

# INTERROBANG

# 1

## STEPHIN SATHYA

2023/24 FSU PRESIDENT



AAROOSHEE



ANGELICA



FRANCISCO



KIRSTIE MAE



REYNANTE



TANYA

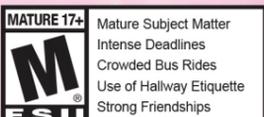


THOMAS

# FSU ELECTIONS

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**FROM THE EDITOR**

Hannah Theodore (she/her)

Dear readers,  
Another year has come and gone at the Fanshawe Student Union (FSU), and it's time to usher in a new group of executives to represent the student body. After a stacked race, students elected Stephin Sathya to be their new FSU president.

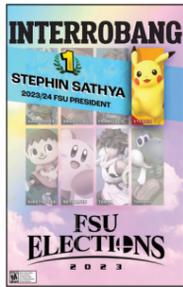
FSU Elections are an exciting time for candidates and students alike. The people you elect to these roles will have a say in all parts of college life, earning a seat at the table to voice the concerns of students across Fanshawe's campuses. What's more, this year students had the chance to vote on an important referendum, deciding whether or not to add a \$6/year General Advocacy Fee to their existing ancillary fees.

These elections reveal a lot about our students; how engaged they are, how much they care about the issues they face on campus, and who they want to lead them through those issues. This year saw one of the largest groups of students running for FSU president in recent memory, perhaps a testament to how student engagement has grown since coming out of lockdown.

Outside of FSU Elections, this issue is also brimming with news, from Fanshawe's upcoming Open House, to a new sexual violence mapping service, to a dissection of London's new plan to tackle homelessness.

I hope you all took the time to have your voices heard in this election, and continue to read Interrobang to stay informed about all aspects of student life.

Sincerely,



**COVER:**  
Meg Easveld



**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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# Stephin Sathya is your new FSU president



**Hannah Theodore (she/her)**  
INTERROBANG

The votes are in and the new Fanshawe Student Union (FSU) president is Stephin Sathya. The composites and advanced materials aerospace manufacturing student will bring the four pillars he campaigned on to his role as president, emphasizing inclusion, collaboration, mental health, and empowerment. Voting closed March 8 at 2 p.m.

In total, 2,888 ballots were cast in the election, with Sathya securing 734 votes in total, a comfortable 282 votes ahead of runner-up Tanya Daulat. A full breakdown of how students voted can be found on page six.

Sathya also has a post-graduate degree from Fanshawe in project management, as well as previous degrees from universities in India. He has previously served as a volunteer for the FSU's Red Squad and has served as an FSU Event Ambassador. He has spent the last several months working as a photographer for the FSU.

Sathya said he is passionate about creating a sense of belonging on campus for all students, something he said he's been able to establish for himself since beginning his studies.

"From the moment I joined Fanshawe College, the number one thing I wanted was to feel like I belonged here, and all my endeavours with the college have stemmed from that one need," Sathya said. "I'm grateful to have had amazing people who gave me opportunities to grow."

One of Sathya's goals is to create a sense of awareness for what the



Stephin Sathya (pictured left, on March 1) will serve as the Fanshawe Student Union (FSU) president for the 2023/24 school year. Pictured right (left to right): Shadé Dias, Jitendra Singh Rathore, Krystina Chase, Tyler Harcourt.



CREDIT: HANNAH THEODORE (LEFT PHOTO), MASON BUCHKO (RIGHT PHOTO)

FSU does, while better connecting domestic and international students.

In response to his win, Sathya said he was honoured to be taking on the role of president.

"I am honoured and humbled beyond words that the students have chosen me as their president," Sathya said. "I will do my absolute best to fulfil my duties and bring

my plans into operation. Thank you, Falcons. Let's look forward to a wonderful year ahead."

Sathya, who was at South Campus during the announcement, went on Instagram Live to express his gratitude to all his friends and supporters. "Everything paid off," he said.

Students also elected a new Board of FSU Directors and Governor. For

a full list of successful candidates please refer to page six.

#### Results of referendum

Also on the ballot, students voted "no" on a referendum to increase ancillary fees by \$6/year. The increase would have gone towards a General Advocacy Fee, helping to further establish the non-profit student advocacy organization, Ontario

Student Voices (OSV). Current FSU president Ismail Aravai helped create OSV and sits on its board.

"I've learned something from this," Aravai said. "This will be taken to the next president and I'll take what I've learned and do a better job next time and pass it on to the next team. Maybe it will happen next year."

# London police sexual violence reporting web-app adds more options for survivors



**Ben Harrietha (they/them)**  
INTERROBANG

The London police have launched a new web page allowing survivors of sexual violence to anonymously report incidents.

The web-app, called Speak Out, was originally created by the Barrie Police Service in 2021 and is now being rolled out in London as part of a one-year pilot project. According to a London Police Service (LPS) media release, reports made using the app are not an official report; rather, the information that is gained from the reports may assist investigators if a formal report is made.

Leah Marshall, Fanshawe's sexual violence prevention advisor, said that it's good to have more options for survivors of sexual violence.

"When it comes to healing from trauma and especially sexual violence, survivors need options. We're all unique," she explained. "For some folks, reporting to police is an

option. For other folks, maybe not, not all communities are treated the same by enforcement or police."

Marshall added that having more options for sexual violence survivors is never bad and that allowing survivors to decide what's best for them is a good thing.

In her role as the sexual violence prevention advisor for Fanshawe, Marshall assists students who have been subjected to sexual violence, both on and off campus. Part of that is referring students about their next steps, and that things don't have to be immediate.

"When we've experienced trauma, our nervous system is severely impacted and sometimes our ability to make decisions takes longer. By police offering this kind of first step, they're allowing survivors to say, 'I might want to do this, but I'm not sure, and at least I can have that there if I change my mind in the future.'"

The app provides a reference code, so that anyone filing a report through Speak Out that wishes to file an official report later can use the information they provided to aid any formal investigation.

Users of the app must be over the age of 18, which was one feature that Marshall pointed out as a possible issue. To remedy this, Marshall offered an alternative to the app called Map My Experience.

"If folks are fearful about even initially giving their information to police in that way, I want to let them know that there's, again, other options. It's a positive thing that the London Police are offering this, but it's only one piece of the puzzle that may not be right for everyone."

Map My Experience, launched in Oct. 2022, is run by Safe Cities London in a partnership with many institutions across London including Anova. The app allows you to open a map of London and drop a pin where you may have experienced any gender or sexuality-based discrimination. The app doesn't submit any official reports like Speak Out but is more for the community to know of any potentially dangerous spots.

"It allows us as a community to look at where students are experiencing this violence the most. From there, it allows us to put in better



CREDIT: FIZKES  
Leah Marshall, Fanshawe's sexual violence prevention advisor, said that it's good to have more options for survivors of sexual violence.

measures to respond and to be more proactive around how we can support survivors before it happens."

The app was originally just launched to Western and Fanshawe students and their respective campuses

but has recently expanded to cover the entirety of the city of London.

Speak Out can be found at [speak-out.ca](http://speak-out.ca) and Map My Experience can be found at [mapmyexperience.ca](http://mapmyexperience.ca).

# A look into London's ambitious plan to tackle homelessness



CREDIT: BEN HARRIETHA

London's new plan for tackling the city's homelessness crisis has a lot of potential.



**Ben Harrietha (they/them)**  
INTERROBANG

London community leaders have come together to propose an ambitious solution to the city's ongoing homelessness crisis.

Over the course of three summits held in November and December 2022 and January of this year, more than 200 leaders from over 70 local organizations met to discuss how best to tackle the ongoing homelessness crisis. The conclusion after the summits was that a coordinated effort from all sectors of the city was needed in order to find an effective solution.

The solution in question is the "health and homelessness whole of community system response," which is definitely a mouthful. But what is it?

"It's a two-step process, getting people indoors rapidly and then building out a continuum of housing to meet people's needs," Scott Courtice, the executive director of London InterCommunity Health Centre (LIHC), explained.

The main part of the system is to have more than a dozen "hubs," shelters that would provide services like primary and mental health care to housing support, throughout the city, providing 24/7 support. Along

with the hubs, 100 high support housing units are being immediately built, with 600 more being built over the next three years. It's unclear at the moment where these hubs will be built, or what the supportive housing would entail.

In terms of the LIHC's role in the system, Courtice explained that they'd be part of providing basic family doctor services to people in the supportive housing units.

"We'd also bring what we call quick acute care services. So wound care, help supporting any sort of health issues that that people would have coming off the street, and referrals. We'll be really handling the medical side of things for people that need us."

One of the other collaborators in the system is Mission Services of London. Mission Services offers multiple community services, including mental health programs, two shelters, a second-hand store, and an addiction centre. Nisa Rigets, the communications and PR coordinator at Mission Services, expressed the excitement the group had working on the plan.

"We are excited to see how this plan takes place to help individuals and families who are experiencing homelessness," Rigets said in an email.

"It is truly heart-warming to see the London community coming together to address homelessness in London. It can be difficult to see

homelessness numbers rise, especially for us who help men, women and children seek emergency shelter and housing stability."

Rigets added that the Health and Homeless system response is a big step in addressing London's homelessness crisis and that Mission Services will continue to work in any way they can to make it successful.

Thanks to an anonymous donor, the city has \$25 million to help achieve this goal, with an additional \$5 million promised for matching donations, meaning a potential \$35 million in available funds. But, as Courtice put it, this is a one-time thing.

"The \$25 million gives us a leg up on lots of other communities that lets us get started faster and it lets us dream a little bit bigger. When that \$25 million is gone, it's gone. So, we need to be really thoughtful about how we get the best value and make the best investments with it."

Courtice added that for such a big plan, not only does there need to be monetary involvement from the other levels of government, but an investment of services as well, especially from the province regarding health care.

"The reality is that this is bigger than any one organization or any even one level of government, we're going to need our provincial and federal partners to step up as well."



CREDIT: FANSHAWE COLLEGE

"You can influence change and those changes are going to be because of survivors saying, 'This is what happened to me and something needs to be done about it.'"

## Fanshawe joins efforts to help gender-based violence survivors heal



**Kate Otterbein (she/her)**  
INTERROBANG

Fanshawe has joined forces with Anova, joining Safe Cities London to make London safer place and help gender-based violence survivors heal from their traumas. Safe Cities London is an initiative to create a safer space for women, girls, and women-identifying people.

"Part of Safe Cities London was creating something called 'Map My Experience'," said Leah Marshall, Fanshawe's sexual violence prevention advisor. "It is an opportunity for female-identifying people in London who have experienced gender-based violence to document what has happened to them without providing any of their identifying information."

The map, located at mapmyexperience.ca, allows users to pinpoint the exact place within the city that they experienced gender-based violence. Users drop a pin and then will be asked various questions about their experience. This can include things like if you yourself experienced it, if you witnessed it, were told about it, any specific demographics that someone feels they may have been targeted, the surrounding intersections, how they might feel safer in this location/environment, and more. Nothing is required to be answered, it is all up to the person and what they feel comfortable sharing. It also acknowledges that the situation is never the survivor's fault.

"We saw this as something that was really important to support, so we are actually really involved in the creation of this, how it's rolled out, because we believe that survivors share their stories and find healing in many different ways. And for some folks, reporting to the police is not an option. Some groups of people have bad experiences or are not treated the same by enforcement, so there needs to be multiple options when it comes to healing and how we tell our stories."

Marshall stressed that this tool isn't just for recent incidents. Regardless of how long ago it happened, you can still share your experience.

"Sexual violence is a really isolating experience at times because we live in a world that really shames and blames survivors. As we work to change the culture where survivors are believed and supported, I believe this platform gives survivors an opportunity to say 'this happened to me, this is where it happened, this is my feedback' and it allows us to see that this is happening in our city. Data is important to be able to influence change because sexual violence is such an underreported crime, because of the way the legal system and society treats survivors."

Marshall said this data allows them to look at prevention and support measures that specifically target the areas that are brought to light. And this way, they can try to help those students who might not walk through Marshall's office doors to confide in her.

A pharmacy for the community of Fanshawe located in the Wellness Centre.

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# Fanshawe's flight services students gain practical skills through dinner series



**Kate Otterbein**  
(she/her)  
INTERROBANG

Fanshawe's flight services students had the chance to work with the public, refining the practical skills they will need out in the field (or, up in the air). The program held its second annual dinner series at a local restaurant, a partner of the program.

"We're partnering with a local restaurant called Katana Kafé and it's located right at the London Airport," said Haley Whitelaw, program coordinator of the flight services program. "Our aviation school is [also] located at the airport and people who come out to dine get to be right on the view of the runway as well. They can see the aircraft coming in and taking off while they're dining, which is really exciting for people who are aviation fans."

Students will gain hospitality experience as they work with real customers from the London community. For those who already have dining experience, it brings it to a fine dining level, so they still walk away with additional experience. They do everything from the second the customer walks in the door.

"They greet them when they arrive, seat them, they have an explanation of the menu, offering drinks. And then there is the appetizer, main, the dessert, and then afterwards, we always try to make it a little personable and have a little chat and thank all of the guests for supporting us."



Fanshawe flight services students gather outside Fanshawe's Norton Wolf School of Aviation.

CREDIT: COURTESY OF KATERINA PEARN

The entire night is typically about two to two-and-a-half hours long.

The series has been taking place since January. The final dinner for this year will be March 13.

"Last year presented some challenges because we were on and off with the different capacity limits and there were Omicron variants. This year has been fantastic because we've been able to increase the number of nights and we've sold out all except one

evening. It was so well-received by the community and well supported."

One happy customer provided a review for the students. They wrote:

"I want to commend the dinner and the service at Katana on Monday evening. As a customer, it went seamlessly. Congratulations. The students all presented impeccably and most of all seem to be having fun. It looked like an amazing experience for them. This is one of the

best Caesar salads I've had. I have to say seeing Flair taxi by and the G280 land and taxi to its hangar made the experience even better."

"It was nice to hear the customers enjoying the service but also the food and they had a good time," said Whitelaw. "It's just a fun evening and it's an added bonus when you get to see the aircraft outside your window."

The final dinner will serve as the students' final exams before they

take off on their careers in flight services. Many students already have jobs as they continue on to places like Greece and Dubai.

"I would like to give a special thanks to the staff and chef Nate at Katana Kafé; we really value their partnership for this dinner series!"

Although the dinner series is coming to an end for this year, it will be back up and running from Jan. to March in 2024.

# Fanshawe's Open House not just for prospective students



**Justin Koehler**  
(he/him)  
INTERROBANG

Fanshawe will hold its annual Open House March 25, from 10 a.m. to 2 p.m.

College open houses are a great opportunity for new and current students to get a first look at their possible future post-secondary institutions, and also to learn about future educational endeavors.

With the chance to discover future career options and to get a first-hand look at possible options through the college, it's important to know that these open houses aren't just for new post-secondary students. Students currently enrolled at Fanshawe can also take advantage of the Open House.

"We want to make sure that current students know they can use Open House to explore pathways that they can take

beyond their current program," said Sarah Wells, the Social Media Communications Officer with Fanshawe who's helping spread notice of the event. "For current students, the benefit is that if they're nearing graduation, this is an opportunity to explore what programs can come next or to take a look at post graduate options or part-time studies to enhance their credentials even more when they go into the working world."

For example, students in the Pre-Media program can use Open House to explore opportunities in

radio, filmmaking, broadcast journalism, and more programs available throughout the college.

Often when working through a program, students can find themselves wanting to change routes and possibly switch career directions. As well, students who are getting closer to the end of their program may feel that they still want to further their education.

In both instances and more, Fanshawe's Open House is a great opportunity to explore, ask questions, and seek out more information about what options are available.

"We have an amazing team of people who represent all the different academic areas and regional campuses who work to showcase their departments the best they can for anyone who visits."

The college will be providing t-shirts and free lunches to those who volunteer, with it also being a good opportunity to guide and help out possible future students.

"We need students for various jobs with the open house," said Wells. "Some will help direct people into the buildings and entrances, they may be helping to direct traffic in the halls and engaging with people, being friendly and sharing their experiences with them."

All of this isn't exclusive to Oxford St. London location either, there are also open houses being held at each of Fanshawe's campuses in downtown London, Woodstock, Simcoe, St. Thomas, Clinton, and Kincardine as well.

With this Open House only a few weeks away, it's important that



CREDIT: FANSHAWE COLLEGE

Various volunteers and workers are ready to welcome excited students to Fanshawe's Open House.

aspiring high schoolers, college transfers, and existing students know about how they can benefit from the Open House.

For more information and to register for the open house, including the chance to win free tuition for a year, be sure to visit

openhouse.fanshawec.ca or speak with one of the members of Fanshawe's recruitment team.

# THE VOTES ARE IN!

2023 Fanshawe Student Union Election Results — March 8, 2023

Total ballots: 2888 (full-time votes: 2848, part-time votes: 40)

## 2023/24 FSU President



- 1. **Stephin Sathya** ..... 734
  - 2. Tanya Daulat ..... 452
  - 3. Reynante M. Bendaña..... 411
  - 4. Kirstie Mae Paderes..... 368
  - 5. Thomas Hutchison-Hounsell..... 245
  - 6. Aarooshee Khara..... 242
  - 7. Francisco Villela..... 138
  - 8. Angelica Gamarra Rueda..... 57
- Spoiled.....201

## 2023/24 Board of Governors



- 1. **Tyler Harcourt** ..... 1287
  - 2. Samrat Raj ..... 991
- Spoiled.....610

## 2023 FSU Referendum

No...2043 Yes...562

Spoiled.....243

## 2023/24 FSU Directors



Krystina Chase



Shadé Dias



Sherin Mathew



Peter Ibeano



Janki Gosai



Jitendra Singh Rathore



Ritchie Regidor



Larae Hormigoso

- 1. **Krystina Chase** .....1048
  - 2. **Shadé Dias** ..... 996
  - 3. **Sherin Mathew** .....882
  - 4. **Peter Ibeano**.....857
  - 5. **Janki Gosai** ..... 814
  - 6. **Jitendra Singh Rathore**.... 661
  - 7. **Ritchie Regidor** .....623
  - 8. **Larae Hormigoso** .....523
  - 9. Sadaf Ansari.....522
  - 10. Mohammed Lateef .....513
  - 11. Shabnoor Abdullateef..... 415
- Spoiled.....244

# INTERROBANG PRESENTS



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# Awakening the beast



**Michael Veenema**  
RELIGION

When Russia first invaded Ukraine, we gloated. Putin, some prestigious commentators were saying, would lose everything. The Russian economy would fall apart. Markets for Russian oil would wither. NATO would become stronger rather than, as Putin wished, weaker. Putin's stature among the "oligarchs" and the Russian people would plummet. The Russian military would be exposed as a sad sack organization. As proof of that, videos appeared all over the internet showing Russian tanks being blown up (with young Russians inside them). The Russian military would soon be driven from Ukraine. After all, the analysts said, in a war, morale is the most important weapon there is. And Ukrainian fighters had plenty, and more to spare, while Russians youths were sent to fight against their will.

Practically none of that, it turns out, was true. One item, though, does appear to have come to pass. NATO seems stronger, more united, and poised to expand. But it is not clear that a stronger NATO, with a more menacing presence from the Russian perspective, won't provoke more deadly responses from Russia in the future. One has only to remember how Germany was humiliated by the allies during World War I. Hitler used this to galvanize the German people for a bright new day (for them).

Does anyone really doubt that the Russian people couldn't be galvanized by Putin, or another leader, leading them out of the path of international humiliation to a bright new day for the motherland. I have been to Russia. Russians are not stupid, cowardly, lazy or unpatriotic.

It is never a good idea to underestimate your enemy and to assume that his people cannot rise above extremely dire circumstances. Witness the British and the Germans during World War II, and yes, witness the Russians during the same war.

We should also consider that NATO is an alliance of nations that is committed to mutually defending all its partners. An attack against one will result in a response from all. This is how



CREDIT: JOEL CARILLET

Once all the ordinance sent into Ukraine by both the Russians and NATO, which includes Canada, is exploded, what will be left of Ukraine?

World War I started. Prior to the war, Europe was a tinderbox of nationalism, militarism, treaties and alliances. It blew up following the assassination of a government figurehead in Sarajevo. As the saying goes, the more things change, the more they stay the same.

Furthermore, there has been for many decades, in the West, a simmering animosity towards Russia. It was the biggest of the members of the former Union of Soviet Socialist Republics. Our enemy during the Cold War. Ukraine was a member of it too People forget. The union is no more. But the largest of its constituent "republics," Russia, certainly is, and serves as the popular bad guy in every other Hollywood spy movie. And now that the murderous intentions of Russia are once again on full display, it would be nice, wouldn't it, to see Putin shown the door by the international community, if not by his own people? Of course, who will replace him? Another Joseph Stalin perhaps? Be careful what you wish for.

It is said in this country that any nation is morally and ethically obligated to stand with a nation fighting for self-determination. Really? Pay attention and be aware of what that means.

What it means at the moment is that, apparently, we are willing to risk nuclear war in our enthusiasm to see Russia nailed and Ukraine independent. What it means, for now, is not that we ourselves go to face Russian soldiers, putting our own lives at risk; it means that we supply the Ukrainians with the means to continue putting *their* lives at risk. It means that we provide the bombs that will be blown up, not on Russian soil, but on Ukrainian. And definitely not on ours.

Once all the ordinance sent into Ukraine by both the Russians and NATO, which includes Canada, is exploded, what will be left of Ukraine? What numbers will be put on the carnage? Putin's destruction of Aleppo, and more recently, Mariupol, may provide the best answer.

Zelenskyy and Putin are two proud leaders who to me seem more similar than they are different. The grand narrative that guides much of the political life of Russia looks forward to the day when Russia will once again be a proud nation, perhaps the greatest one in the world. I have been to Ukraine also. Ukrainians have a different narrative underlying their national

politics, a narrative of fierce independence from invaders, whether from Nazi Germany or modern-day Russia. In Russia, it is risky for people to question their national story. In Ukraine, and perhaps elsewhere, it is risky to question theirs.

I don't know if Jesus Christ would have been comfortable with the label, "pacifist." In the past I have thought he would have been, but more recently I have had doubts. His people, 2,000 years ago, were living under an abysmally cruel regime. Garrisons of the Roman Empire enforced the imperial oppressive status quo. That enforcement sometimes took the form of mass crucifixions, thousands of victims at once. Revolt was in the air all the time. Freedom fighters would rise but were always captured and executed. Yet, Jesus did not advocate joining them.

He had a different agenda in mind. Yes, the Romans would continue, for a limited time, to suppress the Jewish people. But Jesus had no wish to set his followers on a path of confrontation, a path that would truly awaken the beast and see women, children, the elderly and the young devoured by war.

## Interrobang Rewind: *Agents of Fortune* — Blue Öyster Cult



**Ben Harrietha (they/them)**  
INTERROBANG

Seasons don't fear the reaper, and along with the wind, the sun, and the rain, the Rewind doesn't either.

In this edition of the Interrobang Rewind, we'll be looking at Blue Öyster Cult's fourth release, their 1976 album *Agents of Fortune*. Even if you've never heard this album, or of BÖC as we'll be calling them, it's likely you've seen this album cover at least once.

First, it's just an incredibly cool cover. Second, the lead single from this album, "The Reaper," uses the same cover when it was released as a single. To say that song is popular is an understatement, having triple the amount of Spotify streams as the band's next most streamed song, "Burnin' for You," off the band's eighth album *Fire of Unknown Origin* (which is also a great album that you should 100 per cent listen to.)

When released, the album was met with universal praise, with *Rolling Stone* calling it "a startlingly excellent album" and it eventually

went platinum, rocketing BÖC from a band with a cult following to a music sensation.

The music is a departure from their earlier work, leaning towards more melodic songs then the fast-paced rock they'd made up to that point. It retains the dark and mysterious cultic vibe, but the songs are definitely more pop-friendly. Not that that's a bad thing, it completely works here.

"E.T.I. (Extra Terrestrial Intelligence)" has these heavy, chunky riffs, which are complemented by some choppy piano, giving the song an upbeat poppy feel. It also uses a talk box on the main riffs, which is still one of the coolest things to come out of the 70s music wise. Most of the songs have very upbeat tempos, apart from "The Reaper."

The lyrics are where the album gets its strange and dark tone from. "The Reaper" is about the inevitability of death and eternal love, "This Ain't the Summer of Love" covers the eponymous 1967 Summer of Love in San Francisco, and how it was just a ploy by corporations to make money, and so on.

There are some flops on the album, however. "Sinful Love" is a half-hearted attempt at a pop/soul crossover that is inoffensive at best. The chorus has these backing vocals singing "Dare-devil, she-devil, printer's-devil, evil"

in this really high-pitched voice that makes it sound a little goofy. Not to mention the lyric "I love you like sin, but I won't be your pigeon" coming right after. Other than a really punchy intro, the song doesn't do much to stick out in the track list.

I'm also not the biggest fan of "True Confessions," which leans way too much into pop and loses a lot of the edge that the rest of the album embraces. The instrumental is not exactly anything special, with some pretty standard piano driven melodies. There's a very cool saxophone solo around a minute in however, so it has that going for it.

By all accounts, this is a very good album with a lot of very good songs that suffers from a little bit of cohesion issues. The album has a few songs that just stick out like sore thumbs either being not very good, or stylistically out of left field. Which is what makes *Agents of Fortune* such a strange album to me when looked at in a modern context.

The album, despite all the earned praise, is not often spoken about, apart from its lead single. Most songs on the album have an average of 1.5 million streams, which is nothing to scoff at, but when some of your songs hit the 100 million streams mark, it is definitely strange.



CREDIT: COLUMBIA RECORDS

Blue Öyster Cult's fourth album blends the band's earlier hard rock style with more pop elements to great success.

I also don't hear people talk about this album a lot when talking about the classic rock albums of the 70s. I can only theorize as to why that is, but my best guess is the album has gotten buried under all the *other* classic rock albums of the 70s, which is a damn shame. This is a great album and it's worth a listen.



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

# The Myth of Sisyphus with Disability: Part Two



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

CONTRIBUTION

This article is Part Two in a series of excerpts from Fanshawe grad Adam Kearney's essay, *The Myth of Sisyphus with Disability*.

There were a lot of great things to learn about traditional printing and prepress work. The down side to this kind of design work can be that it is very limiting in the variety of styles of work that you eventually get to put in your portfolio. While my friends were slowly working their way up the ladder from copy shops to agencies. I was happily plugging away at shop life becoming a huge print nerd. To this day I can talk your ear off about halftones and separations.

From time to time I would think about moving on from the shop, that's when someone (usually my parents) would chime in with, "you should consider yourself lucky to have a steady job." Though it was true, I came to understand that this phrase is one of the greatest forms of gaslighting people with disability face. When we voice our concerns they are more likely to be dismissed as insignificant whining than legitimate insights. Oftentimes, we are mistreated or discriminated against and told to be thankful we are even being acknowledged. We know that the only other option is to be dependent on a government who is just as interested in providing us with a "humane death." This is why if you ever see a billboard encouraging employment focused disability inclusion, the number one talking point is often how "loyal and hard-working" people with disability are. Needless to say, I stayed too long working at this print shop. When it was time to move on, I learned just how badly I had painted myself into a corner.

Not only did I struggle to pull together a strong enough portfolio to start applying around town, I discovered an even larger barrier ahead of me. Most agencies and marketing firms are in converted heritage houses or second floor loft spaces with gorgeous exposed brick walls. Even the Creative Professional's networking events were held in inaccessible venues. I was left at the bottom of the stairs while my peers won door prizes and made valuable business connections leading to those sought after second story jobs.

After spending almost a year on the job hunt, a good friend of mine landed me a job at the company he was working for. They didn't even look at my portfolio before offering me the job. It was an on the rise marketing/printing company that promised a lot of opportunity. Though I got to build on my portfolio and skills while working there, I also witnessed a toxic work environment, and learned a lot about what ableism looks like in a professional setting. Things such as being left out of meetings, spoken down to, treated as the scapegoat on failed projects, patted on the head and outright called names by the owner of the company. Unfortunately, I was stuck there because, at the time, my partner and I were trying to start a

family and I had already once seen how hard it was finding new employment. The resounding chorus of gaslighting, "you should be grateful you even have a job," was a deafening constant. After four years of working there, I was let go without cause. It was a blessing and a curse — it was also the beginning of a very challenging time of my life.

In the time between leaving that job and where I am now, a country album's worth of life events have transpired. I lost a prematurely born son, my long-term relationship blew up, I went back to college for web design, barely finishing because my bad relationship with alcohol turned into a full-blown addiction. Then, a global pandemic magically manifested. It's a lot, I know, and it's not really what I am trying to talk about here. After all, I am saving those stories for that country album. Or maybe more essays like this — the future is unwritten. But the real point I am trying to make is that I've been sober for over two years now. This acted as a much-needed catalyst to begin putting a lot of work into who I am as a person with disability, which truly has been a challenging and enlightening journey.

When I went back to college to expand on my web design and development skills, an opportunity to apply for an internship at a local tech company affiliated with the school came up. My class toured their office — an accessible and modern workspace with, surprisingly, a lot of familiar faces. The company had even just posted on their blog about the importance of hiring people with disability to encourage the growth of a more inclusive and stronger community. With my previous work experience, I felt certain I was an ideal candidate for the internship. However, the day after the post, I found out I didn't get the position. This wouldn't be the only time something like this would happen in my continued search for employment.

Recently, a self-proclaimed "social justice minded" marketing company posted a graphic designer job listing on their social media account. Their application even had an amazing question asking what cause are you a social justice warrior for. Two times the job was posted and twice I didn't get the job. I tried not to take it to heart and told myself it's likely because of my portfolio not being strong enough. Though the sting would come when one of the owners of the company (who I know through a mutual friend) reached out and asked if I would be the guest speaker for their social justice themed book club. They had picked *Disability Visibility* by Alice Wong (a great read, by the way) and wanted to know if I would like to come and share my life experience and maybe participate in a Q&A. He also made it known that this would be a paid gig. I don't think he realized how much of a blow his offer was for me. Being shot down for a job I was likely viewed as unqualified for because of years of ableist gaslighting, only to be asked to talk about my experience with ableism. A paying gig is a paying gig and I could use the money.

Over the past summer (2022) I had two intense job interview situations play out for me. Again, a good friend

lined up the opportunity to apply for a job. It happened to be at the very college I had attended twice now. It seemed promising, my friend had put in a good word for me as we had worked together previously, and the college showed some interest in me. They arranged an interview with me over zoom, and after meeting with them, I felt as though it had gone really well. I was disappointed to learn that I didn't get the job and that they had gone with someone more "personable" than me. It wasn't until later when I found out that while I was given a Zoom interview, the rest of the candidates were given in-person interviews. The experience really set me back, leaving me wondering how I could get a job if I wasn't even able to get in the door in the first place.

That being said, I had no idea what I was in for with my next interview. I found the job posting on the website Indeed, and their requested qualifications basically read like my resume, right down to the prepress work at my first job. Again, a Zoom interview was lined up. I prepared myself as usual and felt very confident in myself. The woman I met with was the manager I would report to, and we spent the better part of 45 minutes talking about our shared

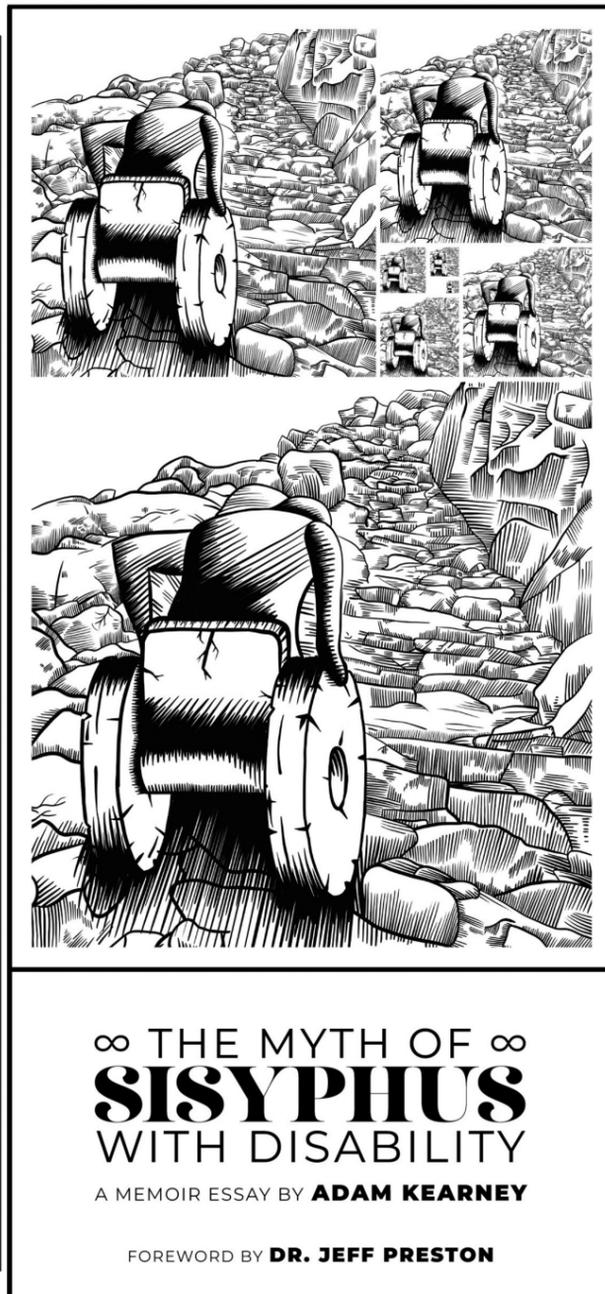
common print world experiences. Right down to the antiquated prepress software we were both trained on. Even our personal chemistry clicked, which was nice because it was obvious we would be working closely together. I could tell the interview was wrapping up and she said she had one last question. She asked if I would feel comfortable making printing plates while she was away on vacation. Having done this thousands of times at my old shop I figured it wouldn't be an issue. However, up to this point I hadn't disclosed my disability. I said that I didn't see it as an issue as long as it didn't involve any heavy or awkward lifting. I then said that I am a person with disability, that means for me that I use a manual wheelchair and am able to both stand and walk short distances unassisted. For these reasons I am limited in what sorts of physical labour I am able to do.

The whole mood of the interview changed. The interviewer disclosed that the job posting hadn't stated that a requirement for the job was the ability to walk up a flight of stairs to access the prepress equipment. I suggested that maybe a workaround or solution could be found and she essentially put her foot down stating that she saw absolutely no way

of how that would be able to happen. Grasping at straws I tried to at least leave on as positive a note as possible. I thanked her for her time, stating how much I appreciated the opportunity to interview at a company as well respected in the industry as theirs and that I was hopeful she might be able to consider a way to make things work. I never heard back from them after that.

To say I find myself in an existential dilemma would be an understatement. I am a creative person. I enjoy and find fulfillment in finding creative design solutions to peoples communication/marketing problems. Though, what is the solution when the thing that was the source of your livelihood starts to be the source of your questioning of your very existence? Why does it feel like for every move forward, there is more movement backward? Why does existentialism always feel like it creates far more questions than it answers? What does it all mean? All that I know is that the answer isn't 42...[to be continued]

This memoir essay was published as a zine in Nov. 2022. If you enjoy it and feel you would like to support the author, you can find a pay what you can PDF or purchase a physical copy at [handcutcompany.com](http://handcutcompany.com).



CREDIT: COURTESY OF ADAM KEARNEY

"In the time between leaving that job and where I am now, a country album's worth of life events have transpired."

# An action-packed treasure hunt: *Outer Banks* season three



CREDIT: NETFLIX

This show never ceases to entertain and it is so action-packed. Every. Single. Second of it.



**Kate Otterbein**  
(she/her)  
INTERROBANG

**WARNING:** This article does contain spoilers from season three of *Outer Banks*. If you do not want to know what happens, do not read any further.

I am currently sitting with tears still welled up on my cheeks following season three of *Outer Banks* (also known as OBX). That, I hope, shows what a rollercoaster this season was.

For those who are reading this and might not know, *Outer Banks* is an Indiana Jones-esque Netflix series. It follows a group of teens who are working towards finding treasure and going from rags to riches. The group comprises of two kids who are from the rich side of the island, but were adopted into the group. This show never ceases to entertain and it is so action-packed. Every. Single. Second of it.

I don't really know where to begin with this review, so bear with me as we try to recap this journey together.

OBX is known for its crazy cliffhangers, in my opinion at least. Every season thus far leaves you with this immediate need for the next episode and for die-hard fans like myself, they come a year after watching. Where we left off in season two, John B. Routledge's dad, (who for all we knew was dead) is asking for help from Carla Limbrey. She, as we know, had connections to Denmark Tanny, who was Pope Heyward's relative many moons ago. And the pogues (the name of the lower-class people in OBX) were stranded on an island.

This was such a shocking turn of events...and that shock all came rushing back as I began season three. If you have seen the new

season already, I'm sure you know the shock. But it completely warmed my heart that they didn't kill off John B.'s father. When John B. followed the bells calling him home and discovered it was truly his dad, I was a mess. I was crying such happy tears, especially as they reflect on the last encounter the two had before Big John (John B.'s dad) was presumed dead — a pretty bad argument where John B. called his father "the worst father in the world."

I loved that this journey; what originally started out as John B. carrying on his legacy and trying to make a better life for him and his friends turned into a full circle moment where Big John could tag along and help out. And, my gosh, did they need it.

As they continued their fight with Carlos Singh, who we learn is also after the treasure and fighting the group, they get into so many fights where quite frankly...I don't know how they survived! I won't go into too much detail. The fun for this one is sprinkled throughout the entire season.

What I loved most about this season is I never once felt bored. There was always something happening and a new twist. Something the writers of OBX are great at. This is a full attention type show because if you look away, I promise, you will miss something important. It is full of twists and turns, keeping the audience on their toes. I have talked to many of my friends and they all agree that this is such a wild season.

Assuming you have already watched, they get what they wanted. They find the gold, but it's also a race against time to get down the giant mountain. At this point, Singh is chasing them, trying to steal the gold from them. This was a mission that both Singh and Big John dedicated their lives to. And they weren't about to work together. Eventually, they blow Singh up and escape,

but all of a sudden Ward Cameron (John B.'s mortal enemy and his girlfriend's dad) comes out of the bushes to steal the gold. But that's not the most exciting part. One of Singh's men comes out after they talk Ward down from shooting them. And this time, Singh's accomplice is not about to back down.

I won't go into too much detail about what happens next. I don't want to spoil everything and this is a pivotal moment in the season finale. But let's just say I cried. A lot.

The show later cuts to 18 months later, where they drop another cliffhanger for the next season; after they conquer El Dorado's gold, they are asked to go find Blackbeard's treasure. OH LORD. That's where we are now and I still am in shock.

Overall, if you haven't seen this show...sorry. To be completely fair, I gave a spoiler warning! I tried to keep it light on the spoilers but I did hit the big things. Regardless, this is a show that I recommend everyone watch. It is easily my favourite show and as soon as I finish the latest season, I am always wishing for the next one. Even for people who don't like violence (like myself) but still enjoy a tale about friends who would do anything together in a super exciting adventure, I still recommend it. The violence isn't too bad in seasons one and two. In this one, it's escalated a tad, but still manageable.

The characters also make it so easy to like them. Their friendship is so fun and next level, even if some of them seem a bit of a stretch. JJ is my personal favourite as the reckless one in the group! Because of this, it also makes the antagonists very easy to hate. But there are some twists in it that might make you question things.

If you've watched and are impatient like myself, don't worry, season four has already been announced. My final rating for this season is 10/10. Seriously! Go watch it!

# The horrors of war on stage: A review of *Homes: A Refugee Story*



CREDIT: ZOË ALEXANDRA KING

*Homes: A Refugee Story* was performed at The Grand theatre spreading Abu Bakr Al-Rabeeah's true story even further.



**Zoë Alexandra King**  
(she/her)  
INTERROBANG

It's no surprise that I absolutely love visiting The Grand. The feeling of everyone coming together to appreciate and enjoy the productions performed right in front of us is one I don't think I will ever get sick of. The production I recently saw, *Homes: A Refugee Story*, was my very first one-actor show and wow, did it supersede my expectations! The show played on the Auburn Stage from Feb. 22 – March 5.

You hear about wars that occur throughout the world and hope to never experience being caught in the middle of one. Only until recently were we able to have increased videos and photographs updating us on what it looks like during the Ukraine and Russia war. These videos that are taken not only by professionals but also by individuals who are simply living through the crisis.

Watching this performance written by Winnie Yeung and Haysam Kadri gave me a stronger insight on what it's like living through a war, more than any image or video that I've seen thus far. The play is based on a book, written by Abu Bakr Al-Rabeeah and Winnie Yeung, documenting Al-Rabeeah's real life experience living through the Syrian war. The play involves an amazing performance by Nabil Traboulsi (acting as Al-Rabeeah).

Traboulsi's talented performance made me understand, to the best extent that I could, what life was like for Al-Rabeeah. We hear about the events and activities that take place in these wars, but do we really stop to think about what it means for the people in that country? In the case of Al-Rabeeah, the first time he

experienced a bomb sent him rushing home and making sure that his family was safe. He also faced a time where he was in a mosque while a bomb was going off and no one broke prayer to tend to the chaos. Additionally, Al-Rabeeah was told by his father to not have any photographs in his phone of his family members, especially his sisters because of his fear of being put into further danger.

Finding bullet casings around the town was a game that he used to play with his friends. He would hear his father call immigration, seeking asylum for two years every Tuesday to try and get his family out of Syria and into Canada. These were some of the experiences that Al-Rabeeah faced as a child, experiences that many of us have not and probably will not live through.

Traboulsi also illustrated that while moving to Canada had tremendous benefits for Al-Rabeeah and his family, he did indeed face some challenges at the beginning. Not knowing English was hard for him to create friends in his new home and of course the change in environment was something he needed to adapt to. Connecting with his friends virtually was also a challenge at first but he eventually got to communicate with them through WhatsApp.

Leaving Syria on his way to Canada, someone in Al-Rabeeah's life told him to tell his story. This, he succeeded in doing.

This performance educated me in more ways than one and reminded me of how lucky I am to not have experienced worrying about my family's safety from terrorist attacks. It can be so easy to get caught up in our day-to-day lives and struggles that we forget to be mindful of everything that we do have.

Thank you, Abu Bakr Al-Rabeeah, for sharing your story and thank you to Traboulsi for performing this play and informing others.



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

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**Samrat Raj**

Student Representative to The Board of Governors

# Study finds Ont. women don't know all the benefits of sexual wellness



**Dee-Dee Samuels (she/her)**  
INTERROBANG

It seems Marvin Gaye was on the right track when he penned the famous 80s lyrics, "Sexual healing... makes me feel so fine, helps to relieve my mind."

Dr. Treena Orchard, associate professor at Western University, anthropologist, author, and sexual wellness advocate recently joined forces with Shoppers Drug Mart for a new study that surveyed 1,000 women. According to the study, 93 per cent of Canadian women don't understand what sexual wellness is, how to talk about it or incorporate it into their lives.

"Just because we live in a sort of sex-drenched society, doesn't mean we are very literate in sexual communication or how we take care of ourselves or how we think about empathy in real time," Orchard said.

Orchard believes learning what it means to empathize where sex is concerned is a game changer.

"It's one thing to say we're all empathetic, but how do we 'do' empathy in relationships, in intimacy?" she said. "We adore celebrities who are living these very sexually sophisticated, completely unattainable lives.

But then we also still have these taboos about talking about sexuality. So, it's very hard I think, for a lot of people to make sense of these very conflicting ideas."

By tackling the lack of confidence women still seem to exercise around speaking freely about their sex and intimacy needs, Orchard feels women can take back the power of their sexual wellness and really capitalize on the benefits it will provide to their lives.

"I think by joining sexuality and wellness, it can make the topic of 'sexual wellness' seem much less scary and much more approachable," Orchard said. "It matters because I think the fact that a lot of women don't know what sexual wellness means reflects the ongoing stigma surrounding sexuality for them."

The study also found that Gen Z are almost twice as likely as boomers to view sexual wellness as important to both physical and mental health (57 per cent versus 34 per cent).

"There is a big difference among the Gen Z population, and I think it has to do with different cultural shifts that are happening in terms of gender identity, in terms of sexuality and expressing different kinds of sexuality," she said. "I think that Gen Z is sort of reaping the benefits of this more inclusive, non-heteronormative way of living, and they're really advocating for it. A lot of my research with this age group really demonstrates that they want to



CREDIT: NINA HEPPLEWHITE

"Just because we live in a sort of sex-drenched society, doesn't mean we are very literate in sexual communication or how we take care of ourselves or how we think about empathy in real time," Dr. Treena Orchard, associate professor at Western University said.

create their own life. They don't just want to inherit the old labels from boomers or Gen Xers like me."

Another result of the study found 32 per cent of Ontario women were unaware or misinformed about the health benefits of sexual stimulation.

"In terms of the of the health benefits from orgasm as well as even sexual touch, you know, it can release endorphins which feel good and can also help with pain," Orchard explained. "Pleasure feels good. It connects people to themselves. It can

improve your sleep, reduce anxiety. When looking at the survey and the implications of it, the fact that a lot of women don't know what sexual wellness means or what it can include, then they're missing out on some of these health-related benefits."

## SUSTAINABILITY TODAY

Mohamed Ahmed Shariff (he/him)

### Take a step in the democratic process

Abraham Lincoln, the 16th US president, once said: "The ballot is stronger than the bullet."

What was once a new idea, or as some say the reincarnation of an ancient one, democracy now is an essential part of our lives. A beautiful thing about it, as Lincoln's maxim outlines, is that it pledges to be a representative of the voices of all participants for their well-being. This it does through the process of election.

But, as wonderful as it sounds, democracy is not the norm everywhere. According to the Economist Intelligence's Democracy Index 2021, 37.1 per cent of the world's population was under Authoritarian regimes." What's more worrying is that 39.3 per cent of the world's population was classified as being under "Flawed Democracies."

Acts such as war, genocide, coup, rigged elections, corruption, and draconian rules erode people's trust in governing intuitions. This mistrust often leads to violence, hampering any democratic progress. What is needed are just and strong institutions that uphold peace. Here is where the Sustainable Development Goal 16 (Peace, Justice and Strong Institutions) comes into picture. It focuses on building and sustaining credible institutions that are immune to corruption, ensure peace, and deliver justice. Fortunately, we

live in a part of the world where we don't have to bear the brunt of weak institutions. Globally, one in six businesses are asked for bribes by public officials. North America has the lowest bribery incidences at 8 per cent. Contrast this to Eastern and Southeastern Asia where the figure is 30 per cent.

As students, we might think that we have limited power in such matters, but examples across the globe have shown us that student movements can bring about great change. Student protests in the 1960s in the US against the Vietnam War, and the Fridays For Future movement, started by environmental activist Greta Thunberg that propelled the topic of climate change into mainstream conversations, are great examples of this. Although there are systemic issues that need to be addressed, a fair electoral process is a great place to start. We can begin by voting responsibly, researching candidates and voicing our concerns and expectations. This can be done at college level (Fanshawe Student Union elections) and, if you are eligible, at various levels of government. Try to keep a sustainable future in mind and vote for not just what is best for you but also what is good for society, including the less fortunate and those whose voices are stifled.

### Where stands Democracy

In a Global survey (55 countries):

**43%** believe electoral process is not transparent in their country.

**71%** think "voting is worthwhile because elections can make a difference"

Source: Democracy Index 2021; "Freedoms at Risk: The Challenge of the Century"

#### DI ranking 2021

- 1 Norway
- 2 New Zealand
- 3 Finland
- 4 Sweden
- 5 Iceland
- ...
- 12 Canada
- ...
- 164 Democratic republic of Congo
- 165 **North Korea**
- 166 **Myanmar**
- 167 **Afghanistan**

CREDIT: FANSHAWE SUSTAINABILITY

According to the Economist Intelligence's Democracy Index 2021, 37.1 per cent of the world's population was under Authoritarian regimes."

#### Days to look forward to:

- **March 17:** Semester for Sustainability Booth (Theme: SDG 14 and 15 — Life Below Water and Land)
- **March 20:** International Day of Happiness
- **March 21:** International Day for the Elimination of Racial

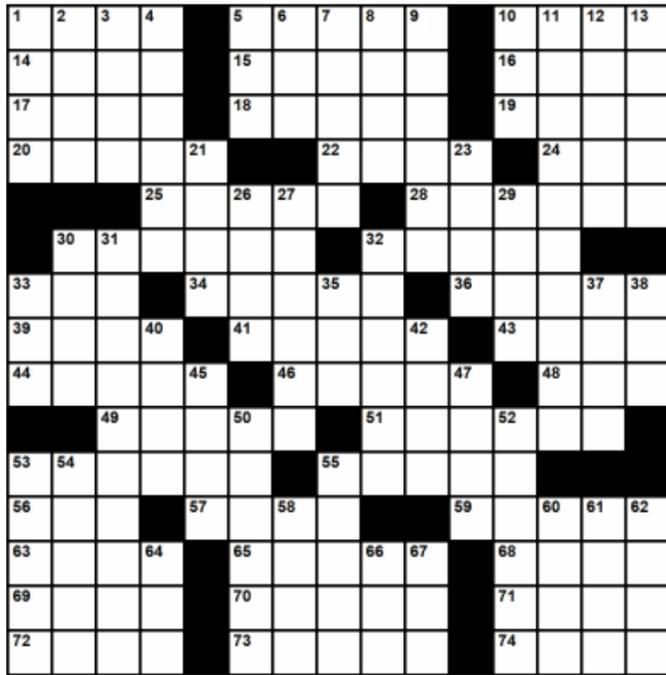
- Discrimination, International Day of Forests
- **March 21–27:** Week of Solidarity with the Peoples Struggling against Racism and Racial Discrimination
- **March 22:** World Water Day
- **March 24:** International Day for the Right to the Truth concerning Gross

- Human Rights Violations and for the Dignity of Victims, Semester for Sustainability Booth (Theme: SDG 16 and 17 — Peace and Institutions, Partnership)
  - **March 25:** Earth Hour (8:30 p.m. to 9:30 p.m.)
- Booth location and time:  
B Building, London Campus;  
11 a.m. to 3 p.m.

**CROSSWORD**

**ACROSS**

- 1. Genetic info carriers
- 5. Beach item
- 10. Shipment to a large printing company
- 14. \*\*\*\* review
- 15. Mountain crest
- 16. Chills and fever
- 17. Suit to \_\_\_\_
- 18. Newspaper section, for short
- 19. Richard of "A Summer Place"
- 20. Part 1 of this puzzle's theme
- 22. One who is to answer a petition (abbr.)
- 24. Four Monopoly properties: Abbr.
- 25. Mild expletive
- 28. Example of this puzzle's theme
- 30. "That's all for me!"
- 32. Large handbags
- 33. Agent Gold of TV
- 34. Italian's "I love you"
- 36. "It's nobody \_\_\_ business"
- 39. Rocket launcher
- 41. Grassy plain
- 43. Hair colorer
- 44. City of Light creator at the 1893 World's Fair
- 46. Building blocks
- 48. Tennessee athlete, for short
- 49. Celebrate
- 51. Consolidates
- 53. First act
- 55. Marine mammal
- 56. 1960's chess champ
- 57. Building location
- 59. Part 2 of this puzzle's theme and an example of it
- 63. Caramel candy brand
- 65. Window treatments
- 68. Track and field star Jones
- 69. How a ship's sails may be positioned
- 70. "Who's there?" reply
- 71. Long-time Dodgers pitcher Hershiser



- 72. Lays down the lawn
- 73. Example of this puzzle's theme
- 74. 1995 Dodger phenom Hideo
- 31. Part 3 of this puzzle's theme and an example of it
- 32. Example of this puzzle's theme
- 33. Picnic pest
- 35. Common female middle name
- 37. "The Dukes of Hazzard" spinoff
- 38. The Cardinals, on scoreboards
- 40. Astronaut Shepard
- 42. One of the Chaplins
- 45. Belligerent son of Zeus
- 47. Fodder holder
- 50. Bottom sirloin cut
- 52. Cookware coating
- 53. Others, in Barcelona
- 54. Painter Veronese
- 55. Example of this puzzle's theme
- 58. South American monkey
- 60. Matador's foe
- 61. Jr. high preceder
- 62. Defendant's plea, informally
- 64. Faroe winds
- 66. Film watcher's channel
- 67. View

**DOWN**

- 1. Attraction
- 2. Western alliance
- 3. Affirm
- 4. Like some grapes
- 5. Eastern "way"
- 6. Globe
- 7. Example of this puzzle's theme
- 8. Feminine ending
- 9. Globe
- 10. "The Facts of Life" actress
- 11. Example of this puzzle's theme
- 12. Example of this puzzle's theme
- 13. Example of this puzzle's theme
- 21. Glasgow native
- 23. "The Mod Squad" role
- 26. Blue hue
- 27. Example of this puzzle's theme
- 29. Irish or Welsh ancestor
- 30. Angry

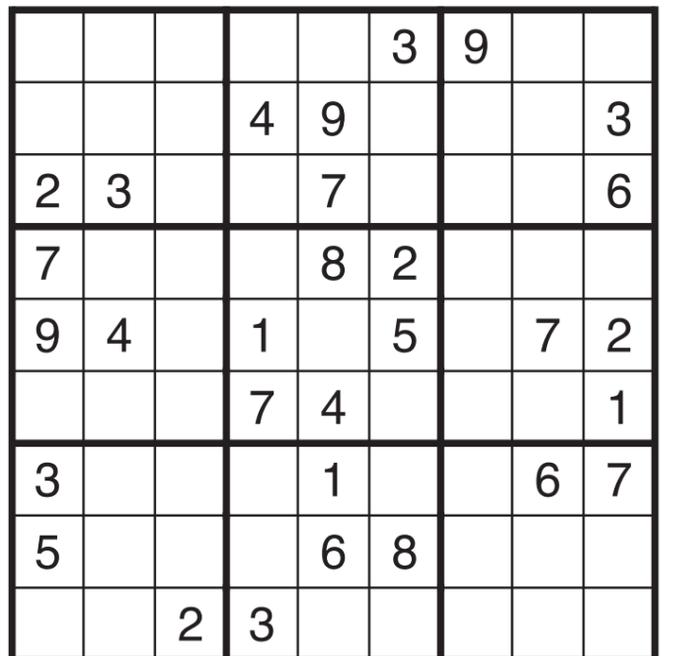
**WORD SEARCH**



**LEGENDARY POKÉMON**

Groudon	Latios	Mesprit	Mewtwo
Thundurus	Zekrom	Necrozma	Azelf
Tapa Koko	Cresselia	Reshiram	Lunala
Cosmog	Silvally	Terrakion	
Zerneas	Regigigas	Eternatus	

**SUDOKU**



*Puzzle rating: Easy*

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**

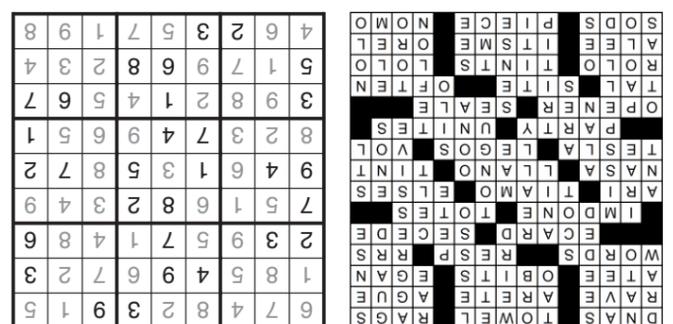
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				15													17		14						

2 5 14 12 8 11 21 6 17 13      6 17      22 3 11 10

22 1      8 1 1 24      10 5      13 11 4 1

24 1 13 5 7 12 11 7 18      22 5 12 4

**PUZZLE SOLUTIONS**



"Journalism is what we need to make democracy work." — Walter Cronkite

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FSU INTERROBANG



By Christopher Miszczak © 2023



Freshman Fifteen



By Alan Dungo

Not Neurotypical

Emojis have drifted significantly in meaning since raw text days.



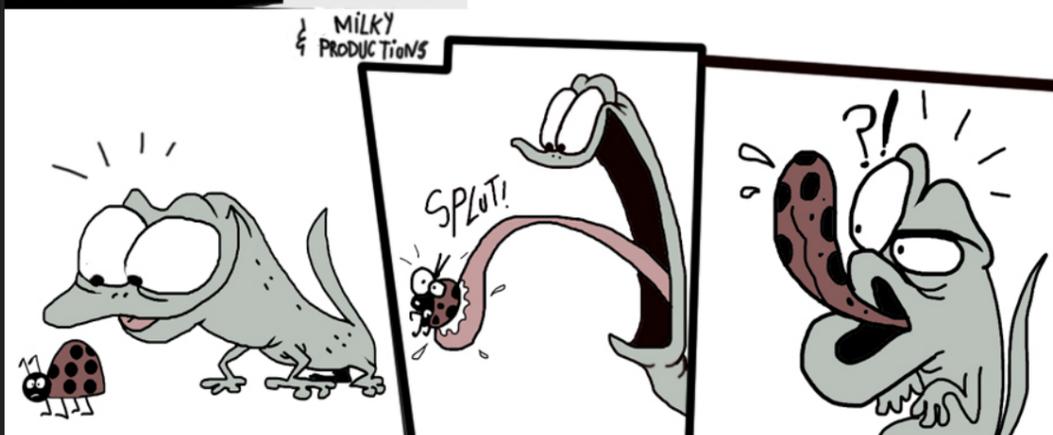
Poster Poster on The Wall

By Bri Artx



Butt sweat n Tears by Andres Silva

MILKY PRODUCTIONS



# Horoscopes



**Aries**

Surprises are best when a loved one springs them on you. Proof of ownership or residency is self-evident. Courageous acts are born from feelings of deep security. You're attracted to rousing music and shiny surfaces. You have good luck with machines. Even if it's weekend, that won't stop Aries from networking if the occasion arises.

**Taurus**

You take your struggle far too seriously. You have many reasons to laugh. You gain new insight into your story when telling it again for the benefit of a newcomer. This weekend you're the very soul of prudence and caution. Let others risk their necks or their money. You're happy to stand on the sidelines and pick up the pieces once it's all over.

**Gemini**

When you yield to temptation, it might quickly stop being fun. Gemini is still responsible for the welfare of others. If you aren't a parent yet, this is excellent training. Being focused and caring will soon pay off. Stay calm in the face of overstimulation. Play the shepherd or chaperone for people who can't seem to handle themselves. This may not be what you planned, but it could lead to something even better.

**Cancer**

Think small to avoid being overwhelmed. Stay away from people whose conversation will take you to an undesirable place. Self-care comes miles ahead of serving others. You deserve to be spoiled for a while. Cancer is pushed to the limit. You'd love to blow off your current load of responsibilities, but there isn't enough wind. Tune out whatever isn't necessary and get to work. Finish sooner and earn more play time.

**Leo**

Unanswered questions resolve themselves. The undecided are yielding to your magic touch. Some would say that you're trampling all over them, but the truth is that you're sweeping them into your dance. Leave the talking to others. You're all action this weekend. The moon loads your days with fire. Laugh, love and learn. For now, everything that you do is appropriate.

**Virgo**

Stay calm and rational. Anyone heartless enough to tease you doesn't deserve a response. As long as you believe in a just world, sooner or later the circumstances will avenge you. Others might play, but Virgo has work to do. Resentment and jealousy will only turn obligation into torture. If you look at this whole thing as a game, new strategies will soon become apparent.

**Libra**

Other people are crucial to your picture. If you don't go out into the world in search of friendship, it will come to you soon enough. You're party to any agreement – especially if it involves a party. You're compassionate and understanding. You have time for the things that matter. Libra is happy to be the sounding board for someone else's big ideas. Trust that others will be there for you when you need them.

**Scorpio**

Someone tries to talk you into believing the unbelievable. Resign yourself to a weekend of credibility exercises. A moment of satisfaction isn't worth the price that comes with it. You have many secrets to share with only a few people. You're right to be suspicious of an unusually curious stranger. Answer questions with other questions until your curiosity is satisfied.

**Sagittarius**

Adventure is where you find it. Sagittarius could make a mountain out of a mole hill, and not even the moles would complain. Write your story in large letters and sell the movie rights before the week is done. Thanks to you, every Fire Sign in town gets a special weekend. You meet expectations and then go on to exceed them. Wealth isn't an issue when you're so rich in all of the important things.

**Capricorn**

Your dream life is a powerful source of inspiration and answers. Capricorn is the first to do unusual things simply because no one else has ever thought of them before. Make productive use of your spare time. You're alone for now, but you seem to like it that way. Some areas of your need are better left unexplained. Friends respect you for taking care of yourself. Maybe you'll be ready for their help next time.

**Aquarius**

You're working with symbols that easily overpower others. You dispatch your obligations easily and are soon hungry for the next challenge. If this happened every day, you'd soon be king or queen of everything. Organize the directionless. Speak up for the timid. You're gripped by a sense of purpose. Subtlety is for people with time to be clever. Aquarius won't rest until the results are visible.

**Pisces**

Although you say that you're 'between relationships,' this could actually be the start of a new one. Recognize the laws and principles that are now in effect. Your words will be heard and remembered. A single offer to help turns you into a community resource. Maybe you weren't ready to do so much furniture moving or babysitting, but here you are. Remember this moment the next time you feel lonely or useless.

# FUEL starts to step it up a notch



**Alex Allan**  
(he/him)  
INTERROBANG

The Fanshawe Ultimate Esports League (FUEL) *Valorant* squad recently got a big win against Drexel University. Within the fourth round of the first match, Sworns won a beautiful round, being the last man standing and eliminating the last two opponents on Drexel to fire things up. The second match was played on the map Pearl. The game at the start was close, but Fanshawe was able to take the lead and got a clean 2-0 win from a best two out of three match-up. The team mentioned that they are hoping to keep this winning streak going as it has taken a bit of momentum to capture their first wins. Right now, Fanshawe is sitting in fifth place with two wins and three losses in the NACE Starleague East 2 Conference division.

The *Call of Duty* (CoD) team recently pulled a win in a hectic game against Carleton University. In the first round of the best of five match-up, FUEL was able to just slip away with the win after a neck and neck hardpoint round. The second round saw FUEL and Carleton evenly matched throughout the first to six match of search

and destroy, with Fanshawe pulling away after 11 rounds. In the third round in control, Carleton took the win in another close tied-up round. Fein clutched up big in the final round by getting a six streak to help FUEL tie up the game in the fourth round of hardpoint, leading to them winning the match 3-1. FUEL later had to face Western University after that tough match-up and Western swept FUEL away with a 3-0 win in the best three out of five matches. The Fuel Academy team has folded their season and AIrzee is now going to put the controller down for a bit before coming back to play on a Collegiate team for *Call of Duty*.

Fanshawe FUEL *Rocket League* (RL) team had an incredibly close matchup against Niagara University in the Eastern Conference Athletic Conference (ECAC). Each round in the best of seven match-up was neck-and-neck and went down to round seven in the match. Right at the start, in round seven, the teams were tied 1-1. Getting close to the one-minute mark, Spayce scored a remarkable goal from halfway that gave FUEL the lead 2-1. Not long after, Niagara University tied it back up and neither team were giving up on this fight. With 30 seconds on the clock, Spayce clutched up for FUEL which led to them winning the final round 3-2 and walking



CREDIT: FANSHAWE FUEL

The *Call of Duty* (CoD) team recently pulled a win in a hectic game against Carleton University.

away with the win from the best out of seven matches.

With a lot of the Fanshawe FUEL teams tasting victory this week the *Counter Strike: Global Defense* (CS: GO) team lost their first match of the season. Fanshawe lost to Purdue Black 2-1 in a best two out of three match-up in the National Association Collegiate Esports (NACE) league. Over in *Rainbow Six Siege* (R6) action, the FUEL team has

not lost a game yet and is currently sitting with four wins right now in their league. Fanshawe's *Apex* had their first tournament of the season. Eleven teams faced each other in three games of *Apex*. You can check out the Fanshawe FUEL Twitch channel to get the whole breakdown of the tournament and hopefully more are soon to come.

A few other new streams and videos are out on FUEL. Wishyful

has come out with a whole new series on the Fanshawe FUEL YouTube channel called "Wishyviews," where Wishy interviews various women in gaming here at FUEL. In the first episode Wishy talks to Grass, who is from the *Overwatch* FUEL team. The other new stream that has come out is *The FUEL Report*, where we talk about FUEL news every Saturday with top ten plays that happened in matches every week.

# Fanshawe captures silver at OCAA men's volleyball championships



**Justin Koehler**  
(he/him)  
INTERROBANG

On Feb. 25, the Fanshawe Falcons earned the silver medal at the OCAA volleyball championships.

The event, which was hosted by Fanshawe, took place over three days (Feb. 22-25), where the Falcons faced Redeemer, Cambrian, and Humber. In the end, Humber came away with their OCAA gold in a row.

"It was pretty neat to host it at home and have many people out, friends and family, and playing in front of such a big crowd," said head coach Patrick Johnston, who then went on to talk about the pros and cons of playing at home.

"It's better in some ways, because you don't have people really cheering against you, but it's nerve-wracking playing in front of so many people. You don't want to disappoint anyone and send the crowd home unhappy."

After defeating the Redeemer Royals 3-0 in the quarterfinals and beating the Cambrian Golden Shield in a closer 3-2 match, the Falcons moved on to face the Humber Hawks in the finals.

The match, which was held in front of a sold-out crowd at Fanshawe's Glenn Johnston Athletic Centre, started off strong for the Falcons with great performances from Tanner Paterson and Daniel Ridings. Humber ultimately took the first match 25-21 after their defense settled in to help them take the lead.

Fanshawe did recover in the second set, taking the lead after a stellar outing from fifth-year captain Sebastian Lethbridge. After a



CREDIT: FANSHAWE FALCONS

The Falcons took home the silver after a tough loss to Humber, still advancing to nationals. Pictured: Alain Pineault.

hard-fought match, the Falcons came away with a second set win of 25-23.

"I'd say we've got pretty good leadership," said Johnston. "Our two captains have been around the program for a while and were able to keep us calm during the match. Their leadership shone through and allowed us a way to get through it."

Heading into the third set, Humber led off with the advantage. Despite Fanshawe's best efforts to mount a comeback, Humber held on to their lead and won 25-22.

In the fourth set, both teams had strong attacks from their key players. The Falcons set the pace with a kill from Alain Pineault mid-way through the frame.

With the set tied at 21, Humber had massive back-to-back hits to put the Hawks ahead. Humber would hold on to the lead and take the fourth set 25-23 to capture the gold medal match 3-1.

"I think we realized leaving the final that we need to serve a bit tougher, which is tough because it

means we're gonna miss more. That's just a kind of risk we have to take going to nationals and playing against better teams."

The player of the match for Humber was Jaskarn Kalsi with 15 points and Ridings for the Falcons with 13 points.

Fanshawe's Lethbridge and Voght were named OCAA Tournament All-Stars for their strong weekend performances.

With the team now advancing to the CCAA nationals hosted by

Humber College in Etobicoke and soon to wrap up their competitive year, they set their sights forward.

"One of the not-so-nice things about nationals is that it's the end of the year and you have to give that year-end speech," said Johnston. "I just try to make sure that I'm always appreciative of the guys that came in and dedicated six nights a week for most of the year. The hope is that when they put that jersey back down, that they leave it in a better place than when they'd first picked it up."

## RECREATION CORNER

Fanshawe College Athletics and Recreation

# Finding community and confidence at the end of a racquet

Mention badminton and it often evokes thoughts of a casual backyard setting. The familiar image is of a plastic-and-rubber birdie, or shuttlecock, connecting repeatedly with a small mesh racquet while friends laugh together. On the courts of a college gym, the setting may be different but the atmosphere is mostly the same. Plus, while racquets strike the shuttlecock back and forth across the net, other connections often form as well.

Xinyi Ge, who goes by the nickname Joojoo, is a Fanshawe student from Chengdu, Sichuan Province, in China. She is currently studying Baking and Pastry Arts Management, and also quickly building a strong community of friends by playing badminton through the College's campus recreation offerings.

"The first time I went to the school gym was with my friend Michael, the first friend I met in Canada, and he hoped to play badminton together," said Joojoo. "It was a great day in my memory. I no

longer feel that a school gymnasium is a strange place. For me, it is a paradise for making friends."

Playing badminton comes with a number of social benefits, such as improving communication and teamwork skills. For example, when two or more players' primary focus is on hitting the shuttlecock back and forth, they feel less need to worry about the right words to say or ways to act. This reduced social pressure allows deeper connections to form more easily. Additionally, an implicit part of the game is the importance of encouraging others with praise and constructive feedback.

"When I play badminton in the gym, people often praise me for playing badminton very well. This makes me so happy," Joojoo admitted.

Badminton players will quickly acknowledge there is a specific social atmosphere surrounding the court. After hitting a few shots, players tend to grow appreciative of opponents quickly, and that mutual respect *within* the game



CREDIT: FANSHAW RECREATION

Joojoo is convinced that students looking for a way to have some fun, stay fit and boost their social life should give campus recreation a try. Pictured (right to left): Michael and Xinyi Ge (Joojoo).

lends itself to a level of comfort that helps to build rapport *beyond* the game.

"I can communicate with strangers in English now," Joojoo said. "When I first came to Canada, I was afraid to speak with others, so my English progressed very slowly. But now I want to meet more friends who play badminton, so I am no longer afraid to communicate."

While players learn how to interact with each other, they also develop coordination and mental stamina through the high-speed

nature of the game and the requirement for quick decision-making, strategic thinking and self-discipline during play. This translates to increased confidence over time.

"I feel relaxed and at home when participating in Fanshawe's badminton programming," Joojoo said, pointing out that her comfort level has created opportunities to make connections and form bonds with many new people. "Because of my friend Michael, I met many badminton friends in school, including some from Vietnam, India and many other countries.

My school life is no longer lonely." Joojoo is convinced that students looking for a way to have some fun, stay fit and boost their social life should give campus recreation a try.

"Fanshawe's sports activities have given us an excellent social platform," she explained. "You can meet many friends with common interests through your favourite sports activities. Everyone may come from different majors, and can help each other in their respective fields after graduation."

Contributed by Fanshawe College Athletics and Recreation



CREDIT: HISCOX PHOTOGRAPHY

The Fanshawe men's volleyball team competed in the OCAA Championships hosted at Fanshawe College from Feb. 22-25, 2023.

BI-WEEKLY STANDINGS



**Women's Volleyball**  
OCAA West Division Standings

Team	GP	W	L	PTS
HUMBER	18	15	3	30
CONESTOGA	18	14	4	28
ST. CLAIR	18	14	4	28
NIAGARA	18	11	7	22
MOHAWK	18	11	7	22
REDEEMER	18	9	9	18
<b>FANSHAWE</b>	<b>18</b>	<b>7</b>	<b>11</b>	<b>14</b>
CAMBRIAN	18	5	13	10
SHERIDAN	18	3	15	6
BOREAL	18	1	17	2

**Men's Volleyball**  
OCAA West Division Standings

Team	GP	W	L	PTS
<b>FANSHAWE</b>	<b>18</b>	<b>16</b>	<b>2</b>	<b>32</b>
HUMBER	18	13	5	26
CAMBRIAN	18	13	5	26
MOHAWK	18	10	8	20
REDEEMER	18	10	8	20
NIAGARA	18	9	9	18
ST. CLAIR	18	8	10	16
SHERIDAN	18	7	11	14
CONESTOGA	18	4	14	8
BOREAL	18	0	18	0

**Women's Basketball**  
OCAA West Division Standings

Team	GP	W	L	PTS
HUMBER	16	15	1	30
LAMBTON	16	13	3	26
<b>FANSHAWE</b>	<b>16</b>	<b>10</b>	<b>6</b>	<b>20</b>
NIAGARA	16	9	7	18
CONESTOGA	16	8	8	16
ST. CLAIR	16	7	9	14
REDEEMER	16	5	11	10
MOHAWK	16	5	11	10
SHERIDAN	16	0	16	0

**Men's Basketball**  
OCAA West Division Standings

Team	GP	W	L	PTS
ST. CLAIR	18	15	3	30
MOHAWK	18	14	4	28
SHERIDAN	18	12	6	24
NIAGARA	18	11	7	22
CONESTOGA	18	11	7	22
HUMBER	18	9	9	18
LAMBTON	18	9	9	18
REDEEMER	18	5	13	10
<b>FANSHAWE</b>	<b>18</b>	<b>4</b>	<b>14</b>	<b>8</b>
CANADORE	18	0	18	0

Printed standings are reflective of March 8, 2023.

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

# The NBA game is changing



CREDIT: NINA HEPPLEWHITE

Stephen Curry was responsible for the popularization of the three-point shot and ushering in the NBA's three-point era.



**Johan George**  
(he/him)  
INTERROBANG

I love the new era of the National Basketball Association (NBA).

Ever since the start of the three-point revolution, which coincides with the rise of Stephen Curry and the Golden State Warriors, there has been a new look to the way basketball is played at the highest level of competition.

First of all, the game is faster than ever before. The pace of play in basketball has increased due to a higher volume of players who move, shoot and pass like point guards and NBA defenses having to adjust.

But how did this all happen? Back in the early 2000s, the pace of play in the NBA was the slowest it had ever been in NBA history. According to the basketball reference database, that meant in the 2000-2001 season, for every 48 minutes of an NBA game in a season, there were only 91.3 possessions. In comparison, the game today features a pace of 99.2 possessions per game in a season.

Those early 2000s games were hampered by rule changes that allowed defenses to slow down a possession, which incentivized offensives to play long, drawn-out possessions. These inevitably resulted in poor shots or isolation plays where a player essentially chose to play hero and take it upon themselves to score and chuck up inefficient shots with little help from teammates. Kobe Bryant's Lakers would be the best example of this playstyle in the early 2000s.

Nowadays, games are played with a variety of players that run all around the court, cut into open spaces and usually either drive in for a dunk, or hit an open three. There's so much more complexity to what makes a superstar player in this era.

Defenses have to be careful when guarding Kevin Huerter of the Sacramento Kings, who this season is doing an incredible Curry impression in every play, by running around screens and hitting an incredibly efficient 39.7 per cent of his shots from three. For reference, Curry's career three-point percentage is 42.7 per cent and he's the greatest shooter of all time. You can't underestimate Giannis Antetokounmpo, whose running stride length is so absurd he can run from half court to the rim in one dribble, which means his defender is going to have to be incredibly quick and equally as athletic to guard him. Additionally, you can't forget the importance of players like Kevin Durant and Devin Booker, mid-range assassins who are specialists at taking pull up jump shots from anywhere on the court.

Coaches also feel more important in today's game than ever before. There have been a number of NBA playoff games decided not only by the evolution of NBA coaches' involvement, but also their planning.

Before the three-point era, the philosophy of an NBA offense was to shoot as close to the basket as possible. The hierarchy of shots went dunks > midrange jumper > three-pointer, where a three-pointer was taken if a team had no better choice near the end of a shot clock. Then came the two pioneering teams, the LeBron James-led Miami Heat, who were more open to taking a three-pointers earlier in a shot clock, and the 2014-2015 Golden

State Warriors, who took three-point shooting to its extreme, taking three pointers early in the shot clock and even on fast break transitions.

General Manager of the Houston Rockets Daryl Morey had already created a new philosophy for offensive success titled "Moreyball" that opened up the logic to NBA coaches that teams should take more threes.

"Moreyball prioritizes shots the biggest bang for the buck, layups, free throws and open threes," Ben Taylor of the Thinking Basketball YouTube Channel explained in his video, *Is the midrange shot dead? The surprising math behind basketball's least efficient attempt.*

"The average NBA possession [in 2018] yielded 1.1 points, but the average open three was converted at 38.5 per cent and at three points per make, these shots are worth about 1.15 points per attempt. Open threes are good. Layups are even better! Players made 63 per cent of their shots at the rim in 2019, which yields about 1.25 points per attempt on average. Free throws are hyper efficient. The average NBA player shoots 77 per cent from the line, so a two-shot foul is typically worth about 1.5 points [per attempt]."

Morey's Houston Rockets made the Western Conference Finals in 2018, which was an exciting duel with the Durant-era Golden State Warriors, which were considered one of the greatest teams of all time, and nearly won.

So, who knows what the next great advancement in NBA philosophy will be? I'll certainly be watching to find out.

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