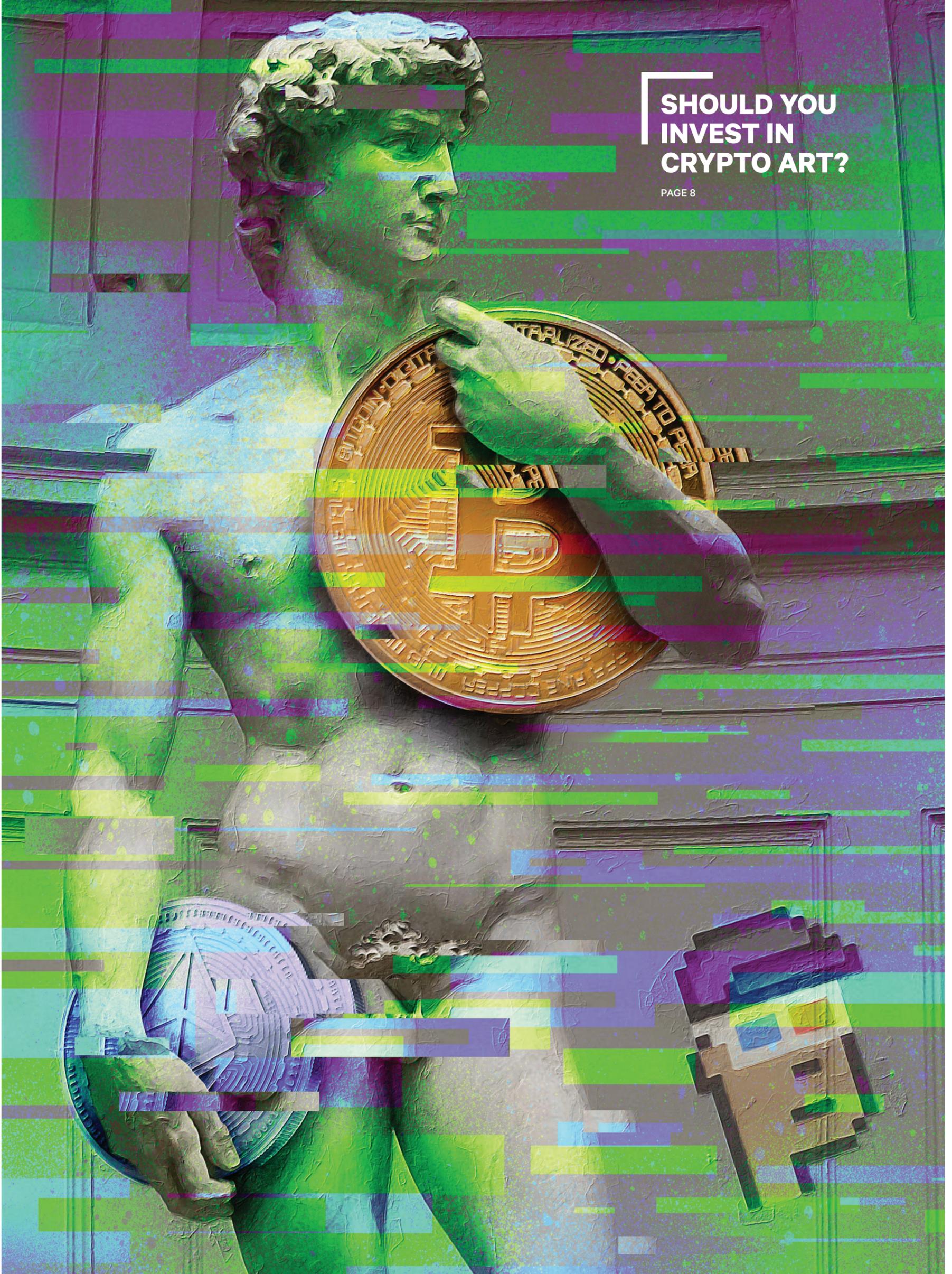


INTERROBANG

SHOULD YOU INVEST IN CRYPTO ART?

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FROM THE EDITOR Angela McInnes

Dear readers, if there's one thing this year has taught us (although we all know there's far more than one thing), it's that we can't stop the future.

Do you have any idea what NFTs are? How about blockchain technology? How much longer before cryptocurrency becomes the main currency of the world?

Am I the only one left who doesn't even fully understand what cryptocurrency is?

I used to be with it. But then they changed what 'it' was. Now what I'm with isn't 'it' and what's 'it' seems weird and scary to me.

It'll happen to you.

Anyways, this is Interrobang's arts and tech issue, where writers examine the topic of innovation in honour of Fanshawe's Innovate 2021 program.

And thank God for that, otherwise I would never have even heard what NFTs are. I'm 31, so why do I feel like a 94-year-old trying to figure out the up/down volume button on a remote control?

I'm moving to the woods if crypto art, which to my understanding is essentially a very expensive JPEG, ends up replacing the value of actual art.

The peaceful, peaceful woods.

Make sure to keep tabs with us on the socials if you haven't already. Our final issue is out on stands April 5. It'll be printed on paper. Remember paper?

And so it goes,



Letters to the Editor: fsuleters@fanshawec.ca



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INTERROBANG



CREDIT: ANGELA MCINNES

Ricardo Souza made his acceptance speech to a socially-distanced crowd in The Out Back Shack on March 17.

Ricardo Souza wins FSU election

Angela McInnes
INTERROBANG

Ricardo Souza is the next president of the Fanshawe Student Union (FSU).

The current advocacy and communications coordinator won this year's election with 994 votes. His opponent, Naznin Akter, had a total of 572.

Souza's victory was announced, as per FSU tradition, at The Out Back Shack on March 17. He made his acceptance speech to a sparse, socially-distanced crowd of onlookers and cautious St. Patty's Day celebrants.

"Being here in Canada, being here at Fanshawe, and having the opportunity to raise my voice is everything," Souza said.

Souza first came to Fanshawe as an international student from Brazil to study human resources. He has background in social communication and linguistics. He told Interrobang he is the first of his family to board a plane, and that this is not how he expected the school year to end.

"One year and a half ago, I was going through the hallways and I saw a picture of candidates for the FSU elections," he said. "I thought oh my

god, these people are so brave, I will never have the guts to put myself out there and run in an election, and here I am. I'm here because Fanshawe and many great leaders here believed in my potential and gave me opportunities and opened doors to me."

As president, Souza said he will prioritize creating a sense of inclusion among Fanshawe students as they continue to contend with the coronavirus pandemic.

"I think we have lots of challenges next year to migrate all the activities to the new hybrid format. We have to think that there are many students all around the world, and how are we going to keep those students engaged with the same feeling of belonging here at the College," he said.

Katyayini Thakur, FSU president of 2020/2021, said that she's seen Fanshawe students show resilience over a challenging year, and has high hopes for Souza.

"He's done a good job as advocacy and communications coordinator," Thakur said. "I'm really interested to see all the great ideas that he has and actually be able to implement them once we're back on campus."

Souza's presidency begins on May 1.

Fanshawe promotes innovation through upcoming events

Skylar McCarthy
INTERROBANG

The COVID-19 pandemic has been the perfect time to start innovating and look at the world with a different perspective. Annette Markvoort is a manager at Innovation Village. While the village is still under construction, Markvoort explained why it's important to innovate especially in a time like this.

"One of the things that we have noticed with a pandemic is that because we're being thrown into situations that are difficult, innovation is extremely important," Markvoort said. "Fanshawe has had to innovate in many ways over the last year in order to begin to be able to continue to deliver programming to students. All of you have seen what we've had to do in order to continue to allow you to study."

Coming over the next few days until April, Fanshawe is showcasing many different innovative events as part of its Innovate 2021 program.

Among them is the My Virtual Pitch (MVP) Competition, provided by Leap Junction. Students have already submitted their 60 to 90 second video pitch and are inviting you to take a look at them. Further details are available at leapjunction.ca/pitchcompetition. Online voting ends on March 21, with the winners being announced on March 23.

Another event is the Design Thinking workshop on March 31 from 4 p.m. to 6 p.m., provided by Leap Junction. In this workshop, you will learn about design thinking and how to apply it to everyday challenges. This free session is open to students, staff, faculty, alumni and community members.

Students who attend will be eligible for co-circular record. To register, please visit leapjunction.ca/events. Maker Exploration on March 24 beginning at 1 p.m. is being hosted



CREDIT: CHRISTOPHER WALKER

Fanshawe's Research and Innovation Day takes place virtually this year, as part of Fanshawe's Innovate 2021 program.

by the Library Learning Commons (LLC). In this event, Join Library Learning Commons staff to learn about 3D printing in the LLC. Topics will include a brief overview of 3D printing, some of the basics including locating 3D models, tools for creating your own 3D models, how to submit your files for printing, and 3D printing policies.

An event that is being hosted by the Fanshawe Student Union (FSU) is Speaker's Corner. Markvoort explained what questions you would be asked to be speak on.

"There's four questions. All around innovation, how can you innovate? What is innovation? How can Fanshawe help you innovate? They're inviting students to come and voice their opinions on innovation," Markvoort said. "It's an opportunity for students to say, you know what they feel about innovation."

But, there's also the big Research and Innovation Day being held on March 26 from 1 p.m. to 3 p.m. The virtual event will feature research posters and short video elevator pitch from Fanshawe students, faculty and staff. The event celebrates Fanshawe's reputation as an institute that pushes the future of research and development to drive solutions for Canada and the globe.

Andrew Kaszowski, Industry

Outreach & Communication Coordinator for Fanshawe's Centre for Research and Innovation (CRI) said what the CRI is focusing on the Agri food industry as well as sustainability.

"It's very important in the London region. We are both geographically well located with a huge network of resources of amazing and growing network of agri food businesses within our region," Kaszowski stated. "Forthcoming is further development into sustainability in building technologies and automation to create a more sustainable world just like we are doing with Food Innovation Research right now to create a more sustainable planet through research and development support for businesses."

The event will be virtual as well. Şebnem Demir, a communication intern, is helping out with the virtual event. She explained how she feels running a virtual event for the first time.

"In the future, if I have to, make a virtual event, I will use all what I learned from this experience," Demir said. "I did research for a better platform and also I have created the agenda, which was actually a good experience for me."

For more information about Research and Innovation day, please visit fanshawec.ca/RID for more details.

Fanshawe College announces plans for the fall

Hannah Theodore
INTERROBANG

Fanshawe College has announced its plan to expand in-person learning for the upcoming fall term. With vaccines for COVID-19 becoming more readily available, the College is planning to offer more in-person learning opportunities and experiences to students across an array of programs.

The current plan proposes smaller class sizes to give students more hands-on lab time. The plan also extends to Fanshawe's non-academic facilities, with hopes to fully reopen eating areas and the Wellness Centre with safety precautions in place.

"Our hope is that we will be given permission that once restrictions ease, to return to some sort of normal," said Fanshawe's executive director of Reputation and Brand Management, Dave Schwartz.

While the College announced the plan earlier this month, Schwartz said whatever the fall looks like will be dependent on public health

measures.

"We're hoping that we continue to have eased restrictions by the public health officials, and the more restrictions that are released, the more we can open up," he said.

Each program will likely have individual learning models, as with the 2020-21 school year. Schwartz said the goal is to continue offering students a valuable college experience, both academically and socially.

"We're hoping that some of those great student experiences outside the classroom can be opened up," said Schwartz. "So if the health restrictions allow us to continue to expand those engagement activities, we'll open them as soon as we can."

For students still on the fence about returning to school in the fall, the college has also introduced a student guarantee. The guarantee would allow students to enroll for the fall term, with the option to refund their tuition after 10 days if they are not fully satisfied. The \$250 non-refundable deposit could

then be deferred to the next available intake of their given program.

"If they enroll now and they're not happy with what it's going to be, we will refund their tuition," said Schwartz.

Also new in the fall is Fanshawe's designation as an Adobe Creative Campus. All students will have full access to the Adobe Creative Suite, including software like Acrobat Pro, Photoshop, InDesign, Spark for free.

"Whether you want to just touch up your photos, or do your resume in a more professional manner, whether you want to edit videos, every student is going to have access to the full suite, plus all their training," said Schwartz. Adobe Creative Cloud usually costs about \$30 a month.

In the statement released by the college, Fanshawe also said they are committed to making sure every full-time student gets the Signature Innovative Learning Experience. This ensures that students develop job skills for the future through signature learning experiences like multidisciplinary projects, live client work, applied research,



CREDIT: HANNAH THEODORE

What Fanshawe looks like in the fall will depend on public health measures, but for now the school plans to get somewhat back to normal.

entrepreneurship or global projects. Schwartz said both students and faculty can look forward to a potentially more normal school year.

"We're in a great position for the fall," he said. "The leadership is excited for a return to in-person as

much as possible."

Despite the promises, much will still be dependent on the state of the pandemic come September. For now though, students can expect campus to look a bit more normal in the fall.

Endometriosis Awareness Month draws attention to women's health

Salma Hussein
INTERROBANG

March is Endometriosis Awareness Month. Endometriosis is an inflammatory condition where the tissue that usually lines the interior of the uterus starts to grow outside the uterus; a painful disorder that affects 10 per cent of women worldwide.

Symptoms of this condition include severe pain, especially on your menstrual cycle (as if it wasn't painful enough), pain during or after intercourse, pain with bowel movements or urination (basically, a tremendous amount of pain), and excessive bleeding. Furthermore, having this condition can lead to fertility problems.

Although the exact cause for acquiring endometriosis is not certain, some risk factors Mayo Clinic lists include never giving birth, having had an early start to your periods, going through menopause at an older age, having shorter

cycles, when one or more relatives have endometriosis, any medical conditions that prevent normal menstrual flow, and reproductive tract abnormalities.

The important thing to understand about this disorder is that many factors and risks to acquiring it are out of a person's control. It is a condition that some people develop solely based on genetic factors.

Unfortunately, endometriosis is not curable, but there are treatments that can help with the painful symptoms, such as hormone therapy, or taking out the tissue growing out of place through a laparoscopic surgery. However, usually these treatments only help with the pain for a short amount of time and symptoms tend to return. The more permanent pain relief option involves removing the ovaries completely, according to Michigan Medicine.

So, what happens in Endometriosis Awareness Month?

The Endometriosis Association began Endometriosis Awareness

Month in March of 1993, according to their website. Now it has developed into a worldwide movement that many people observe to promote the awareness of the disorder. Activities, outreach programs, fundraisers, camps, and many other events happen during the month of march to induce awareness about endometriosis.

The reason endometriosis awareness is important is because of how easily it goes undetected. Even though 200 million women worldwide suffer from this condition, it is often misdiagnosed because of how little people are aware of its existence. Early detection of this condition can help manage the symptoms without the need for surgery, that is why awareness is so important.

There are so many ways to be aware of endometriosis, including reading about the condition its risks and symptoms, promoting awareness through social media and other platforms that are accessible to you, and if you want to go the extra mile, there are many organizations that accept



CREDIT: CHINNAPONG

Show your support for endometriosis awareness this month and wear a yellow ribbon or shirt!

donations to help teens with endometriosis, including the Endometriosis Network Canada.

Keeping yourself informed is the first step to promoting awareness. Even if you do not suffer from the

condition, being educated and learning about the illness could help someone who does. So, put on a yellow shirt or ribbon to show that you are aware and ready to show your support this March!

Rare meteorite discovered in U.K. with Western's help

Ian Indiano
INTERROBANG

A rare 300 gram meteorite was recovered last week in Winchcombe, U.K. for the first time in 30 years. The meteorite type, which has never fallen in England, is called carbonaceous chondrite and contains amino

acids and organics known to be ingredients for life. The discovery was only possible thanks to an international team of fireball trackers that includes Denis Vida, meteor physics postdoctoral associate at Western University.

On Feb. 28, footage of the meteor was captured by the Global Meteor Network (GMN) and U.K. Fireball

Alliance. The footage was used to locate the meteorite and determine where it came from in the solar system. GMN, which is coordinated by Vida, operates more than 300 cameras in 22 countries and counts with professional and amateur astronomers. The last time a meteorite has landed and been recovered in the U.K. was in 1991.

Vida was contacted by the coordinator of the U.K. Fireball Alliance, Jim Rowe, one day after the fall. He used Western's state-of-the-art meteor trajectory software to compute the trajectory of the fireball, and after reviewing the data from the GMN cameras, he identified two U.K.-based cameras that observed the event. The videos suggested that the fireball ended at the height of 27 kilometres, indicating that probably there were meteorite fragments on the ground.

To survive the atmospheric flight, the fragments must slow down to the velocity of 3 km/s, and when this happens, the meteors stop producing light. All of this could be observed on the footage. The meteorites were located immediately after the fall by Dr. Ashley King, from the Natural History Museum, where it is being studied by a scientific team.

The event would be already memorable for the speed and efficiency of the international team, but it turned out to be even more exciting for its rarity. Carbonaceous chondrites are extremely rare, and this one is only the fifth one with a known orbit.

The type of meteorite remained untouched in deep freeze for at least 4.5 billion years, so it can provide answers about life on Earth and the formation of the solar system. These meteorites are also important for other reasons. They are direct evidence for liquid water outside Earth, because they can contain up to 20 per



CREDIT: PHOTO BY THE TRUSTEES OF THE NATURAL HISTORY MUSEUM, LONDON

An extremely rare meteorite fell on Earth on Feb. 28, and Western University researchers played a key role on its recovery.

cent water, which is full of organic compounds. Plus, they carry small dust particles older than the sun called presolar grains.

"Imagine you take some eggs, flour, and sugar. You follow a recipe, mix them together and bake them in the oven. Voila, you have a nice cake," Vida said. "The cake is our solar system. Baked, mixed, changed. In this analogy, carbonaceous chondrites are a chunky mix of eggs, flour and sugar that somehow ended up in the freezer, and we're using them to figure out how the cake, in this case the solar system, was made."

A similar sample of this kind of meteor arrived on Earth in 2020 with the return of the Hayabusa2 mission and weighs around 4.5 grams. Another sample is expected to arrive on Earth in 2023 with the OSIRIS-Rex mission and weighs 60 grams.



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Tom Hutchison-Hounsell

Student Representative to
The Board of Governors



CREDIT: IAN INDIANO

This week in Off the Radar: Ex-president arrested in Bolivia, an historical inquiry to be held in Australia and a missing president in Tanzania.

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

Ian Indiano
INTERROBANG

Technology accelerates everything. It has made information more accessible than ever. What is written in a little village in Japan can reach Canada in a fraction of seconds, faster than we can comprehend. We are so used to it that we don't realize how absurdly amazing the evolution is since the first international telephone call in 1881 to where we are now.

It took humanity dozens of thousands of years to invent the telephone, and after that, just a little over a century to lose track of how fast information can be delivered from one side of the globe to the other. Although this notion might seem overwhelming, progress and innovation depends and will continue to depend on information distribution. Looking back to humanity's history I say: to know what's happening is a privilege.

To help you don't lose track of what's happening in the world, here are five news stories you should be paying attention to:

Bolivian Ex-interim President arrested

A few issues of this newspaper ago, in this very column, it was announced that Bolivia had elected ex-president Evo Morales' candidate Luis Arce in 2020, after Morales' abrupt resignation in 2019, which raised suspicions of a coup against him. Now, over one year later, Jeanine Áñez, the interim president after Morales, was arrested along with several ex-ministers. She is being accused

of engineering Morales's overthrow. Áñez said on her Twitter account that she was being politically persecuted and claimed she's been a victim of a political vendetta. Morales, also in his twitter, supported the move and demanded punishment for those involved in the "coup" against him.

Banksy public artwork to be auctioned

The anonymous Banksy is one of the most celebrated contemporary artists nowadays. He started his career as a street-artist and to this day the majority of his works are still made and viewed in the streets. Last December a mural entitled *Aachoo!!*, a response to the pandemic, appeared on the outside of an old house in Tottenham, England. The image shows a woman sneezing her false teeth off. The wall in which the artwork was painted was removed from the house in one piece and set to be sold in an online auction. Before the removal, the painting was boarded-up and stayed out of sight for several weeks.

Vatican says the Catholic Church cannot bless same-sex unions

The Congregation for the Doctrine of the Faith (CDF), the oldest congregation of the Roman Curia, said earlier this week that the Catholic Church does not have the power to bless same-sex unions because it is "impossible" for God to "bless sin." The CDF, however, noted the "positive elements" in same-sex unions. This comes shortly after Pope Francis publicly endorsing "civil unions" of same-sex couples in a documentary last October. This affirmation might be

a response to the many priests who started giving blessings to same-sex unions as a way to welcome LGBTQ+ Catholics to the church.

Australia to hold an inquiry into the impact of colonization

A long-awaited inquiry was announced at the Australian state of Victoria to investigate the impact of colonization on the Indigenous people. Since native Australians were dispossessed of their lands in 1788 when the British settled there, the Aboriginal communities endured systemic injustices, persecution and violence. After 233 years, the government said they are now committed "to telling the truth." The inquiry is modelled on similar ones established by Nelson Mandela in South Africa, and others from Canada and New Zealand. The findings of the historical inquiry are expected next year.

Missing Tanzanian president rumours

The last time the Tanzanian president John Magufuli was seen in public was more than two weeks ago. Following his disappearance rumours that he might be ill started to appear. While the government claims he is "healthy and working hard", the opposition leaders have said he had been flown abroad for COVID-19 treatment, and that he is in a serious condition after contracting the virus. The police also arrested four people accused of spreading the rumours on social media. Also, president Magufuli has been accused of underestimating the powers of the virus and has been criticized for publicly encouraging people to try unproven alternative treatments.

45 cases linked with outbreak involving Western students



CREDIT: YIFEI ZHANG (GAZETTE)

Student gatherings have led to an outbreak of 45 COVID-19 cases in London.

Rebekah Rodrigues
GAZETTE

Twenty-three additional COVID-19 cases have been linked to the outbreak connected to 10 student house parties, bringing the total to 45 cases.

The Middlesex-London Health Unit first declared an outbreak March 11, after 22 cases were reported stemming from gatherings between March 2 and 6.

According to Dr. Chris Mackie, chief medical officer of health at the MLHU, the majority of the new cases came from secondary contacts of those who attended the parties. No variant strains have been identified in the outbreak.

"That outbreak is still growing in number," said Dr. Mackie. "What we're doing mainly is documenting spread that has occurred, because we certainly have given guidance to the people involved and all of the indications we have are that they are quarantined."

The health unit also confirmed that Western University fraternities

and sororities were involved in the gatherings, but will not release the names of specific organizations.

Representatives from Western's frats and sororities could not be reached for comment.

"We won't be releasing the names of the sororities and or fraternities involved," said Dr. Mackie. "That would be the level of information that might start identifying individuals so we don't feel that there is adequate public health justification to do so."

The MLHU will continue contract tracing those connected to the outbreak and updating the case count where necessary.

"As members of the London community, our collective health and safety is a shared responsibility," said the University Students' Council, in a statement "In light of this recent community outbreak, it is essential that students abide by public health guidelines set forth by the Middlesex-London Health Unit."

Leaders of the Interfraternity Council and the Pan Hellenic Council also have a seat on the students' council.

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Cyberattacks are the biggest threat facing humanity right now

Hannah Theodore
INTERROBANG

Cyberattacks grow more pervasive every day. From phishing to malware, cyber warfare is becoming harder to spot, and easier to commit.

Gone are the days when hackers were a fringe group of nerds in their parents' basements. Today, the buying and selling of individual information on the dark web is a booming business, with roots across the globe. While the biggest threats posed are of course at the national and financial level, the risk to individual information should be of concern to everyone. It is the role of the Canadian government to prioritize media literacy for all so we can all be protected.

The most common form of cyberattacks occur at the individual level. Many of us have fallen victim to a scam text or email from someone requiring personal information. These "phishing" tactics as they're called, are purposefully deceiving. They often use threatening language that suggests you will be punished for not offering up information, like blocking you out of your bank account or even jail time.

Those of us who grew up during the popular evolution of the internet are better at spotting these scams; we look for spelling errors or clues that the message lacks some sort of credibility. But this skill is not something that we as humans inherently have.

Even those of us who know what signs to look for can fall victim to a phishing hack. These tactics have become more prevalent and more convincing as hackers have adapted to a world that is slowly starting to educate people on cyber security. Phishing is modern day forgery, a skill that trained hackers can master to make their schemes seem believable to even the most educated individual.

Therein lies the issue. The stronger our national cyber systems become, the stronger cyber hackers grow. The problem with the evolution of technology is that it doesn't stop evolving, for better or for worse. As we expand our lives into the digital sphere, hackers do the same. Any technology that is developed by our governments for cyber protection can be just as easily manipulated by hackers for cyber warfare.

For example, in October of 2020, students at Western University raised privacy concerns over a third-party software called Proctortrack that the university had adopted to proctor at-home exams amid COVID-19. The software could remotely operate the user's computer, closing any content that it guessed might have been helping students cheat. The company, which is operated out of the United States, was also capable of storing personal information for up to a year.

Students pointed to how similar the software was to spyware, another form of hacking that allows third parties to view computer activity and operate a device remotely. Since then, Proctortrack has suffered at least one serious data breach at Ivey Business School, though no student data was lost, according to Western.

What we see with the Proctortrack example is that even software created with good intentions like protecting academic integrity, has all the same capabilities of a malicious software. The line between safety on the internet and the total collapse of society is growing thinner all the time. It might sound like I'm being hyperbolic, but let's look at the facts.

In 2018, Canadian businesses become subject to mandatory data breach reporting. When this process began, reports of data breaches skyrocketed, suggesting 28 million Canadians had been affected by data breaches that year. Combine that with the information we willingly offer up on our social media accounts, including our scrolling habits, personal



CREDIT: URUPONG

Cyber security is a risk to all of us, with the Canadian Revenue Agency becoming yet another target for hackers.

interests, and geographical locations, we are consistently supplying fodder to malicious cyber attackers outside the country with potentially devastating effects. We've seen the way Russian bots have influenced culture through social media in the United States, but the additional threat of hacking and data breaches means the threat to personal safety is more pressing than ever before.

So what can we do? Firstly I think it is the role of the Canadian government to make cyber education mandatory for all students, starting as early as possible. The sooner we can educate citizens on protecting their personal information, the better protected the next generation of online users will be.

But more importantly, our government itself needs to be aware of how close we are to our

cyber worlds collapsing. I'm tired of watching U.S. Representatives question people like Mark Zuckerberg on the serious issue of false information on Facebook with little to no understanding of how Facebook works. I'm tired of cyber security education focusing so much on the actions of the individual, when cyber security is just as much of a government issue as homeland security. Yes, we all have a role to play in protecting our personal information, but none of us have the option anymore of going "off the grid."

Online tools are essential to our work, social lives, and banking. We can't escape it anymore, and that means we are all at risk. It's time our elected officials studied up, and started treating cyber security like the priority it is.

Good Friday and Easter, part 1 (of 2): *Mary Anoints Jesus' Feet*



Michael Veenema
RELIGION

The two most important days in the Christian calendar are coming up. Soon there will be a world-wide celebration of the death of Jesus Christ ("Good Friday") and his return from death ("Easter Sunday") — both occurring roughly 2,000 years ago. In this article I am looking at one of the stories leading up to those two events, the account of someone named Mary pouring expensive perfume on the feet of Jesus and wiping them with her hair.

A quick word about the accuracy of the stories of Jesus. Are they reliable and trustworthy? Many people feel inclined to write them off as folk stories, or stories constructed by devout religious communities in the wake of the life and death of Jesus. Others write them off as stories constructed by an increasingly power-loving church which, over a number of centuries, used the figure of Jesus, the conqueror over death, to control the thinking of Roman citizens and the "barbarians" outside the Roman Empire.

However, the shape of the stories of Jesus was not determined by the needs of the communities of the first and second centuries. Nor was the shape of the stories determined by

power-hungry church leaders. It was the eyewitnesses to the life of Jesus who controlled the shaping of the narratives. A number of biblical scholars are making this case, and I would say that Richard Bauckham, in his book, *Jesus and the Eyewitnesses* (2017), has laid it out very persuasively.

Let's get back to our story of Mary. It appears in one of the four versions of Jesus' life, this one written by a disciple of Jesus named John. (Last names were not a requirement in those times.) It is a strange story to modern eyes. Here is how it goes.

We are near the un-end (as I like to call it) of the life of Jesus in the town of Bethany, which is not far from Jerusalem. You can find both on any map of Israel today. In the town live three siblings, Mary, Martha and Lazarus, friends of Jesus. Recently, Lazarus had died. But Jesus brought him back from death, a spectacular moment that helped seal his reputation as a leader sent by God.

The three are at a dinner party, likely to honour Jesus. It takes place in the home of another admirer of Jesus, Simon, a "leper." Probably Jesus had healed him earlier, as he had healed many lepers and other ill or disabled people, but no mention is made of that.

Mary brings a jar of "myrrh", an expensive aromatic oil. The essence of myrrh, "nard," was possibly imported from as far away as the Himalayas (William Hendriksen, *Exposition of the Gospel According to John*).

People are reclining, as was normal in those

times. At one point, Mary takes the perfume, pours it on the feet of Jesus, and wipes his feet with her hair. That will strike many of us as bizarre, but in those days it would have connected to the Middle Eastern custom of washing the feet of walking-weary guests.

The thing about Mary's act that most startled the guests at the time was that she had apparently spent a great deal of money to do this.

One of Jesus' disciples, Judas, who by this time has become bent, protests that it would have been better to have saved the money and given it to the poor. John, though, recalls that Judas has been embezzling the common funds of Jesus and his fellow travellers. Judas' comment is not motivated by generosity towards the poor but by opportunism. Jesus himself rebukes Judas, who would later betray him.

How does this story connect to the events about to happen, the death and rising of Jesus? First, the dinner party is a direct consequence of Jesus bringing Lazarus back to life. So the story connects with the motif of resurrection from the dead.

In the pre-Jesus parts of the Bible (the Jewish "Law, Prophets and Writings") there are several resurrections. In the post-Jesus parts of the Bible (the Christian "New Testament") there are more. Jesus, who is the "heart" of the Bible, raises several people from death. And, most impressive of all, he himself is raised without the prayers, commands or touch of anyone, but directly by God.



CREDIT: PROVIDED BY DINAH ROE KENDALL, PIQUANT PUBLISHING

Mary Anoints Jesus' Feet.

Second, the use of an expensive aromatic oil foreshadows the burial of Jesus. When Mary poured out the oil, the room, if not the entire house, would have filled with its fragrance. Later, after Jesus' death and burial, several women approached his tomb with perfume. They wanted to dignify his body in a way that fit with Jewish custom.

And lastly, this event drives the story onward to the death of Jesus. Judas' scheming is brought out into the open; it will result in his handing Jesus over to his enemies, the religious authorities. As for those authorities, we read that they now begin to plot to kill Lazarus. That gives them two plots to manage, since by this time in the story of Jesus, they have been scheming to kill him too.



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

ONLINE LEARNING COULD BE THE KEY TO EDUCATIONAL ACCESSABILITY

Hannah Theodore | Interrogang

The current school year has been dominated by conversations about the trials and tribulations of online learning. But innovations in remote learning models could be the key to giving more people access to an education, even after COVID-19 is behind us.

The pandemic has highlighted the holes in Ontario's online learning model. In many cases, teachers were left to make the transition to online learning without much guidance, and courses that relied on practical work were left to scramble to find ways to incorporate blended options at the postsecondary level. Even through COVID-19, though, the province was making strides to address this issue. The Ontario government invested \$50 million in late 2020 to strengthen its postsecondary online learning capabilities, giving international students the option to study from their home countries, and improving the quality of online learning with innovations in digital content.

But the province wasn't the only one making big strides. Associate Dean of the Faculty of Business, Information Technology, Mary Pierce said Fanshawe College was leading the way for online learning, well before COVID-19.

"Fanshawe College was the single largest innovator in Ontario, and to a certain extent, Canada among the college's, for offering fully online learning before COVID," said Pierce.

Pierce added that online courses at Fanshawe do more than just copy and paste course work into an online format.

"We don't just put programs online," she said. "We offer online versions of programs in our postsecondary programs."

The difference means the courses go through a longer production process to make sure online learners still get the same level of education, even if they choose to study online.

New last year was the college's "Am I Ready?" tool, something Pierce called an innovation in how students prepare for postsecondary education. The external learning management system allows anyone, whether they are enrolled in the college or not, to access course materials and self-evaluate their strengths.

Innovations in educational software like the "Am I Ready?" tool could be the key to helping future students assess their abilities to take online courses. The province has its own self-assessment software for online learners through OntarioLearn, which provides a questionnaire for prospective students on their learning habits and computer skills.

Online learning isn't all about innovations in software and technology, though. As Pierce explained, the option to learn from home opens the doors for more people to access an education.

"Prior to [the pandemic], with the online versions of programs, it was almost exclusively mature learners," she said. "People were working. And those are the individuals that

generally choose online learning. Online learning offers a lot of flexibility for people with part time jobs, where they live, and the fact that they can access and study what they want, when they want."

She added that many online learners prior to the pandemic were single mothers, who appreciated the flexibility of online learning and the chance to study from home. For international students or students who have limited access to a physical campus, an online learning option could be the difference between getting an education and not.

Online learning can also cut back on ancillary fees, with less need for a bus pass or student gym membership.

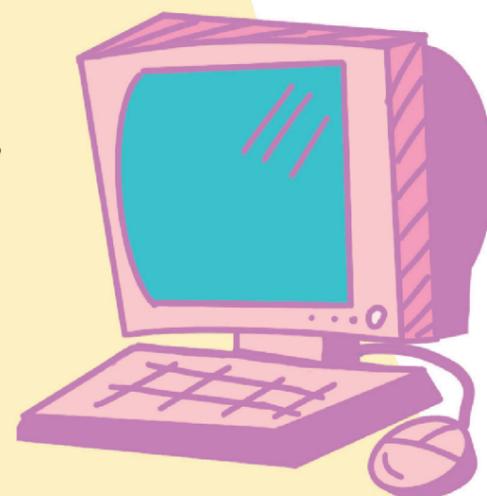
Pierce believes that even after COVID-19 is behind us, the province will continue to see growth in the online learning sector.

"I think more people are going to offer an option for online for students who want it," she said. "And so I do think that some of the good things that have happened with blended learning, where a few courses are some hours are online for theory. I think you'll see a bit more of that going forward."

Online learning is dependent on self-motivation and in some cases, self-assessment, meaning it might not be for everyone. However, with the changes brought on by COVID-19, it's possible that more supports for online students will be the focus of future investments. Pierce said the answer to keeping students engaged and successful could be a push for more blended learning options.

"Some students I think do feel isolated," she said. "And they don't feel that they had that peer support group or friends or social atmosphere that they chose to come to Fanshawe for. And so for those students who really need and want that, it is imperative that we do everything we can to move back to the fully blended format for the students."

At all levels of education, the use of technology and digital outreach can help students access learning in new ways. According to People for Education, "classrooms immersed in digital learning help students work collaboratively, develop problem solving and critical thinking skills, be motivated to learn, take ownership of their learning, and develop creativity skills." Now more than ever, there is a push to innovate the way we learn online, and to give more communities access to an education through a flexible, online model.



A BEGINNERS GUIDE TO NFTS

By Ilhan Aden / Interrobang

With emerging technology developing at such a rapid pace, it is to no surprise a lot of information may slip through the cracks. In the case of NFTs, more people don't know or don't care, but those that are aware believe it's the next hottest investment. For those interested in understanding the confusing concept of non-fungible tokens, here are the need-to-know facts about NFTs.

WHAT IS CRYPTO ART?

By Ian Indiano / Interrobang

The speed at which the contemporary world changes can be overwhelming for those trying to understand it.

Although I'm quite young, I already have to ask my younger brother to explain to me the latest meme or trend. I remember when I first heard about bitcoins and how people are investing all their money and time on it. When I learned about people losing everything after misguided investments, I thought that it was the confirmation that cryptocurrencies were just another Tulip Bubble.

However, after a few years, I can now say that I definitely don't know enough about the economy and I was wrong. Cryptocurrencies are here to stay, and this is undeniable.

Not only are they here to stay, but they come with a whole package of terms, concepts and constant innovations that are getting closer and closer to our day-to-day lives. The newest thing I've learned about are non-fungible tokens (NFTs). And with them, another term that has been discussed a lot among the people in my field: Crypto art.

To make it simple, crypto art is a digital artwork that is linked to an NFT. So, all crypto art pieces are NFTs, but not all NFTs are crypto art. When a digital artwork is tokenised in a blockchain, it now has digital proof of ownership, and now this piece can be authenticated and owned like any other piece of art.

It all started in 2014 when it first became possible to register art on the Bitcoin blockchain. Nobody really understood what exactly this meant, but it was enough for contemporary artists to get interested, like Rob Meyers, who tokenized his soul in a work simply called MYSOUL. After that, not much happened until 2017, when a computer game called Spell of Genesis used game cards to be sold and bought as digital assets among players.

As these trades got more popular, a crypto platform called Counterparty decided to explore the situation creating the Rare Pepe cards. These cards were based on the meme Pepe the Frog, originally created by artist Matt Furie, and were not attached to any game. Since then, the frenzy around pieces like those got bigger, and the numbers got higher, bringing us to where we are today.

In the past few months crypto art has exploded. On one hand we have detailed digital paintings by concept artists selling for

hundreds of thousands of dollars, and on the other hand we have screenshots of memes or sketches by famous people also selling for astronomical amounts. The problem is that these pieces might be serving as another commodity for young investors to speculate and make money. We all have seen this before: money chasing money, and the market buying what the market already bought.

But what does that mean for actual artists? What is the actual game-changer? Well, now digital artists can sell their work like never before.

Although crypto art is a relatively new concept, non-physical art has been around for quite a while, but the market for these artworks was never really solved. Artists that work with video, sound, or performance had to rely on DVDs, CDs or memory sticks, which never really worked that well. Collecting these pieces meant collecting a physical object with a register of the actual work.

Now, their work can be authenticated and (more importantly) collected properly, just like any painting and sculpture. And there are more advantages. Not only can artists sell directly to collectors, but you can also get a commission every time that work gets resold, even if you're not involved.

If you are interested in tokenizing some of your work, there are many platforms where you can do it. To mention a few: VeriArti, Waves, SIGN Art, Zilliqa, V-Art, among many others. However, we must keep in mind that when things look too good to be true, they probably are.

To tokenize your art, you need to buy a token and put it on your art, and the price varies according to supply and demand. Right now, the demand for

cryptocurrency is very high, so the prices for these tokens are also very high. There are also additional costs for the website and for the transaction itself.

The truth is that crypto art solves many problems for the art market, but it also creates new problems for beginner artists and contributes to an increasing de-democratization of an already very elitist field. But I've been wrong before.



What are NFTs?

NFTs are digital assets known as non-fungible tokens. The "non-fungible" aspect of the tokens means it cannot be exchanged for an asset of the same kind. This means you can't use an NFT to purchase another NFT, instead, you can exchange it for some form of money. That form of money includes the currency we usually use like the Canadian dollar, but also cryptocurrency like bitcoin. An example of a "fungible" token would be conventional money, or the money we usually use here in Canada; the dollar. It is a "fungible" token because we can exchange that asset for the same type. An example of this would be exchanging one loonie for four quarters; both are of equal value and both are the same asset, that asset being money.

How do NFTs work?

Before I can explain how NFTs work there are some key terms to define.

Blockchain: A blockchain is a specific type of database.

Database: A database is a collection of information that is stored electronically.

Ledger: A ledger is collection of financial accounts of a particular type.

With those definitions in mind, NFTs work through a blockchain.

A blockchain is a record-keeping technology typically used as a ledger for transactions. In the case of NFTs, it is how one can prove ownership without a physical contract because the information stored cannot be reversed or changed. Blockchains store information in "blocks" chained to one another in chronological order. When new data enters the database, it fills up a "block" that is then "chained" to another "block" as the "chain" continues to grow.

What can you do with NFTs?

Now that you hopefully understand what they are and how they work, NFTs can be used differently depending on the specific digital asset.

Currently, the trendy investment that has brought NFTs to the forefront is digital art and collectibles/memorabilia.

Usually reserved for physical spaces, collectibles/memorabilia can range from niche vintage t-shirts to Yu-Gi-Oh cards. The main difference with these types of collectibles/memorabilia is that they exist solely in the digital space.

With NFTs, the art world has opened doors for the rise of exclusively digital art with more and more established auction houses moving into the digital space.

A common question asked about artwork sold as NFTs is how do you own something online that can be easily copied or shared?

The best way to answer that question is through an example involving the world-famous painting, the Mona Lisa. Although plenty of copies of the painting exist, there is only one authentic original that resides in the Louvre Museum. With NFTs, the blockchain acts as the authenticator to prove you own the original copy even though plenty exist that can be viewed or shared online.

How do you get NFTs?

To better understand how to get NFTs, there are a few key terms to define.

Cryptocurrency: Cryptocurrency is a form of payment that can be exchanged online for goods and services. It also uses a blockchain as a ledger similar to NFTs.

Ethereum: Community-run technology powering the cryptocurrency, ether (ETH)

ETH: A form of cryptocurrency.

To begin buying NFTs you need to first convert your conventional money—like the dollar—into cryptocurrency. There are a many different types of cryptocurrencies out there but the one used for NFTs predominately is ETH. You can purchase ETH through Ethereum. To put it simply, you convert your money into ETH—a cryptocurrency—and use the ETH to purchase NFTs on different marketplaces. Currently there are several marketplaces that sell NFTs such as Mintable.app, OpenSea, SuperRare, and Rarible.

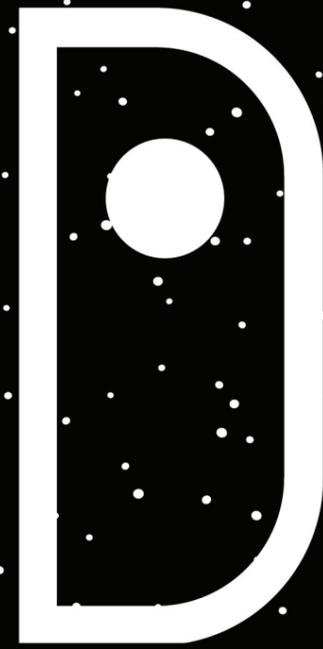
What do NFTs means for the future?

With the connection between the digital and the physical world becoming increasingly intertwined, the creation of NFTs is a natural byproduct to creating online content. It will be the future to ownership in a digital space where everything can be copied or shared. Although still new to the music world, NFTs create the opportunity to place control back into the artist's hand.

The Grammy award winning band Kings of Leon recently sold their album as three separate NFTs; one special album package, one for offers for live show perks like front row seating for life, and lastly as exclusive audiovisual art.

The hope for music sold as NFTs is that it will add to the experience of music as an artform while expanding its evaluation in a digital world.

How the Nintendo Switch switched the gaming world



Skylar McCarthy

INTERROBANG

It's been about four years since the Nintendo Switch launched back in 2017.

Before this, gaming wasn't really portable at all. When we look at the video game consoles made in the same generation, the Xbox One and the PlayStation 4, none of those consoles can compare portability wise to the Switch. But not only was the Switch portable, you can also play the Switch on your TV. This is the first and only console that is a hybrid of being played on the go or on TV.

While gaming companies like Xbox or PlayStation are pushing for more power in their consoles, making sure they have the highest specs out there, Nintendo has been different. They don't care about how much power the console has, oftentimes having less power than their console competition. They care about the experiences you play with while playing. I can say, I've played all three consoles (Xbox One, PlayStation 4, Nintendo Switch) and I love playing my Switch more than the other two.

Let's take a look at the Switch's lifecycle. The Switch came alive when Nintendo made a teaser video about the console

in 2016. The video, which has 46 million views to this day, brought Nintendo fans some hope after the failure of the Wii U, showing off the console's portability and docked modes as well.

The Switch then had a live presentation in Japan in 2017. That presentation showed us that games like The Legend of Zelda, Breath of the Wild, 1-2-Switch and many others as well were coming to launch later on in the year. Then the Switch was released. At first, many critics believed the same thing would happen to the Switch like the Wii U. The Wii U, while being a great console, didn't have any third-party games that would make people switch from the PlayStation or Xbox to the Nintendo console.

However, many great third-party games like NBA 2K, Doom Eternal, Fortnite, Apex Legends, and many others are on the Nintendo Switch. But critics also complained that the console had a low game library at launch and in portable mode the battery life was low.

In a recent interview, former President of Nintendo of America Reggie Fils-Aime said, "the Switch really was a make or break product for the company and luckily it was a hit."

Many more great games came after launch, like Splatoon 2 and Super Mario Odyssey, and Arms. In 2017, The Legend of Zelda: Breath of the Wild, a Nintendo Switch exclusive game won many awards at The Game Awards, including Game of the Year, Best Action/Adventure game and the Best Studio/Game Direction.

In 2018, games like Super Smash Bros Ultimate, Pokémon: Lets Go Eevee/Pikachu, and Nintendo Labo were some of Nintendo's greatest games that year.

In 2019, Luigi's Mansion 3, Super Mario Maker 2, Yoshi's Crafted World, The Legend of Zelda: Link's Awakening were some of the great games that came. In 2020, although a rather bad year, we still got Animal Crossing: New Horizons, which I play mostly every day.

With almost 79.87 million units sold worldwide since of February 2021, the Switch basically saved Nintendo as a company, and changed gaming into more of a hybrid approach. While the Xbox and PlayStation just released new consoles, I can see more people buying the switch because you can play any game you have on it, on the go.



How to have a feminist March marathon

Salma Hussein
INTERROBANG

With midterm season over and a bit of a break until the exam rush, we have entered a short but sweet resting period. What better way to spend the downtimes than with movie and TV marathons of empowering classics and new feminist releases. Netflix has a good selection these days with an amazing series and films that inspire women of all ages to feel good about being powerful and resilient and some even bring us back to the history of when the feminist movement began. Here are some top picks to get you started.

1: *Moxie*

This is a movie that was just released on Netflix that depicts how easy it is to be OK to what is deemed “normal” around you even though it can be a toxic and harmful reality. The main character, Vivian, always puts her head down and endures instead of standing her ground, similar to all the girls around her in school when objectified and sexualized by the male population. That all changes when a new girl

transfers in and challenges the “normalcy” everyone has accepted. Her determination and resilience inspire Vivian to reevaluate her surroundings and protest the inequalities by spreading zines under an anonymous alias, “Moxie”.

2. *Period. End of Sentence.*

An award-winning documentary that addresses the stigmatization of menstruation in rural India. The stories from various women in the film reveal how women did not have access to the most basic of female sanitary items and how this stigma has led women to lose their education. The narrative changes when women from these rural areas learn to make their own pads and make opportunities for themselves.

3. *Ginny and Georgia*

Recently released on Netflix, this show follows the perspectives of a mother and her daughter. Because Georgia had Ginny at a young age, she had to learn how to survive on her own while raising her daughter and son. Uneducated, abused by her family, and homeless, Georgia resorts to any means to keep her family safe, even if it comes at the cost of always being on the run and

never being able to fully trust anyone. Ginny has to face the difficulties of being stuck between two worlds and trying to find her identity in the mix of the chaos of realizing how little she knows about her mother.

4. *Self-Made*

Ever wonder who the first female self-made millionaire was in America? This mini-series tells you all about the origins of Madam C.J. Walker and how she became the first female self-made millionaire, while also facing the struggles of being a black woman in the early 20th century. From struggling with hair loss, being in an abusive relationship, and going through multiple divorces; the story of Madam Walkers’ success is nothing short of inspiring and moving

5. *Feminists: What were they thinking*

Filmed in 2018, this documentary shares the interviews of women from different times and backgrounds, telling their stories of feminism. The women interviewed were from a book with portraits that was published in 1977, titled “Emergence” by photographer Cynthia MacAdams, that captured the images of



CREDIT: NETFLIX

Check out some of Netflix’s inspiring feminist films, like *Moxie*, and series that have unique perspectives of women from all ages, cultures, and experiences.

women breaking cultural boundaries and embracing their womanhood.

6. *Unbelievable*

Based on true events, this series shares the story of Marie Adler who was raped and accused of lying about the event of her rape when police come short on evidence. She was asked to retell her story several times to multiple branches of authorities, and when her statements started to get foggy after being retold so many times, the police concluded that she had made the whole thing

up for attention based on her history of abuse. When no one believes her and she is forced to make a fake confession, two detectives begin to see the pattern of the serial raping and try to uncover the truth.

These picks are only some of the shows and movies that Netflix and other streaming services provide. Check out what feminist picks you have access to and educate yourself on the strides women have taken and continue to take to obtain their rights and have their voices heard.

So why did Western and Queen’s start a rivalry?

Will Sharpe
GAZETTE

In pre-pandemic Septembers, hordes of students dressed in purple and white would descend on London’s Broughdale neighbourhood, often carrying homemade signs with Western students’ most coveted mantra: “Quck Feen’s.”

While Western University’s campus is usually rife with signs of the two schools’ rivalry, the landscape looks a little different this year. In the absence of athletics and in-person events, students are re-examining the once-fierce Western-Queen’s rivalry.

The rivalry began on Oct. 19, 1929 — the first time Western and Queen’s met on the football field. Queen’s walked away winners that day and won every meeting against the Mustangs until 1931. From there, the rivalry was born.

For both schools, the rivalry has transcended sport. There’s a culture of competition, from Queen’s students’ “Wuck Festern” t-shirts to Western’s Book Store shot glasses and beer mugs that display Queen’s at the bottom-tier for alcohol tolerance.

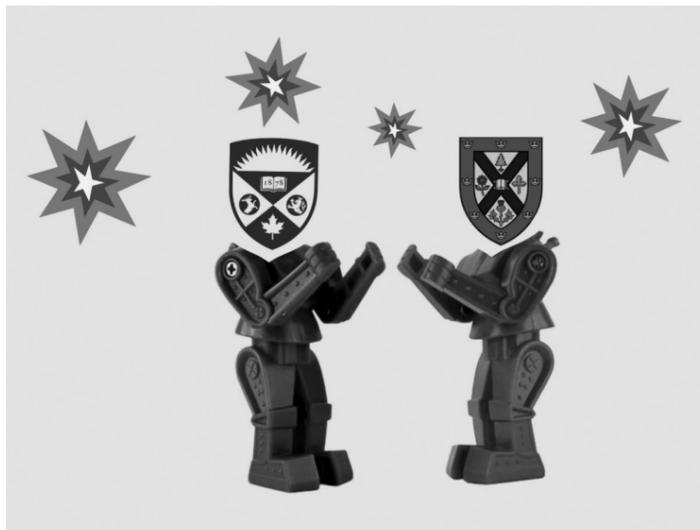
When Laurie Norman, an alumna with a master’s degree in physiology, arrived at Western in 1983, she had a neutral view of the rivalry.

“My suspicion was that it had to do with the origins of the schools,” she says. “Two of the oldest universities, both catering to the upper-middle classes, both with the traditional faculties of medicine and law.”

Norman admits that university athletics never interested her but she recalls many of her peers applying to Western and Queen’s as their first-choice schools.

“There’s likely academic competition also,” she adds.

Thirty years later, from the other side of the Western-Queen’s divide, Bethany Wilken, a fourth-year Life Sciences student at Queen’s, reached a similar conclusion.



CREDIT: LUCIA SANTILLY (GAZETTE)

In the absence of athletics and in-person events, students are re-examining the once-fierce Western-Queen’s rivalry.

“They’re both prestigious universities and have similar cultures,” Wilken says. “Both have a focus on academic excellence and party life. I can’t speak too much about Western, but I think the schools have a similar demographic, and they’re both considered ‘preppy.’”

Emma Denton, a fourth-year Media, Information and Technology student, learned about the rivalry through her older brother, who played rugby for Western.

“My impression of Queen’s is that as a school and student body, they are very similar to Western — both have a good reputation in academics and sports,” Denton says. “But I don’t really care about the rivalry. It could be good for team spirit and harmless jokes.”

After decades, both schools have embraced the rivalry, leaning into the harmless jokes. Wilken mentions that her mother “hated” Western when she attended Queen’s in the 1980s and, like Western, Queen’s also has their own line of shot glasses that display their rivals at the bottom tier.

Julia Albert, a third-year School for Advanced Studies in the Arts

and Humanities and English student, says she doesn’t think about the rivalry anymore. Last year, she recalled seeing posters and signs during Homecoming poking fun at Queen’s — this year, she saw nothing.

“Without sports and especially Homecoming, I think it’s progressively becoming less important to people,” Albert says. “I just think there are bigger issues that we’re all concerned about this year.”

For Albert, one of these bigger issues is the switch to online school. She believes the absence of campus life this year may impact the rivalry for years to come.

“With everything online, first-year students may not even feel like Western students — they’re not on campus, they’re not experiencing any of the social events,” Albert explains. “A lot of them were probably deciding between Western and Queen’s, so there’s no rivalry anymore.”

“I just feel like people are now more concerned with bigger issues. There might not be much room for the Western-Queen’s rivalry.”

What is the future of the monarchy?

Skylar McCarthy
INTERROBANG

A bombshell of an interview has dropped.

In October 2019, Meghan Markle and Prince Harry announced they would be taking six weeks off from their Royal Family duties. The reasoning was to spend more “family time” together with their newly born son at the time, Archie. But, in January 2020, we saw Prince Harry and Markle step down from their senior royal duties roles.

That’s when it was announced that Oprah Winfrey would interview Markle and Prince Harry. It was very exciting for Royal watchers. We would get to learn more about why they wanted to leave their roles and why they wanted to have an independent life. But after watching the interview, this looks bad for the Royal Family. This could jeopardize the entire family’s history and the monarchy as a whole.

To start the interview, they announced that Markle is pregnant with a baby girl. But really, that’s where the good news ends for the Royal Family. They discussed what they claim was “false reporting” by media in the U.K., where Markle said she never made sister-in-law Kate Middleton, Duchess of Cambridge cry and in fact the opposite happened. Markle said that “Everyone in the institution knew it wasn’t true.” When Oprah asked why anyone didn’t say anything, Markle said it’s a good question and took a pause.

The interview then continued surrounding the topic of why she wanted to leave. She described her world in the Royal Family as feeling trapped and isolated. Markle reflected saying “People within the firm (Royal Family) would say you can’t do this because you will look like that.” She couldn’t even go out with her friends because they said you had been in public for too long, even though Markle said, “I left the house twice in four months, I’m

everywhere, but I’m nowhere.” She continued on to say that feeling lonely and refuting allegations that weren’t true, made her have suicidal thoughts. It shouldn’t have come to this point.

But things worsened. When Archie was born, Markle claimed there was a conversation that Archie wouldn’t be given security, a Royal title and “concerns and conversations about how dark his skin might be when he’s born.” This isn’t just a family argument anymore, this a concern about the monarchy being racist.

When Prince Harry joined the interview about half-way through, Oprah asked him about the conversations. Harry said that conversation will never be out in the public, but admitted it was an awkward conversation.

No matter what side you’re on, this is more than just a family issue. This is about how the monarchy was instituted in racism. If we want to live in a world that is free of racism, we need to condemn those individuals as well as those institutions.

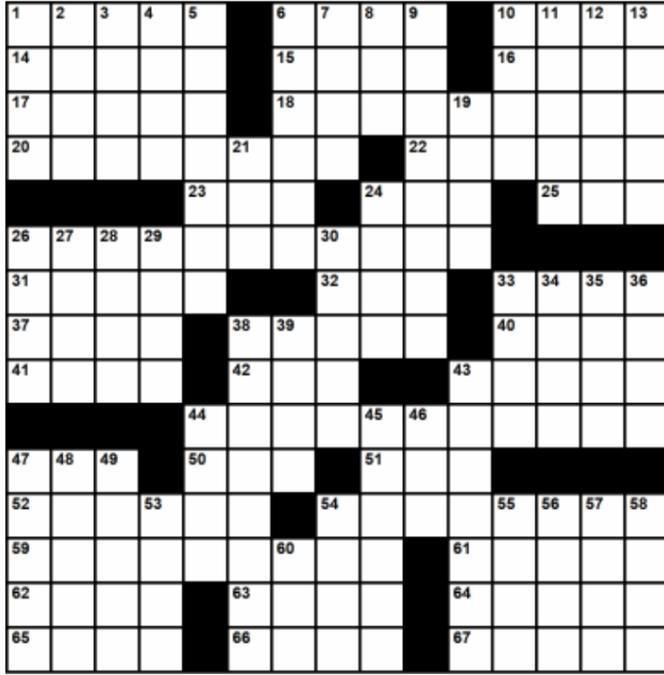
The Royal Family responded to the allegations in a statement from Buckingham Palace on behalf of the Queen that said, “The whole family is saddened to learn the full extent of how challenging the last few years have been for Harry and Meghan. The issues raised, particularly that of race, are concerning. While some recollections may vary, they are taken very seriously and will be addressed by the family privately. Harry, Meghan and Archie will always be much loved family members.”

I believe however there are many accusations made by Prince Harry and Markle need to be investigated. These are serious accusations. Taking the private approach raises skepticism and that something fishy happened. Considering the allegations that Markle leveled, especially about suicidal thoughts and the conversation about their son’s skin colour, a full and thorough public investigation into the Royal Family should be undertaken.

CROSSWORD

ACROSS

- 1. African antelope
- 6. Ward of "Sisters"
- 10. Home, informally
- 14. Stopwatch button
- 15. Test
- 16. "Garfield" dog
- 17. Nin known for her journals
- 18. Pass catchers
- 20. Young trees
- 22. Snowboarders compete in them
- 23. King, in Portugal
- 24. "Baudolino" author
- 25. Gray of "Gray's Manual of Botany"
- 26. The ailing golfer was ...
- 31. Tons
- 32. Oxygen: Prefix
- 33. Decorative case
- 37. Afflicts
- 38. Put to the test
- 40. Beach shades
- 41. Bakery buy
- 42. Cereal grain
- 43. First name in gymnastics
- 44. Good source of beta carotene
- 47. Spanish bear
- 50. Alliance created in 1948 (Abbr.)
- 51. Toronto's summer hours
- 52. Temporarily
- 54. Female hormone
- 59. Home of the Big Mac
- 61. Czar's proclamation
- 62. "Beg pardon ..."
- 63. Cartoon bear
- 64. Surrounded
- 65. Robert De ____ (two-time Oscar winner)
- 66. Bygone blade
- 67. Mexican money



DOWN

- 1. Time and time again?
- 2. She played Glinda in "The Wiz"
- 3. "By yesterday!"
- 4. Pooch in TV's "Topper"
- 5. In demand
- 6. Mad cartoonist Aragonés
- 7. Former spouses
- 8. Varnish ingredient
- 9. Plastic that's often green
- 10. ____ Scotia
- 11. Swelling
- 12. Begets
- 13. "The Gondoliers" girl
- 19. Borodin's "Prince ____"
- 21. First word in Dante's "Inferno"
- 24. Blunted blade
- 26. an airline that succeeded West African Airways Corporation after its folding
- 27. Former queen of Jordan
- 28. Egg part
- 29. Bottom
- 30. Ralph of "The Waltons"
- 33. French political unit
- 34. Triumphant cry
- 35. Condo, e.g.
- 36. Japanese golfer Aoki
- 38. Kind of traffic zone
- 39. Explorer John and others
- 43. Kind of card
- 44. Sometime today, say
- 45. Music-hall star O'Shea
- 46. West Coast clock setting
- 47. Isle ____
- 48. 2014 Winter Olympics site
- 49. Arrangement
- 53. Pitcher nicknamed "The Tornado" who threw no-hitters in 1996 and 2001
- 54. Border
- 55. "The Grapes of Wrath" migrant
- 56. Moves aimlessly
- 57. Canadian gas brand
- 58. Brings home
- 60. Actor Chaney

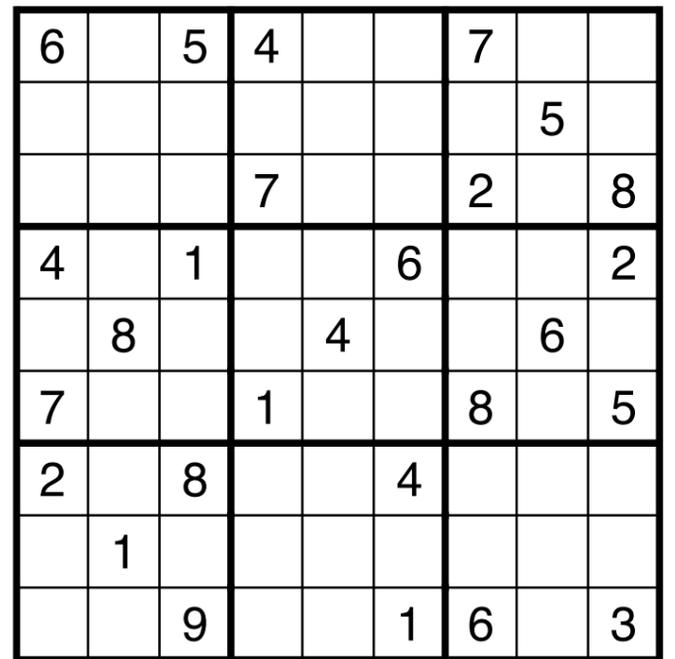
WORD SEARCH



SPRINGTIME

- | | | | | |
|---------|----------|----------|----------|------|
| Worm | Flowers | Daffodil | Tadpole | Foal |
| Showers | Green | Thaw | Sunshine | |
| Robin | Polliwog | Grass | Nest | |
| Rain | Tulip | Bud | Warming | |
| Bloom | Melt | Rabbit | Puddles | |

SUDOKU



Puzzle rating: Hard

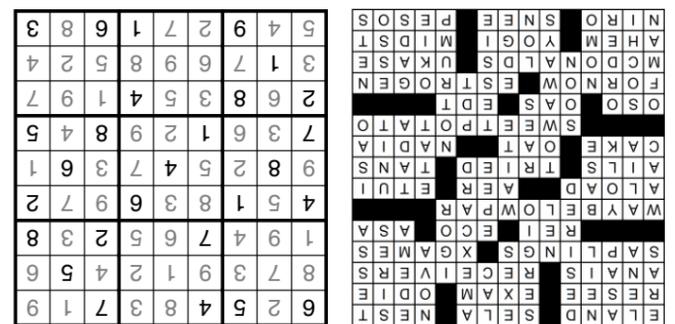
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

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
				23			7								17	25									

“
 2 25 22 9 20 14 9 2 21 7 23 21 9 8 23
 17 24 25 26 11 20 2 11 20 3 25 22 17 15 23 10 21 2
 — 26 23 17 21 17 26 2 21 17 19
 11 20 20 11 13 11 22 23 20 9 20 11
 ”

PUZZLE SOLUTIONS

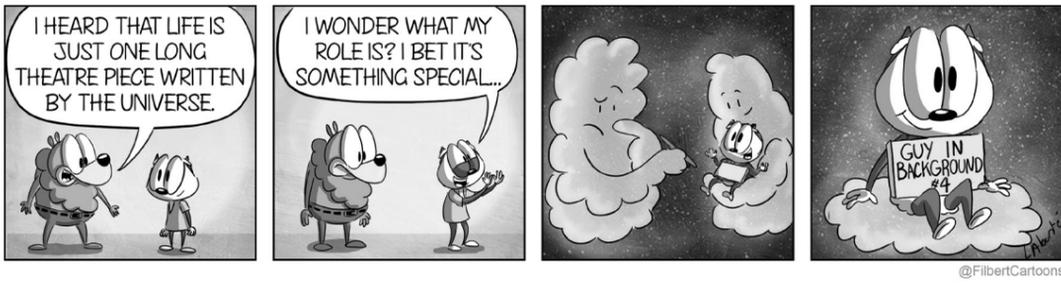


"Spring is the time of plans and projects." — Leo Tolstoy. Anna Karenina

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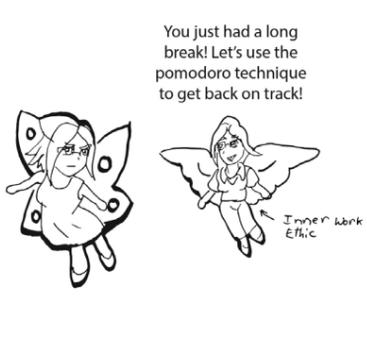
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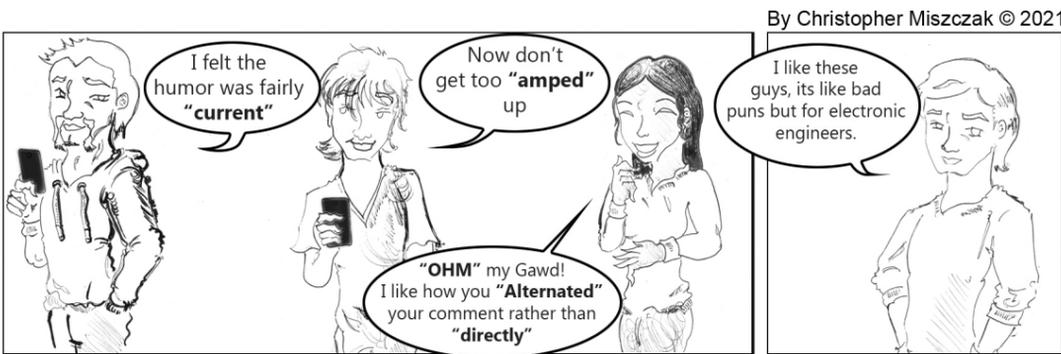


Not Neurotypical

Can't do unpleasant tasks? Try 5 by 5 - 5 minutes focused work, 5 minutes break



The Pomodoro technique.
Generally you set an alarm for 25 minutes. For that 25 minutes, you are only allowed to focus and work on the project/assignment you've scheduled, then you take 5 minutes break.
Repeat 4 times, then take a longer break.
Times can be adjusted as required.



Freshman Fifteen



Aries

Pick and choose your allies wisely. Look for doers, not talkers, and you will get the help you need to stay ahead and finish what you start. Goodwill on your part will lead to greater loyalty, trust and friendship. Put your energy where it counts. Stop worrying about the changes other people make; concentrate on what you can do to make a difference. Use your ingenuity, and you'll come up with a solution that will help you get ahead. Don't let someone's incompetence get to you. Step in and do what's necessary, and keep moving forward.

Libra

Keep your emotions well-hidden. Don't give anyone the upper hand if you want to remain in control of what's happening at home. Keep the peace, be observant and offer bipartisan solutions. You'll be able to make headway if you take action. Be willing to do the work yourself, and the help you need to finish what you start will come. Set a budget and refuse to let anyone talk you into spending more than you can afford. Emotional banter will put you in a precarious position. Don't offer personal information in the heat of the moment.

Scorpio

Put more energy into meaningful relationships. Make a point to call a friend or relative and catch up on the latest news. Information you receive will encourage you to take better care of your health and your emotional well-being. Romance and self-improvement are encouraged. Keep your emotions under control and you'll avoid getting into an unnecessary battle with someone who doesn't share your opinions. Giving others the freedom to think and do as they please will allow you to follow the path you find most desirable as well.

Sagittarius

Focus on what you can accomplish and don't waste time on impossible tasks. An emotional situation will surface over shared expenses. Listen to reason instead of letting someone charm you into something you don't want or can't afford. Put your energy into what you know and can do without being dependent on someone else. Emotions will surface if you get into a discussion with a friend or relative who practices indulgent behaviour and entices you to do the same. Protect your reputation, money and possessions. Be smart and do what's best for you.

Capricorn

Take a moment to consider or monitor how satisfied you are regarding how you spend your spare time and run your personal life. An adjustment based on what makes you happy will lead to better days ahead. Consider how fit you are and what you can do to improve your mental, emotional and physical well-being. Don't get angry over how you handled matters in the past when what's important is how you do things as you move forward. Face facts and you will gain clarity. How you handle change will determine how easy it is for you to adjust to trends and new beginnings.

Aquarius

Secrets are best not revealed. Do yourself a favour and don't trust anyone prying into your affairs or trying to enforce changes that don't suit your lifestyle or favour the direction you want to pursue. Figure out how to make the most out of the changes taking place. Strive for security and stability above all else. Implement discipline and fair play, and you will gain support, respect and recognition for your hard work. Don't let a friend or relative take up too much of your time. Offer sound advice, but don't promise to do the work for them.

Pisces

You'll be given the green light soon. Don't skip a beat; jump into action, and take advantage of whatever comes your way. Distance yourself from anyone who tries to interfere in your life or take advantage of you. Be sure to change or update anything that might leave you liable for someone else's mistakes. Personal growth will help you recognize and change the way you handle others. Make self-improvement and love priorities. Avoid harassment. Be willing to walk away from a disruptive situation and toward positive and uplifting pastimes. Personal gain, happiness and success are encouraged.

Gemini

Take note of the facts regarding shared expenses. Tally up your contributions and responsibilities, then consider what's fair before you make promises. You'll have insight into the possibilities heading your way if you take responsibility and prepare appropriately. A checklist will ensure that you don't overlook any detail. Trust in your beliefs and abilities, not someone else's. Don't underestimate what someone is capable of doing. Take every precaution necessary to ensure you receive valid information. When in doubt, take a step back and verify the information carefully.

Cancer

Explore the possibilities and what someone is proposing you do next. A partnership looks inviting; however, before you promise to move forward, find out what's expected of you emotionally and physically. Be reluctant to move too quickly, especially if money is involved. The hype someone is offering will be lacking substance. Find out exactly what you stand to gain if you get involved in someone else's plan. Spend more time with someone you love and less with someone trying to get you to buy into something they are selling.

Leo

Take care of personal responsibilities before moving on to more enjoyable pastimes. Ease stress by sticking to what you know and can do without depending on someone unpredictable. Opportunity begins with you taking action and following through with your plans, not helping someone else get ahead. Look at all the possibilities, and consider what you have to offer and what you can expect in return before you get involved. Don't buy into someone else's dream; do your own thing. Take care of yourself. You'll be disappointed if you let someone act on your behalf.

Virgo

Don't be fooled by someone's actions. Look for facts and the truth before deciding to follow someone peddling information that isn't verified. A reserved approach will be in your best interest. Ask questions before you take action. When in doubt, focus on what you can accomplish on your own. Relying on someone to pick up where you left off will be disappointing. A personal gain will require discipline and hard work. Look at partnerships realistically and you'll recognize the changes you need to make to even out the playing field.

Students talk staying creative during the pandemic

Thalia Desmond
GAZETTE

“When the pandemic is over” has become the global catchphrase of the past year as nearly everyone yearns for the normalcy and freedoms they once had.

Most students can agree that Zoom lectures and online socials just aren’t “it” — and for Western University students pursuing creative endeavours, the pandemic can feel even more disheartening.

“I’ve definitely lost my momentum when it comes to shooting,” says Christine Chu, fourth-year biology student.

Chu has pursued portrait photography for nearly three years, turning her skills into a business just a few months prior to the pandemic.

“I really only shot in the summer when the cases were lower and we were allowed to have social gatherings of more than five or 10. It was easier to shoot just because, you know, we weren’t in a stay-at-home order,” she says.

Chu lost business from hopeful clients as meet-up restrictions heightened over time.

Alex Stekl, fourth-year media, information and technoculture student also lost work, as he would typically perform as a DJ at London nightclub Lost Love.

“For a while I was working there probably like once a week last year. It definitely sucks. I stopped in March [2020] when everything shut down. Since then, I just haven’t really been doing much DJing,” Stekl explained.

However, instead of being pessimistic, these students found other ways to keep their creative spirits high — finding work in other places and pushing themselves to stay inspired.

Stekl used this time to work on his own music, putting nearly five hours a day into improving his piano and sound engineering abilities.

“Before [COVID-19] I wasn’t doing [music] on a daily basis. But then I got really into it during quarantine and I would just spend hours every day working on it,” said Stekl.

“I took this month-long program over Christmas break with a producer from [Los Angeles] and I’m doing another month-long program right now and then a six-month program. So, I’m doing all this extra education because I just want to get better,” he says.

Prior to the pandemic, students may not have had the extra time or opportunities to improve their craft to this degree.

Alex Seligman, fourth-year management and organizational studies student is an electronic music producer who goes by the stage name Distant Matter. Like Stekl, he has been using this time to dive deeper into his music, hoping to learn more about himself as an artist.

“I’m not trying to focus on the fact that there’s a pandemic, I’m sort of just trying to immerse myself in the music world and not get bogged down because obviously it’s easy to when you think of the pandemic, but it’s all a mindset in my opinion,” says Seligman. “It’s been a great learning experience because I’ve been able to sort of just try out different things and see what works and see what doesn’t.”

Maintaining creative momentum involves finding new avenues for inspiration. This fosters personal growth and encourages students to continuously challenge themselves despite the bleak overtone of the current world.

“This year I joined three clubs as a photography director or executive. This was the first year I’ve done that. I joined to meet other people, collaborate with others and stay inspired through school clubs at Western,” says Chu.

Part of this challenge is not only turning to new ventures but also innovating old ones.

“For [Fashion and Lifestyle Society at Western], we weren’t able to do any of the shoots in person. We had to do a FaceTime shoot, and I have never done a FaceTime shoot or virtual shoot in my life,” explains Chu. “I didn’t know how we would run. But it ended up being a success and I was able to learn Photoshop skills along the way.”

As time drags on, students try to remain optimistic about their futures.

“I’m just using this time to build my music, my brand and my sound, just getting the name out there and trying to create as much buzz as possible so that when [COVID-19] is done, I can really just sort of hit the ground running and get ready to just propel myself into an industry, and a new industry for that matter,” says Seligman.

Many creative students are trying to use this time to their advantage, hoping they can truly enjoy the fruits of their labour “when the pandemic is over.”

The crest and closeout of Western’s forgotten club



CREDIT: COURTESY OF JORDAN POSTE

Tristan, Jordan and John circa 2003, before the surf club was officially formed.

Peter Greve
GAZETTE

Dark silhouettes contrast the deep blue of the water. As the waves roar, they turn their backs to the shore, keeping their eyes trained on the horizon. Hoots of excitement and encouragement cascade from the paddlers as one pops up onto their board and is driven forward by a wall of water.

Unknown to most, the University Students’ Council club archives paint the picture of a surf scene equal parts snow, sand, storm, sun and spray. Landlocked in Canada, Western University students carved out this freshwater surf culture through a confluence of genuine passion, perseverance and community.

Before freshwater surfing fully emerged as a Great Lakes sport, there were hundreds of students discovering surfing as part of Western’s Surfing Association.

Founders Jordan Poste and Tristan Snider, who jokingly refer to each other as *Star Trek’s* “Janeway” and “Chakotay,” pitched the club to the USC in 2004. The club was founded on growing surfing accessibility for students.

“The biggest barrier back in the day was getting boards and wetsuits,” writes Poste. “The best surf seasons of autumn and spring, coincide with colder, sometimes frigid water temperatures, and gusts upwards of 80 km/h.”

In the club’s second year, the founders used member fees to purchase two nine-foot longboards from Silent Sports in Toronto. They also formed a partnership with London’s Travel Sports Equipment store.

When they approached the shop, the owners instantly fell in love with the duo’s passion and offered them dive wetsuits rentals at a discount price for members — an early sign that surfing might captivate the hearts of the local community.

The club grew from about 45 members to 200 in the following year.

Due to the lack of local shortboard

options, Snider shaped and fiberglassed his first board from scratch. In future years, that surfboard would offer club members more opportunities to carve and cut back on clean swells.

Poste describes it as “Styrofoam covered in epoxy. No stringer and very pointy. The ‘narwhal’ of surfboards.” Snider cleverly counters that the stringer — usually a stiff strip of wood adding integrity to the spine of the board — “was painted on with structural spray paint.”

Although they poked fun about their surfing expertise back in those early days, their innovation kept the club alive. They were making a splash thousands of kilometers inland from any traditional surf destination.

The founding members organized frequent surf trips to Lake Huron all the way from Kettle Point to Kincardine, and along the shores of Erie from Rondeau Beach to Crystal Beach. Depending on the wind forecast, club members would carpool to surf breaks up to two and half hours away from campus. Although surf sessions were less common in the summer, they did allow members the opportunity to surf without wetsuits.

Kurt Johnston, a member from the mid-2000s, recalls the experience as “hilariously improvised and full of whitewash, [but also] among the most fun I had in university.” Kurt wrote a piece about his experience titled “Great Lakes surf ‘n’ snow” for the *Globe and Mail* in 2006.

Andrew Cram and Simon Baarbé propelled the club forward serving as presidents in the second half of the decade. They diversified the club by hosting photo galleries and sand surfing events sponsored by Red Bull — events that Cram credits for driving new members to join.

“Back then, Red Bull was peaking. Blue Crush had recently been released in theatres and here was this fun, unique experience that no one knew about,” writes Cram.

Cram also credits Baarbé for boosting membership in those years by organizing The Point Break Special — a name derived from the

then recent Keanu Reeves surf flick *Point Break* — which included discounted membership to both the skydiving club and surfing club.

In its heyday, the club had over 400 members. While surfers today can use free applications like Google Earth to scout out new surf spots, Baarbé recalls using clear days skydiving to scout them out from above.

Despite the growth of the sport at Western and around the Great Lakes, the USC cited a high risk for student safety that led to the club’s demise in 2012. The club continued informally within social groups until 2014 and then became inactive altogether.

Adrenaline seekers found a home at Western in those days, but more than that, students were able to explore the new territory of a sport inconceivable in the region. Adopters of the sport were able to immerse themselves in lakes that were easily mistaken for seas or oceans and none of the club presidents recall any student safety incidents during their tenure.

Although some club alumni surf less frequently than in their university days, they still share the same stoke that can only be earned by braving the cold “washing machine” that is the Great Lakes and discovering uncharted waves. All of the presidents fondly remember the sheer joy of cheering on friends as they pop up on their boards and glide atop elusive waves.

Although the sky diving club isn’t around anymore to help build membership, no one knows what the future holds for Western’s Surfing Association’s reinstatement. New surfing equipment has added safety to the sport and the body of knowledge promoting safe practices has grown. With the increase of surfing in the Great Lakes and the opening of surf shops in Toronto, Kincardine and Goderich, the future looks promising.

“I hope some students dust off those boards and get after it,” Cram writes. “Cold water immersion is trending now, so the club benefits should sell itself.”

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Here's what college taught me about my creative process

Ilhan Aden
INTERROBANG

With graduation looming for many of us, there is this immense pressure to make something of oneself straight out of school. For some, they are a diploma away from their dream job while others are forced to figure it out along the way.

What I've learned is that experience will always be the best teacher in or out of school. With that being said, these are the five things I have learned through my creative journey here at Fanshawe College.

1. The creative journey is lonely — but lean into that loneliness.

Actualizing your dreams is difficult for everyone, that is why most leave it behind when entering adulthood. Some see going against the grain as a rebellious act, while others project their failed attempts onto you.

What I've learned is that the creative journey is an ongoing one-person battle against the world; one in which teaches you greatly about yourself. What it has taught me thus far is the importance of being alone.

It is important to learn how to be alone because in that space you can analyze and dissect your own mind rather than letting the world do it for you. It is a space to sit with the most essential parts of your creativity—your thoughts and feelings.

As the French philosopher, novelist and political activist Jean-Paul Sartre says, "If you're lonely when you're alone, you're in bad company."

2. Learn to take criticism.

People love to talk but rarely like to listen. Get used to it. Everyone under the sun will have something to say if you are living life outside of



CREDIT: ILHAN ADEN

With graduation around the corner, what's next for your creative journey?

their expectations. That is not to say you should ignore all negative opinions but rather learn how to decipher the worthwhile criticism from the worthless.

Of course, good discernment comes with time but to start, list the pros and cons of criticism you feel is weighing heaviest on your heart. You will soon realize how to separate what is useful and leave behind what is useless.

Criticism is a crucial yet sometimes cruel aspect of the creative process, learn to understand it rather than run from it.

3. Network, network, network.

Put yourself out there. I'll say it again for those in the back, PUT YOURSELF OUT THERE.

For some social media is a saving grace for learning how to network while for others like myself, it's a cesspool of cynicism; that is not to say it's not a useful tool, but it's not my favourite.

I've learned to be comfortably uncomfortable in the hyper visual and social world we live in. I still have a ways to go, but what I've learned is how to ingrain a real sense of self in my first impression. It's

afforded me the chance to build a small network that when I do inevitably join the social world, I'll have some support to start.

4. Teamwork makes the dream work.

This one is the most self-explanatory lessons of them all, however what I have learned is let your team come to you.

Although no one person can do everything alone in the communal world of creativity, focus on building yourself up to be a vital member of the team you want rather than the team you see.

5. Patience is a virtue.

You are forever a student in the sense that learning does not stop in a classroom. Understand the creative process is just that—a process. It will take time before you find your best form of creative expression, so be open to the plethora of mistakes you will undoubtedly make.

Things will go wrong, that is just a fact of life. Does that mean stop trying? No. Instead, it means learn to adapt. As time progresses, you will continue to build upon your repertoire of skills allowing you to be ready for any situation.

Why you should be curious about art therapy

Christopher Miszczak
INTERROBANG

Your heart begins to seize, your blood races, you begin to grind your teeth. It almost feels like that you cannot breathe, as you try to disconnect as much as possible. It is hard though, to listen to those that you love go through something so difficult. This had to be one of the hardest things that I have ever had to write and share.

There is something very important in this though, that in these moments as hard as they are, there was a saving grace. Drawing, painting, digitally illustrating became a form of meditation and something that helps the healing process. I've always known that artwork was a powerful thing, not because of the ability to communicate the ideas in our hearts and minds, but because of its ability to heal.

"Art therapy is psychotherapeutic modality," said Mariya Gruntovskaya, an art therapist situated out of Acorn Arts Project, a community art organization in Toronto that offers free materials and instruction to marginalized people. "[It] uses the physical body through expression in a creative way to access stored trauma and experiences without needing language."

"Language is a big part of it, but the creative process of art therapy is what allows for internalization and awareness to be brought to the surface. It is like adding another platform on realizing, for realization and engaging insight into a person's processes for themselves," Gruntovskaya said.

Gruntovskaya recalled a client who did not speak much and was very quiet, but showed an interest in sculpting. Someone else came in, a woman who was also learning and also sculpting and sat beside him and within weeks they were

creating together, eventually forming a friendship. The identity shift happened, and healing began. These are the kinds of stories that happened daily, due to the transformational power of art therapy.

Another powerful story that Gruntovskaya told centred on a woman turning 97 in April. She started doing art when she was 95. She is legally blind, yet she decided to try it and to give it a go. Now she is creating nonstop. The activity is a resource for her now; she is showing her art and being recognized for it.

For those that are going through something exceptionally challenging, Gruntovskaya recommended reaching out to people. There are people that care, who will listen and support you. Sharing inadvertently relieves pressure, and it can provide some perspective, insight, and comfort that there is a community out there. It is important to know that it will be there and to have faith in that.

Gruntovskaya said that at the first art show, some people would come right in to start creating, some were simply very curious about it, others will come in to sit and observe and watch from aside with coffee in hand.

Creating that safe space free of judgement and the freedom to create and explore, without any pressure of the outcome, allows people to come out of their shells to try something new.

One message that Gruntovskaya wanted the Fanshawe College community to take away is to give art or creativity a try. Be curious and not afraid about it, and allow yourself to play with it.

One of my favourite quotes of all time comes from one of my favourite artists Leonardo da Vinci: "Do not pity the humble painter, for he can be lord of all things. For whatever exists in the universe he holds first in his mind, and then in his hands. In the art, he can be called a divine child of God."

Crossing the finish line: Student-athletes talk breaking down sports' heteronormative culture

Alex McComb
GAZETTE

When the first openly gay National Football League draftee, Michael Sam, was picked by the St. Louis Rams in 2014, he was seen, on live television, kissing his boyfriend at the time of the announcement.

In the hours and days that followed, he was met with hateful comments on social media — with people outraged that he was "shoving his sexuality in their faces." Similar actions by his heterosexual peers were left untouched.

Diversity at work, in the classroom and even in sport, more often than not, translates into a statistic. But inclusion is much more than a number — it's something you feel.

According to studies from Out on the Fields and OutSports in 2015 and 2019 respectively, there is a pattern of homophobia in sports today that makes LGBTQ2+ athletes feel excluded and unaccepted within the athletic community.

About 80 per cent of participants in the study said they have seen or experienced homophobic behaviour at a sports event. In 2019, almost 90 per cent of LGBTQ2+ athletes reported that homophobia and transphobia are still major issues they face on the field, court and ice.

"Throughout my whole [athletic] career, definitely towards the beginning when I was still trying to come to terms with my sexuality, I'd say there were some struggles with [acceptance]," says Menley Langham, a Western Mustangs swimming student-athlete. "I hadn't always had supportive teammates growing up."

She was surrounded by derogatory statements that held little value to her peers, with shouts of "that's so gay" flying through her high school hallways and athletic facilities. Langham believes that statements like this are to blame for much of the homophobia that has upheld a heteronormative sports culture.

As the sports community becomes more open to accepting diverse sexualities, young LGBTQ2+ athletes can

find representation within professional athletics.

"Just having those people be open and authentic and come out, even when they're professionals and there's a lot at stake for them, is so helpful for younger athletes who might be questioning themselves," she says.

Stephanie Labbé, a Canadian international soccer goalkeeper, and her girlfriend, Georgia Simmerling, a Canadian road and track cyclist, are two high-profile athletes that have set an example for the community.

Langham also points to Markus Thormeyer, a Canadian world champion swimmer who came out as gay in February 2020. Thormeyer wrote an Op-ed in OutSports explaining that he hid his sexuality for years, but performed even better after coming out to the public.

"Whenever you're completely, authentically yourself, you're not hiding anymore from your teammates or your coaches. It gives you the potential to be the best performer and athlete you can be," Langham explains.

Langham expresses that while coming out was a significant moment in her life, she never felt the need to announce it to her teammates in the locker room.

"It was never really talked about," she recalls. "That was important because I know some people prefer having a sit down with their teammates but for me, I wanted to be treated like everyone else. I didn't want it to be a big thing."

The fourth-year student-athlete hopes to see more widespread education on LGBTQ2+ issues in the future. She mentions that Allies on Campus — a program dedicated to empowerment and preventing sexual and gender-based violence at Western — has taken initiative on that issue and helped create a more supportive campus environment.

While she hasn't met many Mustang varsity athletes in the LGBTQ2+ community, she has made many connections on campus through a Facebook group she and her friends started. Its purpose is to allow LGBTQ2+ Western students share

their stories and connect with other people in the community.

Langham hopes that the group can draw more followers, especially student-athletes.

"There's an unspoken support and connection with other LGBTQ athletes," she explains. "It's not really something that people talk about much but I think it would be fantastic if there was something implemented that did connect our athletes because it's such a unique experience."

For Western students and student-athletes who have yet to come out and be open about their sexuality, Langham says that they shouldn't rush if they don't feel comfortable yet.

When they do feel like it's time to take that step, she hopes that they'll be able to live a much more full and authentic life — just like Langham has been able to do since she came out.

"Once you are ready, just know that you are so supported and you're definitely not alone," she says. "You're not the only student-athlete out there who identifies within the LGBTQ community."

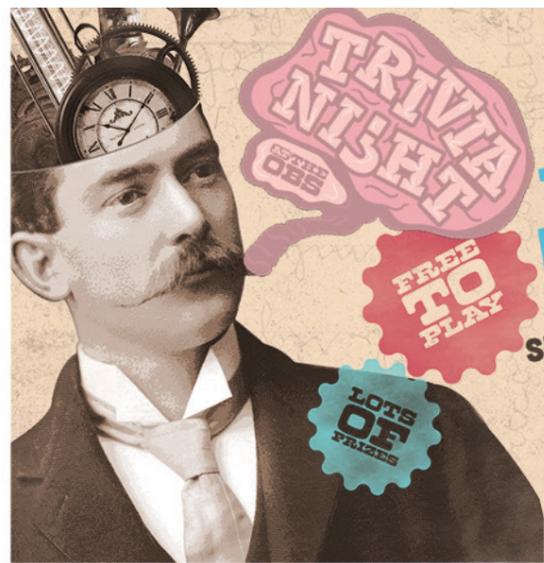
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MARCH 30TH 2021 7PM

LIVE ON  @ FANSHAWESU

