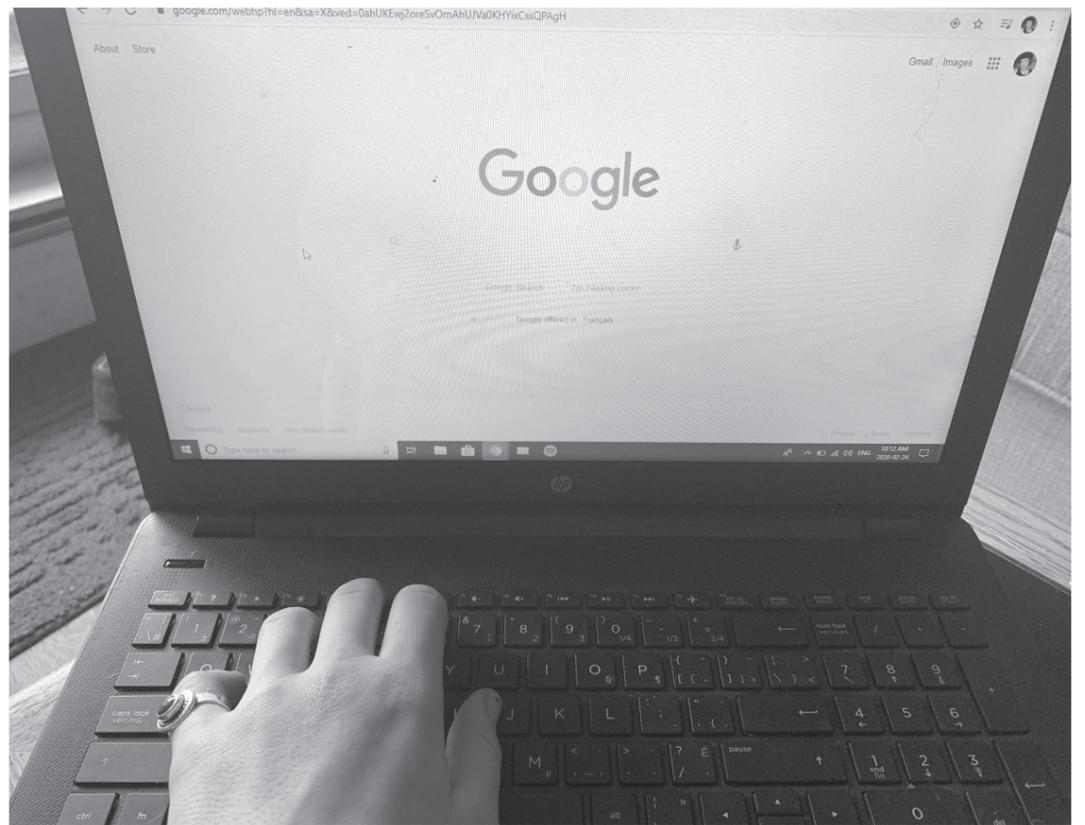
their pursuit of a career in digital marketing.

"They're all approaching graduation and many of them are looking to work in digital marketing," she said. "So they're able to go into an interview and say to a prospective employer, 'I have run a campaign, I have spent money, I understand the way that the live, real time digital ads auction works.' And that goes a long way to ensuring employers that they can sort of hit the ground running and they would not as much onboard training as other candidates would because they're already familiar with how the platforms work."

The businesses taking part are wildly diverse, ranging from a local florist to a massage therapist to an escape room. Gray said that this means the way teams are judged will be affected.

"I'm working with the panel of judges to determine what the criteria is that will be used to determine what is better than the other," she said. "In the real world, you take a look at your return on your investment. The only problem with the competition is that it's not that easy because we have such a diversity of clients that we're working with."

Gray said it may be hard to judge the traffic generated for a massage therapist compared to a flower shop, but that the overall use of the



CREDIT: HANNAH THEODORE

Students involved in the competition will receive hands-on training that will put them a step ahead as prospective employees.

\$450 budget by the students will likely be taken in account, as well as improvements to search engine optimization tactics over the two-month period.

The final step in the competition will be a presentation of the students' campaign at the end of the two-month period, before a panel of judges from Northern Com-

merce. Students will learn directly from members of the industry, and garner a better understanding of what to expect in the working world of digital marketing.

2020 FSU CANDIDATES

PRESIDENTIAL CANDIDATE

Katyayini Thakur

Hey there!

My name is Katyayini Thakur and I'm currently enrolled in Level 2 of Health Systems Management program here at Fanshawe College. In the upcoming FSU elections, I'm running for President. I'm passionate about serving people and like to stay actively involved in the community. I believe I could make a difference!

A little bit about myself- Born and brought up in New Delhi, India but natively from Himachal, I'm a physician by profession. I went to medical school in China, where I was elected as the Cultural Presi-

dent, AHMU (2010-2011). Caring about people is a part of who I am. This is what led me to run for director in the FSU bi-elections last year and thanks to your love and unstinting support, I'm currently serving in that position.

Being a director has helped me gain invaluable insight and perspective on what the FSU can do for the students. You'd be pleasantly surprised. My primary agenda would be to make you aware of how the Union can advocate on your behalf, by increasing accessibility and bridging the communication gap between the FSU and the students. Other areas where I would like to bring about a change would be to in-

roduce healthier food options on campus, generate more job/volunteering opportunities inside and outside campus, and to decrease wait times to see a doctor at the campus clinic.

You came out and supported me in great numbers the last time and given the chance to re-serve you, this time as President, I would dedicate my heart and soul into providing each and every one of you with a fun and meaningful student experience here at Fanshawe.

Hope to get your support.

I care,

Dr. Katyayini Thakur



DIRECTORIAL CANDIDATES



Naznin Akter

"Leadership is the capacity to translate vision into reality"
-Warren Bennis.

Hi! Hope you are doing well. I am Naznin Akter running for FSU Election 2020 as a director. I am pursuing PG certificate in Construction Project Management currently in Level 2.

As the above quote says, a leader is one who will make the vision become reality. As a leader I choose to work together and make a lot of difference. My vision is to work for

the betterment of the falcon family. The current FSU leaders are doing great and as you all are waiting to welcome the new faces to the team, I would like to take this opportunity to express myself as a responsible and committed candidate and ensure everybody is heard. Some of the changes, rather improvements that I would like to bring to the campus are to increase eatery options, café or maybe all together more restaurants. Summer is around the corner, why not have some fun out in the sun? Organize ample number of events such

as camping, trails to make the season memorable. I believe in multiculturalism and would arrange events to promote interactions amongst students and work alongside Student Wellness Services to create better access to counselling services. The possibilities are many. I will ensure that your voice is heard so that we all win from within. Serving for Falcons. Soar High because sky is not the limit.

So falcons! Its your vote. Take control.



Cole Ayerst

Hello,

My name is Cole Ayerst, and my friends like to joke that I am the most active student at Fanshawe College; over the last couple years I have become quite involved in campus life. I help, listen to and get involved with students through a number of ways including being the Chair of the Board of Directors for the Fanshawe Student Union, peer tutoring, volunteering at the campus food bank (The Sharing Shop) and

being a student ambassador for Reputation and Brand Management of Fanshawe College.

but if I had to describe myself, I would say I am a student working on getting my degree in digital marketing. Community is very important to me and I believe in leaving it better than you found it, because of this I take great joy and responsibility in helping my fellow students. I do this through being the Chair of the Board the Student Union, peer tutoring and volunteering at the campus food bank.

Jaylan (Tyler) Harvie

Zayaan Zakir Madari

Malik McNish

Vishal Parmar

Vijay Rama Raju Kunaparaju

Prateek Sahni

2020 FSU CANDIDATES

DIRECTORIAL CANDIDATES *CONTINUED*



Bhagalaxmi Bishoyi



Lisa Castano



**Lakshmy Trikkur
Muraleedharan**



Pruna Yadav



Kaivalya Dahale

"Leadership is not about being in charge. Leadership is about taking care of those in your charge."

Hello Fanshawe,

I am Kaivalya Dahale (KD), Mechanical engineering graduate currently pursuing my second semester in Practical Elements of Mechanical Engineering. I

am running for the position of Director in the upcoming elections.

Being involved in the volunteering activities has given me opportunity to understand my passion for helping people. Impacting people has become my goal through which I feel contented. My agenda is to create as many opportunities as possible for student engagements and success.

My vision includes:

- Remove breaks from the schedule so that student leverage their time efficiently.
- Provide scholarships to as many students as possible.
- Organize events with a focus on integrating different cultures.
- Permitting food coupons to be used in food spaces in the college.

If my goals touch your concern please contribute your support, because you deserve more.



**Allan Saji
Chakkupurackal**

"Not the cry, but the flight of a wild duck leads the flock to fly and follow"

Hey falcons,

I am Allan Saji Chakkupurackal, currently pursuing Computer Systems Technician. I am running for the Director's position in the Fanshawe Students Union Election.

My aim is to lend a helping hand to the needy ones, tackle through their problems and to resolve it. My leadership experience back in India as the head boy heading numerous cultural and other activities of my school would surely help me to serve well for this position. I love to take up responsibilities and to work for the student's union.

Students in their busy life requires some time for entertainment and other co-curricular activities. There are lots of students who face hard to find jobs on both full time as well as part time. I ensure my fellow being that if I get an opportunity to be posted as a director, I will surely bring a change to the present situation and try to increase the on-campus hiring's.

I consider this as a great opportunity to represent and help my dear friends. So, I request each and everyone of you to give me a chance of proving me the best and to implement my aims.

"Allan for Reform, Allan for Change".

Staceyann Stanley

Hello my Fellow Falcons!

My name is Stacyann Stanley, nominee for the position of FSU Director 2020/2021. I am from the beautiful sunshine paradise of Jamaica and currently a first-year student enrolled in the Business Di-

ploma, Logistics and Supply Chain Management. I am a registered Pharmacist by profession and having worked in a fast-paced, customer driven environment has allowed me to hone my multitasking, prioritizing, problem-solving and communications skills. I have also learnt to work effectively under pressure, and I live by

the mantra, "Only your best is good enough".

I believe it is vital to empower the student body with a voice that will stand up for their rights and I hope to form part of a visible and approachable representative body. My platform stands upon three pillars: Informed Progressive

Discourse, Genuine Representation and Integrity; as well as one overarching goal, Respectful Transparency. Above all, I would like the opportunity to get to know what students really want from college and how to go about making it happen. I will serve the student community always to the best of my ability should I be elected.

Judgement days: Where do we stand?



Michael Veenema
RELIGION

Jean Vanier was a sexual predator. Justin Trudeau is soft on protestors. His Liberal party betrays First Nations people. Bernie Sanders is a socialist. Environmentalists want to destroy the economy. Donald Trump is an idiot. Harvey Weinstein is a monster. Don Cherry is a xenophobe. These are some of the judgements that have filled our media spaces in recent times.

And chances are that over a coffee or something stronger we'll be talking about the people named in these judgements.

"What do you think of the Tyendinaga protestors?"

"Too bad about Vanier: another hit to the Catholic Church."

In these days of judgement, we should think about our rush to pronounce judgement on others. That rush is, I think, revealing, revealing in two ways.

First of all, our tendency to judge others strongly hints that we live in a moral universe. Some people claim that we don't and that we make up our own values. But our eagerness to judge others betrays an underlying conviction that there are ethical and moral

standards that people may not violate.

When we pronounce judgement on someone, we usually do not mean that they have transgressed some personal preference that you or I may have. We mean that they have done something that is wrong, and that the wrongness of that action is non-negotiable. Second, the flood of judgement upon others reveals our desire to put the blame for our troubles on someone else.

Canadian author David Adams Richards once wrote, "No one will throw the first stone. But everyone will throw the second."

He meant, I think, that we all have a hidden desire to blame others for the difficulties in our lives. It only takes one person to throw the first stone of judgement for others to join in.

This is not to say that people should not seek justice. And justice involves making judgement calls about what we see happening around us. But it does mean that we should not thoughtlessly assume that what we hear or read about someone is absolutely true.

Jesus had an interesting way of addressing our tendency to judge others. He revealed that our desire to condemn the other can often go hand in hand with an aversion to examine our own lives.

"Why worry about the dust in our neighbour's eye when you have a plank in your own?" he once asked.

With this saying he demanded not judge-



CREDIT: KOKOUU

Opinion: In these days of judgement, we should think about our rush to pronounce judgement on others.

ment, but self-examination. Or, to put it another way, he allowed some judgement. But mainly judgement in the form of looking in the mirror.

When we examine our own lives, we may find out that we violate our own moral standards. In fact, it's pretty much guaranteed

that you do not live up to the standards you want others to live by.

And so, it turns out, that we are more like the people we want to judge than we are different. They are typically better than we are inclined to think. And we ourselves are typically worse than we are inclined to think.



Illustration by Dylan Charette

— Neale Donald Walsch

fsu.ca/mental-health

Why care about self-care?

Ilhan Aden
INTERROBANG

Take care of yourself, be kind to yourself and watch over yourself.

We have heard and continue to hear variations of this sentiment throughout our life; words meant to guide us through our trials and tribulations. Typically, it's followed by the importance of self-care and taking time for ourselves.

Great words to live by in theory, but what is self-care and how do we actualize it in our own life?

In its essence, self-care is simply taking care of yourself.

Fortunately and unfortunately, it was thrust into our everyday vernacular through social media. The widespread use of the term helped de-stigmatize the selfishness associated with taking care of yourself. However, slowly morphing into a buzz word, self-care became one dimensional in its definition through the popularized experiences of others.

Self-care isn't a spa day, a shopping spree or eating your favourite dessert. It is a tool meant to nurture your mind, body and spirit. It's time you take and a space you create to regroup, relax and re-energize.

What that looks like will be different for everyone, emphasized by the *self* in the self-care. That isn't to say you can't be inspired by the experiences of others but, it's far more impactful to deconstruct your own experiences when sharpening this tool.

To begin, schedule time for yourself, be it 10 minutes or an hour.

Our minds are constantly active throughout the day and now with our many devices, we're never really alone. That constant engagement can weigh heavy on us all so, it's important to forcibly make quiet time.

In that quiet space, sit with yourself and your thoughts and learn from your past experiences.

Analyze activities that catalyze happiness, joy and laughter and begin scheduling time to experience them again. Regardless of the activity, understand why it makes you feel better; this will help when searching for new approaches to self-care.



CREDIT: LAM LE

Opinion: "Self-care" is more than a buzz word.

Self-care isn't always the act of doing something, sometimes it's doing nothing.

Learn what you don't like and limit the time you spend doing it. Understandably, most of us don't have the luxury to stop everything and take an extended break when need be, but it is important to limit the time

we spend unhappy.

The power in self-care lies in your ability to schedule. As tedious as it can be, it does help build the discipline and consistency required to maintain a balanced life.

There is no one-size-fits-all rule book to self-care, instead its mixture of trial and

error requiring constant self-reflection and analysis.

Just like any other skill, it takes time to build so be patient.

In the meantime: take care of yourself, be kind to yourself and watch over yourself.

What does Weinstein's verdict mean for survivors?

Lubna Shaikh
INTERROBANG

Is this a 'hallelujah' moment, or a moment that should have happened a long time ago, almost three decades back?

Nevertheless, the much-disgraced former Hollywood producer, Harvey Weinstein, was found guilty on two counts of sexual assault on Feb. 24.

The outcome is seen as a landmark moment in the #MeToo Movement, which was spurred into global awareness after allegations against Weinstein were first reported in October 2017. More than 90 women accused him of misconduct ranging from non-criminal harassment to forcible rape. Yet prosecutors brought charges on behalf of only two women. Yes, only two.

The two charges against Weinstein, 67, are of third-degree rape and first-degree criminal sexual act. He was cleared of the most serious count of predatory sexual assault but faces up to 25 years in prison. Is this justice for the 90 or so women who came forward? I think not.

One accuser, Miriam "Mimi" Haley, a former production assistant who had worked

for Weinstein, claimed he assaulted her at his apartment in 2006. The jury found that Weinstein forced a sex act on Haley. The charge can be anywhere from five to 25 years.

The charge of rape in the third degree came from Jessica Mann, who is now being named publicly. That charge came with sentencing guidelines of probation up to four years.

Despite the guilty verdict, the Weinstein trial is also, in a way, a warning to victims, illustrating the extreme difficulty of prosecuting men for sexual assault. Perhaps most significant, the Weinstein case provides a preview of prosecutions to come in the #MeToo era.

After a person is assaulted, they have a series of challenges and struggles ahead of them. The first one being whether or not they should come forward and tell their story at all. This one decision could change their life forever, starting them on a path that might expose their worst or most terrifying moments to the world, and force them to relive them day after day. The ugly and horrifying truth is that the system is designed against victims and that's why three out of four women never report an assault, according to the Rape, Abuse & Incest National Network, or RAINN.



CREDIT: KAMELEON007

Opinion: The Weinstein trial demonstrates the extreme difficulty of prosecuting men for sexual assault.

Only a small number of rapes result in reports. Only a small number of reports result in arrests. Only a small number of arrests result in a prosecution. Only a small number of prosecutions result in a conviction. The small

number only gets smaller. Unfortunately, this formula is mirrored not only in the West but also across the globe where victims of sexual assault suffer in silence — because what's the point?



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Letters to the Editor: fsuleters@fanshawec.ca



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FANSHAWE

Netflix Fix of the Week: *Babies*

Lubna Shaikh
INTERROBANG

Excuse me while I make a trip to Costco to find one of those for myself.

You think life is complicated? Wait till you go inside the mind of a baby. *Babies*, Netflix's newest release, is all about tiny, adorable, freshly baked humans. Besides being unbearably and freakishly cute, this six-part docuseries tediously explores the science of infant development.

Filmed over three years, *Babies* follows the early months of 15 newborns and elucidates the research of 36 scientists — yes, you need that many scientists to study a brain that tiny. The show follows the development of a select, cross-continental group of infants as they develop from their opening days after birth through their many early developmental milestones. One by one, each successive newborn is introduced, along with their parents, spread out across the world.

Each episode of *Babies* intersperses adorable footage of babies doing baby stuff — sleeping, nursing, crawling — with numerous scientists presenting their work on baby topics like, well, sleeping, nursing, and crawling. Though there are numerous shots of babies, some would say (me) there's way too much screen time given to the scientists.



CREDIT: NETFLIX

Get ready for a dose of cuteness we all need in our boring lives.

The first episode focuses on love and the biology of bonding and how caregiving, social interaction and stress can show physical changes in both parents and newborns. It features Ruth Feldman, professor of developmental social neuroscience from Tel Aviv, who shows us what happens in our brains when we fall in love with our babies. She discovered that oxytocin levels increase in the first month not just in mothers but to an identical extent in fathers, meaning fatherhood is way more deep rooted in the biology of a man than we thought.

The next five episodes focus on other milestones, like a baby's first food, crawling, first words, sleep and first steps. Another episode featuring professor Susan Lynch from San Francisco found that

babies living with dogs and cats are better protected from developing asthma and allergies. Like we need more proof that dogs (and cats, meh!) are a gift from God and we don't deserve them.

My suggestion? Ultimately, *Babies* is a lovely inclusive celebration of humans in their most compact, adorable form that you cannot take your eyes away from. It's informative and eye-opening, yet you don't have to have your own baby to appreciate it (phew).

I'd suggest you to come for the babies but stay for the hard science behind them and their primitive years. Even though non-parents may not gain a lot out of this show but you can always consider this as research for another chapter of your life.



HEALTH & FITNESS

Katherine Ricca



CREDIT: ZORANM

The nutrition label is there for your health, so read up.

What should you look for in a nutrition label?

Nutrition labels can be a great source of information when consumers know how to read them and what information to look for.

Today, I will guide you on what information is required by law on both the nutrition facts label and the ingredient list. Afterwards, I will explain the top five things to consider when making healthy food choices on packaged foods.

Nutrition labels in Canada have minimum requirements by law. According to canada.ca, most packaged foods are expected to provide the consumer with a nutrition label and ingredient list (with a few exceptions).

A nutrition facts label is required to show the consumer the serving size, and the corresponding calorie content and percentage of daily value of that serving size. It also must contain the 13 core nutrients; fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium, and iron. Some nutrients are made optional to include such as; potassium, folate, vitamin B12 and many others.

Some examples of foods that are not required to have nutrition labels include fruits, vegetables, raw meat, raw seafood, raw poultry, foods processed in-store, and most alcohol.

The ingredient list of packaged foods also have requirements by the government. There are complex regulations in regards to ingredient lists, but the essential take away for the general consumer is that ingredients must be listed by a common name in the order of what is most present/prominent in the food to the least (inspection.gc.ca).

What should you look for when reading a nutrition label? Here are the top five things to consider for making the most informed and healthy choice when it comes to packaged foods:

Start with the serving size: Here you will find the amount of food that the food company considers to be one serving. It might be provided in grams, measured cups, fluid ounces or the number of pieces. Compare this informa-

tion to what you would typically take as a serving. For example, if the serving on the package is one cup and you typically eat two cups, then you are ingesting double the nutrients listed on the label.

Aim for sugars in single digits: While keeping the serving size in mind, aim for foods that contain 10 grams or less of sugar. Even if it's sweetened with honey, dates or other so-called natural sugars.

Stick to foods with less than 10 ingredients: Ingest foods that are simple. More than 10 ingredients often means the food is processed, higher in salt, fat and/or sugar and may contain additives, chemicals, artificial colours or other ingredients that our bodies simply do not need.

What is the first ingredient and can I pronounce the others? The first ingredient is typically what is most present in that food. Surprisingly, in many packaged items the first item might be sugar, saturated fats or sodium. Look for protein, or fibre/grains as the first ingredient. Additionally, can you pronounce all of the other ingredients? Ingredients that you cannot pronounce are likely to be food additives or artificial sweeteners.

Per cent daily values are a guide: "% DV" on a food label is based on a 2,000 calorie per day diet; which may not be suitable for everyone. Some individuals may need more or less than 2,000 calories and/or more or less than 100 per cent DV recommendations. Generally, things that are listed as five per cent or less is considered *low*; aim for low saturated fat, trans fat, cholesterol and sodium. Things that are listed at 20 per cent or above are considered *high*; aim for high vitamins, minerals and fibre.

Utilize this list of key elements to take into consideration when buying packaged foods next time you go shopping. It may assist you in making smarter and more informed choices when choosing healthy foods to buy.

Katherine Ricca is a full-time fitness consultant at the Student Wellness Centre.



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Leap year traditions and superstitions

Salma Hussein
INTERROBANG

Once every four years, February gains an extra day to its month, making our usual 28 days of February to 29 days instead. And yes, you checked right, this year has 366 days! The leap year is known to be a lucky omen, bringing many successes on the lucky Feb. 29. However, there are some superstitions and old customs that dictate the day to be unlucky. With the help of thescotsman.com and bestlifeonline.com for research, let's take a look at some traditions and superstitions surrounding the quadrennial occurrence.

1. It's time to get hitched, ladies!

If you have learned anything from the movie *Leap Year*, it is that on the 29th of February women can ask their loved ones to marry them, and if they say no, Scottish tradition says the man should be fined, with either money or expensive silks. In Denmark, refusal costs a man 12 pairs of gloves that must be given to the "scorned" woman. The gloves are to be used to hide your finger that bears no ring. Well, at least you'll be warm when you get a cold hard rejection. Ouch.

2. Hold the baby in until March

Scottish superstition believes that giving birth on the 29th of February is bad luck; the day is compared to Friday the 13th, which is also seen as an unlucky day. Also, some Scottish people believe that if you're born a "leapling," your life would be full of ongoing suffering. Yikes!

3. Wait! Maybe you don't need to hold the baby in!

Some Indian and Scottish beliefs view being born on February 29th as lucky because the chances of being born on this day are 1 in 1461. Pretty wack chances, but you're automatically in the Honor Society of Leap Year Day Babies club. Some astronomers even believe that if you're born on the leap day, you will have unusual talents! So, soak in the luck if you're a baby leaper.

4. Don't get married or divorced

Proposing to a man on the leap day is 100 per cent OK, but don't get in any hurry to marry the love of your life on the same day! The Greeks believe that getting married on the inauspicious leap day is extremely unlucky and if you divorce on the leap day, you will never find love again. So, avoid any paperwork, and wait until March 1 to either get married to the love of your life or divorce your former love to

Once every four years, February gains an extra day to its month.

find a new one.

5. "Leap year was never a good sheep year"

Some Scottish farmers worry about their livestock during the leap year due to the old saying "leap year was never a good sheep year". So, if you're herding any sheep or cows, be extra careful of black cats or breaking mirrors so you don't bring any bad luck to your farming animals.

6. The leap second

The leap second has occurred 27 times since 1972. The leap second is an added second to the length of the day to adjust the pulls of the sun and moon affecting the rotation of the Earth. The last leap second happened at midnight on Dec. 31, 2016. Unlike the assured occurrence every four years that is the leap year, the leap second is not as predictable. The next leap second is said to oc-

cur on June 30, 2020. So, watch the clock this coming June; count the seconds, and you might find an extra one!

7. La Bougie du Sapeur

There is a newspaper in France that is only published every four years on leap day. La Bougie du Sapeur (sapper's candle) is a comical French newspaper published in 1980, and since then only releases an issue every four years. Even though it is the least frequently published newspaper of all time, it sells 150,000 copies each time it is

released. If you're in France on Feb. 19, perhaps for a Valentine's Day extension vacation, make sure to get yourself a copy of La Bougie du Sapeur.

8. Leap year capital of the world

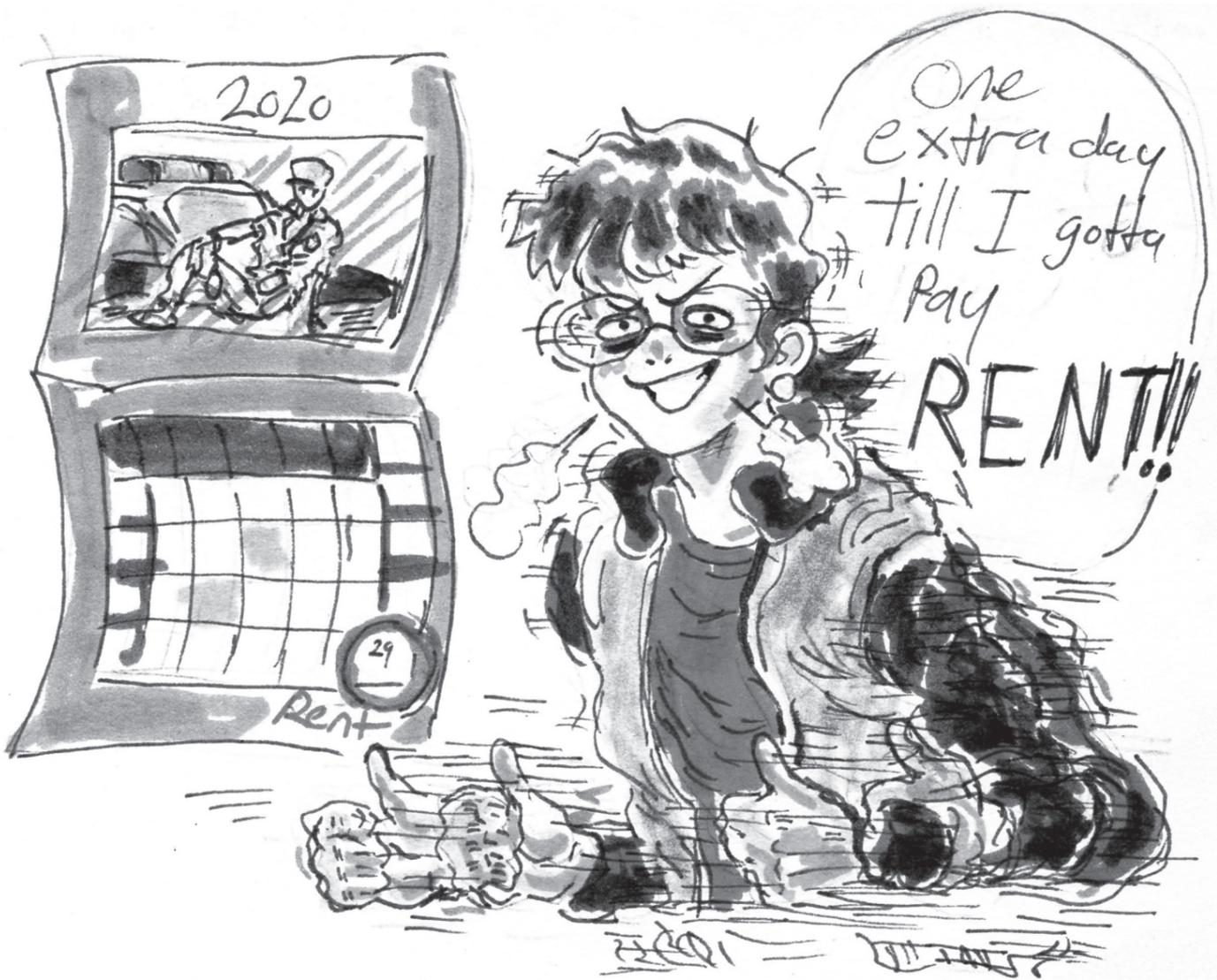
Make your way to Anthony, Texas this coming leap day to have the best birthday festival for leapers in the self-proclaimed "leap year capital of the world". On the day, a birthday festival is thrown for the leapers to celebrate their unique birthdays. If you're a member of the Honour Society of Leap Year Day Babies, pay

the leap year capital of the world a visit to have some birthday fun.

If you happen to forget the days of the month, or when the leap year happens, here's a fun old saying to remember the crazy day that pops in our calendar every four years:

*Thirty days hath September,
April, June and November;
All the rest have thirty-one,
Excepting February alone
Which hath but twenty-eight, in fine,*

Till leap year gives it twenty-nine



CREDIT: DYLAN CHARETTE

Album review: Justin Bieber, *Changes*

Savannah Bisailon
INTERROBANG

On Valentine's Day, Justin Bieber released his fifth studio album *Changes*.

This album is very distinctive from his previous albums. Just from the first listen, I can tell that he had grown as an artist. With this album he stepped away from the pop genre and graced us with a more R&B-type sound, consisting of 16 songs and running a total of 48 minutes long.

The first song on the album is called "All Around Me," which showcases his debut away from pop music. I enjoyed listening to this song because I was able to hear more in his vocal range than I ever had before. Through this album, Bieber wanted to prove to his audience that he has grown as a person and more importantly as an artist. With this as the first track, we as an audience are able to really hear the depth in his persona and that his work now has a new meaning to him.

I believe the opening song on an album defines the whole album, and this song opened a whole new horizon for me. Next on the album are three more R&B songs called "Habitual," "Come Around Me," and "Intentions." Even by just

looking at the titles we can tell that these songs have more meaning behind them.

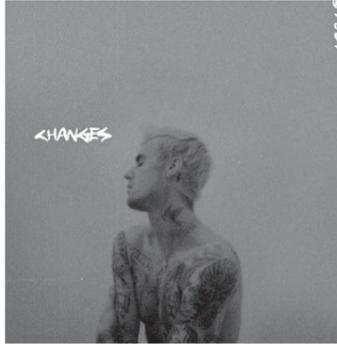
The fifth song on this album is a pop song called "Yummy." This song is one of the catchiest songs I have heard in a long time. It steps away from his serious side and gives us a taste of the old Bieber.

This song got stuck in my head so easily. Comparing this song in contrast to the 13th song on *Changes*, we see a huge level difference between the dynamics of his vocal ability and overall lyrical ability.

The song "Changes" is about how Bieber is going through changes as a person. When he started his career as a musician, he was just a young teen whereas now he is in his mid-20s and has recently gotten married. This song talks about the changes he has gone through.

One of my personal favourites on the album is called "Second Emotions" featuring Travis Scott. The song has a lot of great melodies and has a great rap part about two minutes in. There is some use of autotune but overall, he steps out of the box with the song and brings in his happiness.

Overall with this album we see how much happier as an artist Bieber is and how he stripped back a little. In *Changes*, he stepped back



CREDIT: DEF JAM RECORDINGS
Changes are coming for the 'Biebs.

from the autotune and I am able to respect him more as an artist for that.

When going back and listening to his first single "Baby," I hear such maturity in his voice. Before comparing his older music to his newer music, I couldn't hear a difference but when I actually sat down and listened to this album and then jumped back into his older music, I could hear a huge growth in his voice.

Personally, I feel like this album really distinguishes him as an artist and I no longer feel like he is not a valued artist. After listening to this album, I found a new respect for him and I cannot wait to see what he has in store for the years to come.

SUSTAINABILITY BULLETIN

Katrina Carr Marcelo



CREDIT: CIMMERIAN

Indifference is a disaster in the making, and there is no Planet B.

Climate indifference: A state of emergency

We all say we are "fine," but are we really?

The movie *The Italian Job* has a great acronym for the word: "Freaked Out, Insecure, Neurotic and Emotional." I say that is an apt description. I would rather err in the side of caution than be indifferent. For sure, apathy is a recipe for disaster for sustainability.

We are not OK. The end of the world feels near.

We are experiencing record-breaking heat and cold waves. The warming air and ocean temperatures are increasing glacier ice melt, while the hurricanes we experience today are of a magnitude never seen before. New diseases are emerging, such as the novel coronavirus. Our technology, overpopulation and industries have weakened and altered our once robust ecosystems.

We have angered Mother Nature. In retaliation, she is now fighting back, and we only have ourselves to blame. Hell is upon us and we cannot feign ignorance anymore. Our inaction is the biggest danger; our biggest liability, ourselves.

Science is telling us that the effects of climate change will only get worse the longer we delay action. The 2016 Paris Agreement says we have until 2030 to cut our carbon emissions in half to get half a chance of staying below a 1.5-degree Celsius global temperature rise, above pre-industrial levels.

This statement is alarming. First, a 50 per cent chance. We are leaving our future to a flip of a coin. We are putting everything on the line and leaving it to chance. Second, even a half degree in temperature rise is a big deal. A 2016 study by the European Geosciences Union states that at two degrees Celsius, the chance of recovery vanishes. In this scenario, tropical corals will be virtually wiped out by the year 2100.

In a Sept. 18, 2019 speech delivered to the US House of Representatives in Washington, D.C., Greta Thunberg said: "We only have 360 gigatonnes of carbon dioxide left to emit." Based on the University of Calgary's Energy Education web page, a gigatonne is equivalent to 3 million Boeing 747 jets.

According to climate-transparency.org, the average amount of greenhouse gas emissions per capita among the G20, a group of

nations with the most advanced economies in the world, is 7.5 tonnes. Canada's emissions per capita are at 18.9 tonnes.

In addition, we have four times the G20 average for emissions per person from transportation, and more than twice the average emissions from buildings. The numbers may change, but the fact that there is a number above our heads should give us some pause. Better yet, it should make us squirm in our seats. We must stop being oblivious, while a cloud of apathy hovers above our heads. This is an existential crisis. There is no Planet B.

The following decades will be crucial. We must break out of past patterns. Stability will only be secured with change, and it can only be maintained with sustainable development. We must not compromise the Earth's ability to provide for future generations.

Contrary to popular belief, sustainability is not merely about caring for the environment. It is so much more.

Fanshawe's website states: "Sustainability incorporates environmental, social, economic dimensions that support human well-being, economic prosperity and environmental health over time." Hence, sustainability is all-encompassing. To get the results we need to survive, we must transform. We cannot go about our daily lives expecting a different result. The world is changing, and so should we.

Personal transformation, a general shift in consciousness and behaviour, is now a necessity. Be aware of your ability to make connections with people, and to empathize with their situations. At the same time, be aware of who you are and what you want.

Be resilient. Vote with your wallet. Divest from fossil fuel investments. Advocate for Indigenous peoples. Push the federal government to make good on its commitment to exceed its 2030 emission goal and achieve net-zero carbon emissions by 2050. Fight and stand up for a chance at a prosperous future.

There is no more room for apathy. We must make Earth our priority because the countdown has already begun.

We are not fine. We won't be okay, until you do something about it. Fight today for a better tomorrow.

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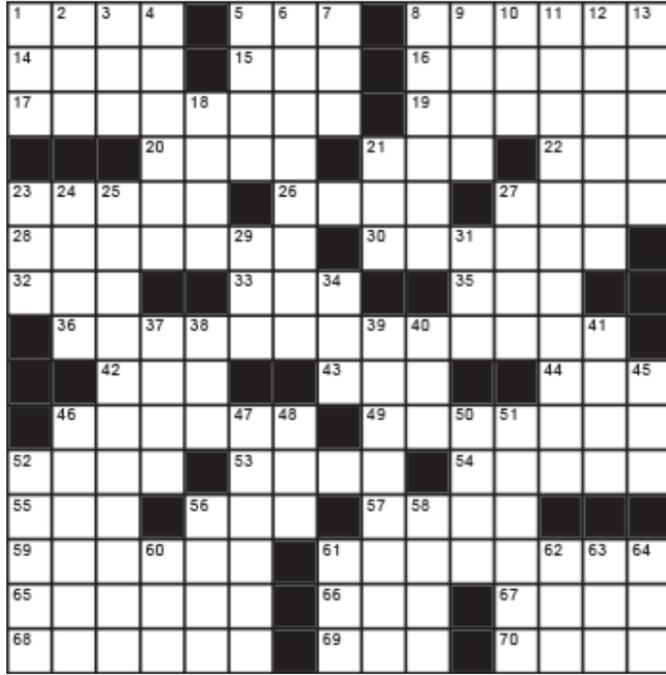
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CROSSWORD

ACROSS

- 1. Parker of "Old Yeller"
- 5. ___ Paulo, Brazil
- 8. Luminous
- 14. Poker payment
- 15. Legal scholar's deg.
- 16. Money held by a third party
- 17. Olive-based hors d'oeuvre
- 19. C2H6
- 20. Eastern discipline
- 21. Disco owner on "The Simpsons"
- 22. Navy officer (Abbr.)
- 23. Bean on the screen
- 26. European thrush
- 27. Minimum-range tide
- 28. Toyota SUV
- 30. Title word on many books of fables
- 32. Sorority letter
- 33. Letters on a Cardinal cap
- 35. Vane direction
- 36. Encyclopedia volume on tailoring?
- 42. Country butter?
- 43. XP forerunners
- 44. Pasta suffix
- 46. "Get a move on!"
- 49. Partnership. slangily (with "in")
- 52. ___ mortals
- 53. Sighed line?
- 54. Town evoked in many a sex law
- 55. "I love," in Latin
- 56. At the center of crime?
- 57. Barber's job
- 59. One who's now right-brained?
- 61. Isolate
- 65. Altogether
- 66. U. S. soldier's fare, for short
- 67. Get one's ducks in ___
- 68. "Pride and Prejudice" author
- 69. Small batteries
- 70. Bindle bearer



DOWN

- 1. Obese
- 2. "Bambi" character
- 3. Fuel additive
- 4. "Bye!"
- 5. Smeltery refuse
- 6. "Power, Pasta & Politics" author
- 7. Poem of praise
- 8. Bug on the road?
- 9. Alphabet run
- 10. German pronoun
- 11. Thanksgiving time?
- 12. Civics, e.g.
- 13. Dweeb
- 18. Toddler's "Don't touch"?
- 21. Mrs., in Mexico
- 23. Where die Sonne rises
- 24. Enlarge, as a hole
- 25. Radical results?
- 27. Socially unacceptable
- 29. Occupational suffix
- 31. French pronoun
- 34. K-O connection
- 37. Time out?
- 38. Mickey Mouse's beginnings?
- 39. Latin phrase used listlessly?
- 40. Matter of fact introduction?
- 41. Opposite of exo-
- 45. An end to alcohol?
- 46. Old frozen dinner brand
- 47. Get closer to the leader in a race
- 48. Big name in current research?
- 50. Early Chinese dynasty
- 51. Two notes from a tuba
- 52. Craze
- 56. In an unthinking way (with "by")
- 58. In an unthinking way
- 60. Bunk
- 61. Wee, to a Scot
- 62. Nigerian tribesman
- 63. Take the wrong way?
- 64. What's due in Venice?

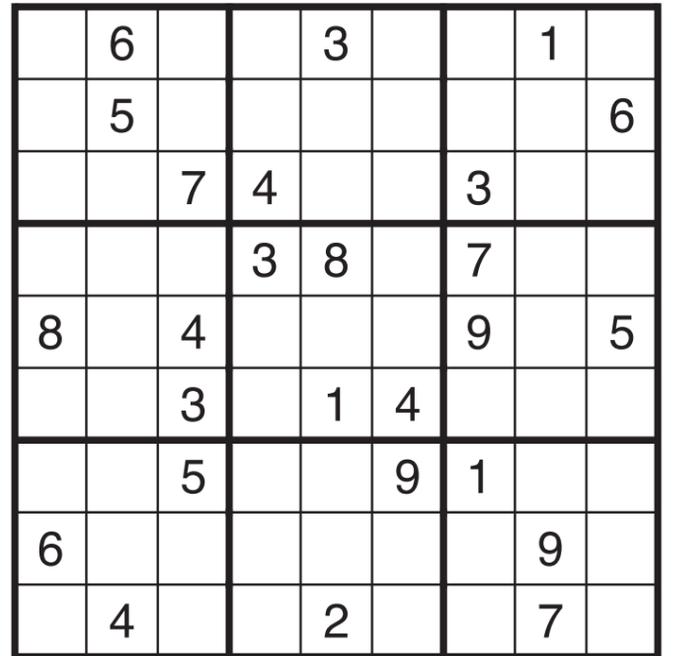
WORD SEARCH



CANADIAN PRIME MINISTERS

Diefenbaker	St. Laurent	Martin	Trudeau
Borden	Campbell	Turner	Meighen
Abbott	Clark	Pearson	Thompson
Harper	Laurier	Tupper	Bowell

SUDOKU



Puzzle rating: Very hard

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

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
												13													3

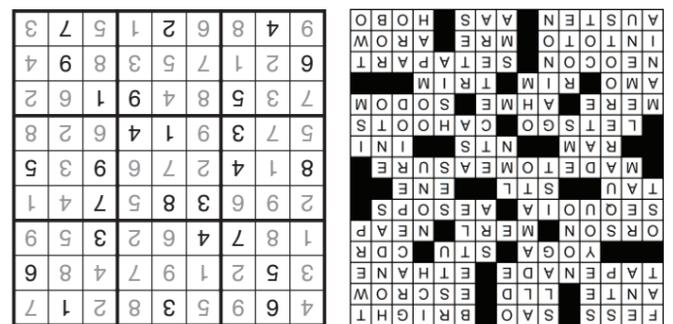
“ 24 21 23 7 9 26 7 25 21 24 12 25 19 ”

21 1 24 5 4 3 1 26 5 18 26 13 6 2 22 7 2 16

” 8 22 26 15 7 24 19 23 .

13 7 22 24 7 5 5 26 3 24 19 19 24 7 13 23 6 5

PUZZLE SOLUTIONS



— *Marianne Williamson*
 „It's a beautiful thing when democracy prevails.“

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Every Friday

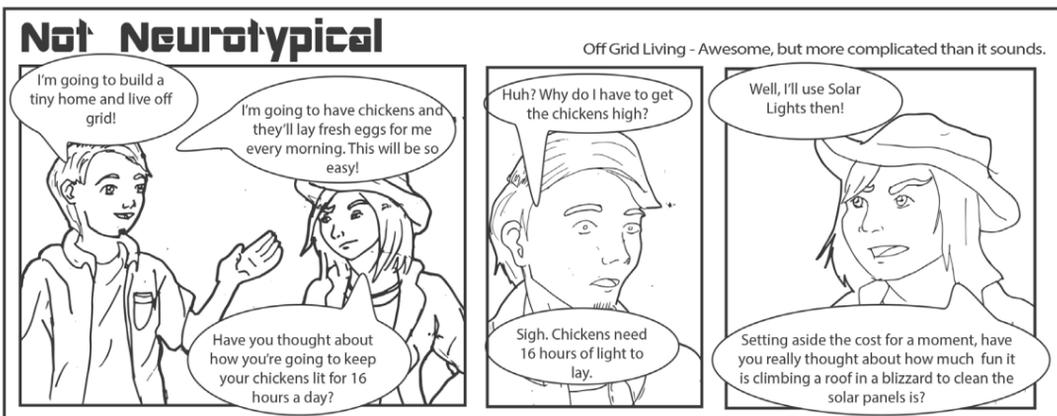


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Aries

Take in what everyone else does and says this week, but don't share personal information or your opinions for the time being. Spend more time figuring out what you want to do and how best to go about it before you present your plans. Use your charm to get your way. If you let your emotions take over, someone will criticize you for your vulnerability and lack of professionalism.

Taurus

Head into the future with ideas, optimism and desire to fulfill your dreams. Use your voice to gain support and your actions to bring about change. Learn from the past, and pay attention to detail. Know your limitations and your strengths. Physical risks, indulgent behaviour and lack of discipline will lead to exhaustion and weakness. You can make adjustments if you are open and honest about your intentions, feelings and what you want to pursue.

Gemini

Keep a close watch on people who are asking for too much. Question any information that doesn't sound right. Don't engage in gossip, schemes or anything that might hurt your reputation. What you put out is what you'll get back. Be kind, do good, and you'll receive good. Spend more time taking care of your physical needs. If you are tired, rest. Give yourself a chance to regain strength before you embrace another challenge.

Cancer

Reach out and touch someone with kindness and you will start a chain reaction. What you are willing to do for others will set a standard amongst your peers. Be a positive role model, and your world will become a better place. Emotions will flare up if you try to make changes that someone doesn't want. Take the time to get input from others and to make adjustments to your plans to avoid interference.

Leo

Protect against injury. Don't take unnecessary risks or put yourself in a compromising position. Your reputation and success will depend on your ability to get along. Listen, evaluate and make reasonable changes that are beneficial to everyone affected by the choices you make. Use your charm to get your way. Doing your part to ensure everyone is happy will make your life more comfortable moving forward.

Virgo

Don't hesitate; a change will be useful for you. Whether it's geographical, personal or educational, the result will help move you in a direction that will improve your lifestyle. Mingle, engage in exciting conversations and be open to new beginnings. Don't pay for someone's mistake, and use common sense, regardless of what other people decide to do, and you will come out on top. Enjoy the moment; live, love and laugh.

Libra

Stay focused on what's essential until you take care of your responsibilities and finish what you start. How you react to others will make a difference in the amount you get done. Go forward with peace, be positive and do your best. An emotional situation will come to a head. Be honest about the way you feel, and refuse to let anyone put demands on you or your time. Be true to yourself, and move on.

Scorpio

Take everything in and be proud of what you've accomplished. Get back to what's important to you, and you'll flourish. Traveling, learning and sharing your thoughts with like-minded people will be uplifting. Personal growth should be your priority. Be careful when involved in physical activity or travel. Protecting against exhaustion or injury will help you avoid a setback.

Sagittarius

Fix up your place and enjoy your surroundings. Host an event, share with someone you love or make plans that will help eliminate any negativity in your life. Let the past go, and move forward with optimism, courage and a plan to do what's best for you. You'll feel good if you spend more time on personal improvements, health and diet. A romantic gesture will encourage you to spend more time with someone who brings out the best in you.

Capricorn

Take a different approach to the way you handle your money. It's time to update the way you do things and to take advantage of technology that can improve your life. Don't let love and emotions interfere in your financial affairs. Protect your assets. Don't feel you have to give a handout to someone who doesn't deserve it. Offer suggestions, but don't let anyone take advantage of you. A change at home will improve your life.

Aquarius

Don't let anyone confuse you. Be direct, ask for proof, select what you want in writing and leave nothing to chance. It's your responsibility to look out for your interests, so don't count on anyone to do that for you. Focus on personal improvement and financial gain. Take care of matters personally. Don't let someone from your past pressure you into something you don't want to do. Take the initiative to live your life your way.

Pisces

Enjoy participating in organized events. Be open to learning and applying what you discover to the changes you want to make in your life. A unique opportunity will result due to your innovative way of dealing with whatever comes your way. Refuse to be a chameleon. You don't have to do what others want if it doesn't fit into your plans. Don't feel confused or uncertain; listen to your heart, and do what feels right.

WEEKLY STANDINGS



Women's Volleyball
OCAA West Division Standings

Team	GP	W	L	PTS
y-Fanshawe	18	17	1	34
x-Humber	18	15	3	30
x-St. Clair	18	13	5	16
x-Niagara	18	12	6	24
x-Mohawk	18	11	7	22
x-Redeemer	18	8	10	16
x-Sheridan	18	7	11	14
Cambrian	18	4	14	8
Conestoga	18	3	15	6
Boreal	18	0	18	0

x - Clinched playoff spot
y - Clinched division

Men's Volleyball
OCAA West Division Standings

Team	GP	W	L	PTS
y-Humber	18	18	0	36
x-Conestoga	18	14	4	28
x-Niagara	18	12	6	24
x-Redeemer	18	11	7	22
x-Fanshawe	18	9	9	18
x-St. Clair	18	8	10	16
x-Mohawk	18	8	10	16
Sheridan	18	8	10	16
Boreal	18	2	16	4
Cambrian	18	0	18	0

x - Clinched playoff spot
y - Clinched division

Women's Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
y-Humber	18	17	1	34
x-Fanshawe	18	17	1	34
x-St. Clair	18	14	4	28
x-Lambton	18	11	7	22
x-Sheridan	18	9	9	18
x-Conestoga	18	9	9	18
x-Mohawk	18	7	11	14
x-Niagara	18	4	14	8
Redeemer	18	2	16	4
Sault	18	0	18	0

x - Clinched playoff spot
y - Clinched division

Men's Basketball
OCAA West Division Standings

Team	GP	W	L	PTS
x-Redeemer	20	15	5	30
y-Humber	20	15	5	30
x-St. Clair	20	14	6	28
x-Sheridan	20	13	7	26
x-Mohawk	20	13	7	26
x-Lambton	20	12	8	24
x-Fanshawe	20	10	10	20
x-Niagara	20	8	12	16
Conestoga	20	7	13	14
Sault	20	3	17	6
Canadore	20	0	20	0

x - Clinched playoff spot
y - Clinched division

Printed standings are reflective of February 24, 2020.

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

Falcons honour seniors at final home games

Skylar McCarthy
INTERROBANG

On Feb. 20, the Fanshawe Falcons honoured their five-year seniors before both the women's and men's basketball teams faced off for their final home game of the regular season against the Mohawk Mountaineers.

In the women's basketball game, senior shooting guard Mikhaila Wright (tourism and travel studies) and senior guard Chuot Angou (protection, security and investigation) were both honoured before the game for their work and dedication to the Fanshawe program. In the first quarter, Wright opened the game with seven points and five rebounds, making the score 21-11 at the end.

That's when Angou went on fire, scoring 13 points in just the quarter alone. She also made four out of five shots she took and made some free throws as well. The Falcons had a 46-30 lead at the end of the first half.

The Mountaineers however tried to come back in the third quarter, shooting 41 per cent and trying to chip away the team's lead, but Angou had something else on her sleeve, scoring an additional nine points. The score going into the final quarter was 63-51 for the Falcons.

Two more free throws in the fourth quarter for Angou set her for a new Fanshawe women's basketball record with the best free throw percentage in a season with 89.6 per cent. The game took a final close as the Falcons defeated the Mountaineers 84-64. The women's basketball team is now 17-1 and has won 14 straight games heading into the playoffs.

"This isn't our end goal," Angou said after the game. "Our next goal is to win Provincials and go back to the National Championship."

Wright, Angou and Natalie Warren (tourism and travel studies) are the highest scoring teammates in Fanshawe women's basketball history with 1069, 969, 861 Ontario Colleges Athletic Association (OCAA) career points for the players.

In the men's basketball game, senior forward Alfred Johnson (human resources management) was also honoured for his five years at Fanshawe.

The Mountaineers and the Falcons kept trading away points in the first quarter. Sophomore guard Carter Hawthornthwaite (bachelor of commerce) hit a pair of threes for the Falcons but the Mountaineers came strong in the first quarter with a 24-20 lead at the end of the first quarter.

The second quarter was all the same for the Mountaineers, outscoring the Falcons 32-11 in the quarter to go up 56-31 at the end of the half.

In the third quarter, the momentum came back to the Falcons with a reverse lay-up by freshman guard Jordan Huntley (business) and a brilliant block by sophomore forward Mason Midaugh (computer systems technology) near the end of the quarter. However, the Falcons were still down 77-60 heading into



CREDIT: SKYLAR MCCARTHY

Number 13 Hanani Ujullu (carpentry and renovation techniques) pump-fakes a shot before passing the ball to Number 14 Carter Hawthornthwaite (bachelor of commerce).

the final stretch.

The Falcons used that momentum in the third and made an impressive comeback. Johnson made a huge putback and a big block down the stretch which put the home crowd on their feet. Unfortunately, the Mountaineers hit some key shots at the end and won 97-89.

"It was an off night, and we need to improve and get better," said head coach Tony Marcotullio.

After they won 83-66 in Canadore

on Feb. 22, the men's team and the women's team will be facing off in qualifying games, and if the teams win those games, they move on to the OCAA Championships at St. Clair College (women's) and Lambton College (men's). The women's basketball team will be at home on Feb. 29 at 2 p.m. against Loyalist for the qualifying game, while the men's team must travel to play against Seneca at 4 p.m.

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2020 Jaguar F-Pace SVR: A super utility vehicle



Nauman Farooq
AUTOMOTIVE AFFAIRS

The acronym SUV stands for Sport Utility Vehicle; however very few SUVs are actually sporty to drive.

There are some exceptions, and one of them certainly is the Jaguar F-Pace. Ever since this vehicle was launched in 2017, it has impressed with its sporty performance and road manners. Jaguar could have just rested and left things as they were, but they had other plans.

The result of their restlessness is this, the F-Pace SVR; an SUV with a supercharged 5.0-litre V8 under the hood, four-wheel drive traction, and a bark that can scare some sports cars back into their garages!

I got to spend a few days with one; and here's how it went.

Styling: Aesthetic appeal is a personal thing, but I always liked the way the Jaguar F-Pace looked. It's not as boxy as most SUVs, and in the right color and rim package, it looks stunning.

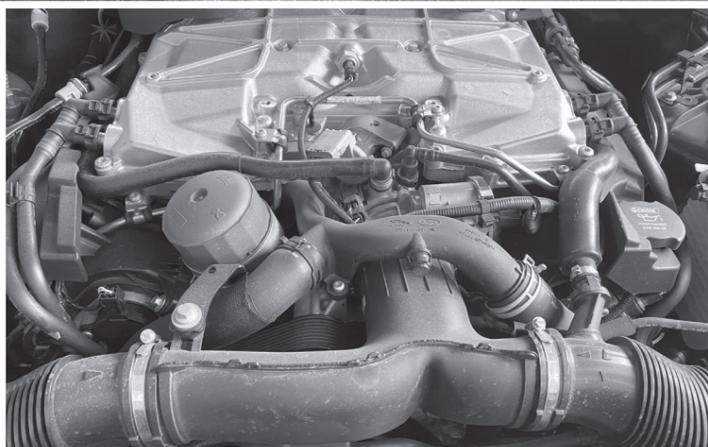
My tester, which came wearing "Ultra Blue" paint (which is very similar to "French Racing Blue") and "Black" 22-inch wheels — looked absolutely stunning.

It looked the business, and lots of people out on the road took notice; this vehicle got a lot of thumbs up, and I certainly wasn't expecting that.

So, if you want an SUV that can turn heads and attract a crowd at car meets, this F-Pace SVR is as good as it gets.

Interior: Open the door, and you're greeted by a very nice interior with lots of features; however, due to its sporty nature, the F-Pace SVR isn't the most luxurious SUV on the planet, but that's part of its charm.

So, instead of big massage chairs for the driver and passenger, you get racing buckets — which still offer a lot of adjustments and features.



CREDIT: NAUMAN FAROOQ

If you want an SUV that can turn heads and attract a crowd at car meets, this F-Pace SVR is as good as it gets.

Once seated, you'll notice the new touchscreen infotainment system, a wonderful Meridian sound system, adaptive cruise control, head-up display, a panoramic sunroof, and enough room for a proper family of five.

If you're going to nitpick, you could point out that some plastic bits look a bit cheap, and that its

German rivals have even more features on their infotainment systems — but trust me, you don't really need anything more than what the F-Pace SVR offers, it's very good as it is.

Powertrain: Very good might be an understatement when it comes to describe this vehicle's drivetrain — because it is excellent.

Under the hood lies a supercharged 5.0-litre V8 engine that produces 550 horsepower and 502 pound-feet of torque. All that power is routed to an active all-wheel drive system via an excellent eight-speed automatic transmission.

Performance & Driving Dynamics: As you'd expect from such power figures, the F-Pace SVR is fast, and it doesn't disappoint.

Launch it correctly and it'll sprint from 0 to 100 kilometres per hour in 4.3 seconds, and go on to an electronically limited top speed of 283 km/h — please do not try the latter unless you're on the de-restricted sections of the German Autobahn.

Thankfully, its big brakes are also more than capable enough to haul you down from a speed run, although, you do have to be firm on the brake pedal to get the maximum out.

Most SUVs, even sporty ones, fall off the road if you try to drive them quickly through twisty, country roads. Not so the case with the F-Pace SVR; despite its nearly two-tonne curb weight (1,995 kilograms to be exact). This vehicle feels fairly agile and responsive in the bends. There is a tad more understeer than I would like, but most people won't take any notice of that.

Also impressive is the ride quality. Most sporty SUVs bounce around so much, they'd cause you a neck sprain — but the F-Pace

SVR is smooth and comfortable, even in "Dynamic" mode, its sportiest setting.

If you're looking for an SUV that will be fun to drive on a daily basis, this is it.

Fuel Economy: In my fuel economy test (where I drive a vehicle 170 kilometres on the highway + 130 kilometres in the city) the 2020 Jaguar F-Pace SVR averaged 13.0-litres per 100 kilometres. That's not bad for a powerful, two-tonne SUV; but remember, it'll only drink premium fuel, and hence filling up will cost a bit — not that it'll be a concern to those who can afford it.

Pricing: The 2020 Jaguar F-Pace SVR will set you back \$92,000. Add the options that my tester had, plus the freight charge, and your bill before taxes will be \$104,463.

That might sound like a lot for the masses, but it is a bargain compared to most of its competitors.

Verdict: I've always said that a fast SUV is an oxymoron; these big, heavy vehicles aren't meant to go fast, and no execution of this genre of vehicle had impressed me enough to want to own one. The 2020 Jaguar F-Pace SVR is an exception, this thing is perfection — and if I could just live with one vehicle for the next decade, this'll be it.

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

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Falcons clinch medals, guaranteed spot in OCAA Provincial Championships

Emily Stewart
INTERROBANG

The Fanshawe Falcons badminton and curling teams added some more Ontario Colleges Athletic Association (OCAA) medals to the Fanshawe Athletics' growing collection. The Falcons' women's volleyball is also set for Provincials. Fanshawe Athletics press releases announced the victories for the three teams.

The Falcons' women's volleyball team (18-1) locked in their OCAA Provincial Championship spot after winning 3-0 over the Loyalist Lancers (5-14).

Tarea Heshka (bachelor of environmental design and planning) led the Falcons with two left side kills and Katie Stewart (fitness and health promotion) continued to build Fanshawe's momentum during the first set. After Kim Hardy (occupational therapist and physiotherapist assistant) delivered a service ace to give the Falcons an edge, Fanshawe rose to a 25-12 win.

The Lancers caught up with a 6-2 lead over the Falcons in set two, but Stewart's hit helped Fanshawe get back on track. Skylar Johnston (nursing) gave Fanshawe a 9-8 advantage and Maya Danis' (fashion marketing and management) serv-

ing kept the team going so they could seal a 25-22 win.

In the third and final set, the Falcons led 7-0. Lauren Reycraft (business-marketing) opened the score, which was followed by Heshka's kill. Hardy's stuffed block continued Fanshawe's lead to a 25-9 final set win. Stewart took the lead by scoring 19 points in the match.

In the 2019/2020 season, captain Janelle Albert (business-marketing) broke the Fanshawe's women volleyball records for most points in a season with 322 points and most kills in a season with 269 kills. Albert surpassed Falcons alumna Kaitlyn Kelly (2013/2014), who earned 269 points and 222 kills in a single season.

The Falcons are in North Bay, Ont. for the OCAA Women's Volleyball Provincial Championship from Feb. 27 to 29.

The Fanshawe Falcons badminton team left the OCAA Badminton Provincial Championship with two medals.

Duo Helen Ngu (office administration) and Maeyen Chua (hospitality and tourism management) earned the OCAA Women's Doubles Silver Medal. The pair finished in third during the round robin play with a 3-2 record.

Ngu and Chua defeated the Georgian Grizzlies' badminton team

21-15 and 21-16 in the semi-final round to nab a spot in the Canadian Collegiate Athletic Association (CCAA) Badminton National Championship. In the final round, the duo fell to Humber Hawks' pair Susanna Quach and Chloe Rowe and received the silver medal for women's doubles.

Glyvette Etis (hospitality and tourism operations management) earned the OCAA Women's Single Bronze Medal for the Falcons. She finished in third place during the round robin 3-2 and dropped the semi-final to George Brown Husky and reigning Women's Singles champion Anh Hoang 12-21 and 13-21. Etis won the OCAA Women's Singles bronze medal after winning 21-15 and 21-16 in her third match with Georgian's Jessica Maher.

Chua and Ngu will play in the 2020 CCAA Badminton National Championship, hosted by the University of Toronto Mississauga. The tournament runs from March 4 to 7.

The men's and women's curling teams both earned OCAA Bronze Medals. The women's team placed third in the round robin with a 2-2 record. The Sault Cougars defeated the Falcons 6-5 in the semi-final match. Fanshawe won the bronze medal match 6-4 over the Confederation Thunderhawks.



CREDIT: EMILY STEWART

Three Fanshawe Falcons teams, curling, badminton, and women's volleyball, are all seeing success leading up to and during Ontario Colleges Athletic Association (OCAA) Provincial Championships.

The men's curling team placed third in the round robin 3-2. After falling to the Mohawk Mountaineers 4-3 during the semi-final round, the Falcons bounced back and clinched an 8-2 win over the Sault Cougars in the bronze medal match.

Several Falcons also received provincial honours in curling. Lauren Massey (architectural technology) was named an OCAA First Team All-Star and Erin White (graphic design) was named an OCAA Second Team All Star. Owen Tester (business), Charlie Richard (business human resources) and Nicholas Robinson (environmental technology) were all named OCAA

Second Team All-Stars.

Coaches Chris Jay (mixed doubles) and DJ Ronaldson (men's) also received the OCAA Curling Coaches of the Year honours.

Fanshawe's curlers next head to Portage la Prairie, Man. for the CCAA National Curling Championships from March 11 to 15.

Interrobang wishes all Falcons' teams the best as they head to Provincials and Nationals. Visit fanshawefalcons.ca for all your latest Fanshawe Athletics updates.

This article was written before the Falcons' women's volleyball had their OCAA quarter-final game with the Mohawk Mountaineers on Feb. 27.

COVER CONTEST

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DEADLINE: MARCH 20, 2020

THEME: FAVOURITE FANSHAWE MEMORY



For more information contact Angela McInnes, Interrobang Editor — Room SC2001 or 519.452.4109 ext. 6323 • a_mcinnes2@fanshawec.ca

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