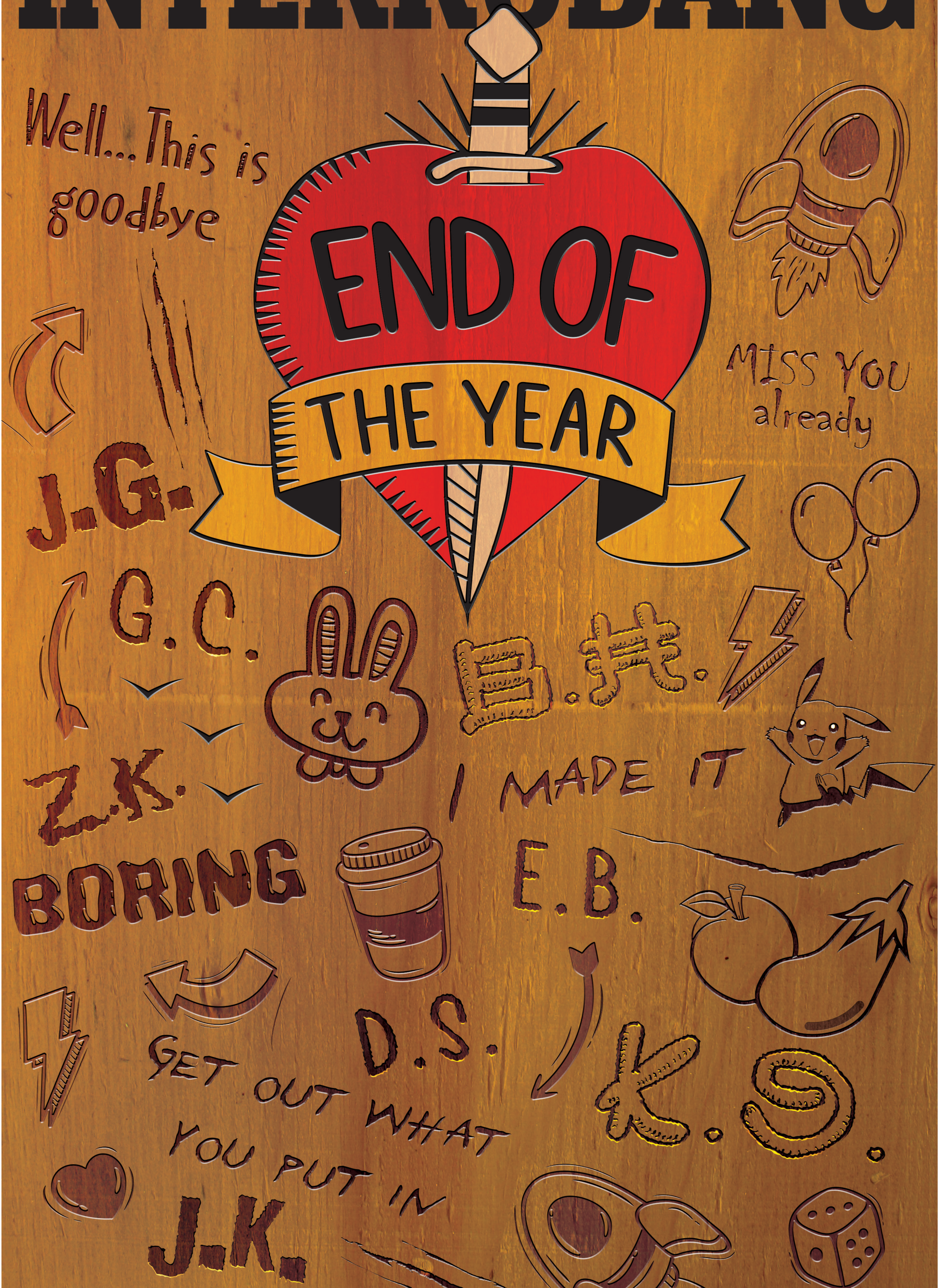


INTERROBANG





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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,

The time has come to close to the book on Volume 55 of Interrobang. What an incredible year it's been.

Our issues this year have explored various topics and themes, from politics to finance to fashion. Our Black History Month issue saw numerous contributions from the Fanshawe community, resulting in a diverse and informative reading experience. The number of submissions we received for that issue is a testament to how devoted you've been to picking up your copy of Interrobang this year, readers. Our pickup rate this year exceeded the kinds of numbers we saw even pre-COVID. You wanted to be informed, and I hope we were able to do that for you.

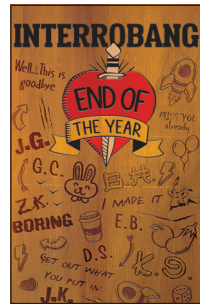
This final issue includes thoughtful reflections from our team of writers, which I hope will give you some insight into the true personalities of the authors behind the work you've been enjoying all year. We've also got a diverse assortment of articles touching on everything from AI art to food at Fanshawe to getting to know your HR representatives as you head out into the working world.

I'd also like to take this opportunity to dedicate this final issue of Interrobang to the memory of Jibin Benoy, who should have been celebrating the end of this school year with all of you.

Thank you, readers, for being so engaged with our paper this year. Rest up this summer and we will see you in September.

Sincerely,

Letters to the Editor: fsuleters@fanshawec.ca



COVER:
Gary Hopkins

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Fanshawe students frustrated with on-campus food options



Ben Harrietha (they/them)
INTERROBANG

Despite the full return to in-person learning this year, some Fanshawe students are finding that food options on campus have not quite caught up yet.

At the start of the 2022-2023 school year, the Chartwells eatery located in B building, which housed a Tim Hortons, a Smoke's Poutinerie, middle eastern cuisine, soup kitchens, and takeaway salads and sushi, opened up to incoming Fanshawe students. At the start of the second semester, students returned to campus to find that the eatery had been closed. At first, a note saying, "B building cafe is closed until further notice" hung on the shutters, but that has since been taken down.

Chartwells, the dining service provider for on-campus eateries (excluding those run by the Fanshawe Student Union), gave a statement regarding the cafe in an email:

"We are thrilled to be back in schools, serving students and faculty at Fanshawe College this year. Our food locations, including Harvey's, Tim Hortons, Pizza Pizza and Subway are open during the school week to offer students a variety of options throughout their day. As we welcome more students back, traffic and demand for on-campus dining continues to increase steadily but remains on the lower side relative to pre-pandemic numbers – similar to other campuses. As such, the cafe has remained closed so the team can focus our attention on providing quality service at open locations. We continue to evaluate service level and offerings for the coming school year."

Follow-up questions regarding why the eatery was open for a semester before closing and the likelihood of it opening in future semesters have not been answered at the time of writing.

The other source of eateries on campus is the Fanshawe Student Union (FSU), which runs Oasis,



Students have come back to full in-person learning, but are finding some services are not keeping up.

CREDIT: HANNAH THEODORE

Booster Juice, Kettles and Curry Bowls, and The Out Back Shack. Oasis contains several different food options, including stir fry, Mexican, breakfast, and a cafe.

Hayden Griffin, a first-year paramedic student, expressed some frustration with the speed of service at Oasis, which is designed to operate as a fast-casual restaurant.

"It takes a half hour to get our food sometimes," Griffin said. He did, however, commend the food at the stir-fry bar at Oasis.

Larissa Foote, another first-year paramedic student, is both celiac and vegetarian, and said when it comes to on-campus food, she only has three options.

"I can go to Subway and get a gluten free sub, I can get the gluten-free noodles or I can get breakfast. That's all I can eat if I don't make food," she explained.

Foote added that she'd like to see more gluten free and vegetarian options on the menu, as well as clearly defining what is and isn't gluten free.

Menus at FSU eateries are decided by the head chef. Michael Wong, the current head chef, is new to the role and much of the menu has been kept the same since his hiring earlier this school year.

"It's been based on previous years what students have wanted. At the same time, we try to keep budget

friendly for things like that," he explained. "We like to take input from students, like when factoring the cost and try to keep everyone happy."

Dan Paterson, the food and beverage manager for the FSU, went on to explain that a report is run at the end of the year to see what the most popular items on the menu are.

"That's kind of how we determine what we take off the menus and what we keep on the menus," he said.

Students have also reached out to Interrobang regarding a lack of Halal options for Muslim students. Regarding Halal additions to the menus, Wong said it's in the works

and the menu will most likely have Halal options at the start of the new school year.

"We have to factor in the costing and things like that as well. There are a few items that are definitely Halal. But again, once we've established a menu at the beginning of the semester, it's hard to change it mid-semester."

"To be...Halal, you have to have separate equipment," Paterson said, referring to the complex nature of adapting a kitchen to accommodate Halal food.

Wong added that the lack of Halal food was the biggest request from students this year, and would be addressed over the summer.

FSU announces 2023-2024 Coordinators



Hannah Theodore (she/her)
INTERROBANG

The Fanshawe Student Union (FSU) has announced the appointment of three new executive positions for the 2023-2024 school year.

Your new FSU Coordinators are Claudia Herrera - Finance Coordinator, Sarah Machado Acuna - Advocacy & Communications Coordinator, and Basia Boron - Student Life Coordinator.

Coordinators work closely with the FSU president, building relationships with students across Fanshawe's campus, helping to organize events and awareness weeks, and acting as a point of contact for student concerns.

Unlike the president, FSU

Coordinators are hired positions, involving an application and interview process.

Acuna and Boron both have previous experience with the FSU, Acuna as a Red Squad volunteer and Class Representative and Boron as a member of the FSU's Entertainment Team.

"As a team worker, I love to work with people and really trust in communication's power, which is why I first applied for this FSU position," Acuna, a student in the business human resources program said. "I am looking forward to assisting students with any concerns and/or issues they may encounter during their student path and also helping them to achieve success."

Boron, who is currently studying broadcast - television and film production, said she is looking forward to blending her knowledge as a student with her experience as a

member of the FSU.

"It's exciting blending that all together and getting the students' voices heard and putting that into action," Boron said.

Herrera meanwhile is a business fundamentals student, who has some experience with the FSU as a student.

"I have participated in some events as a student," Herrera said. "The events are a great opportunity to have new friends, learn about different cultures, and get engaged with FSU."

Herrera said she is excited to serve students and enjoy new challenges in her role as Finance Coordinator. "I am so grateful for this wonderful opportunity to be part of this team," she said.

The new team of executives, along with the new FSU president, directors, and governor, will officially take up their positions on May 1.



CREDIT: HANNAH THEODORE

Your new FSU Coordinators are Claudia Herrera - Finance Coordinator, Sarah Machado Acuna - Advocacy & Communications Coordinator, and Basia Boron - Student Life Coordinator.

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London-Opoly brings the Forest City to a game board



Kate Otterbein (she/her)
INTERROBANG

London is now on its own Monopoly board, where you can purchase your favourite local landmarks. The city joins 180 other city Monopoly games, made by Outset Media.

"We started with the big cities, Toronto, Montreal, Vancouver, Edmonton," said Jared Clarkson, Public Relations Coordinator with Outset Media. "The more we did, the more we noticed the cities on the smaller side like London is going to embrace something that's celebrating the community because that doesn't always happen."

The game brings players through the city, stopping by areas like Victoria Park, Storybook Gardens, Budweiser Gardens, London Music Hall, and Fanshawe College.

"[Reactions have been] overwhelmingly positive. There's no negative feedback that even comes to mind, it's a lot of people that are excited about it and enjoy it. At the end of the day, that's why we do it."

The board game was created during COVID, where they saw an influx of people playing board games, spending more time at home with family. This has made London-Opoly, the limited-edition game, stay on shelves for two years. The game is made in North America, so keeping it on shelves is based on demand.

"We make them in smaller quantities than if they had been made overseas. Because they're made in smaller quantities, it's not a guarantee that something like London-Opoly will be on sale two years later."

Clarkson added that they truly don't know how long the game will be out for. It's all about supply and demand.

Whether you're a student, a London native, or an alumnus, this game has something for everyone.

"I actually went to Fanshawe, so I lived in London as well. So even for someone who lived there for a really short time, it was cool to see a game come out that's familiar in how to play. You're also looking at local parts of the community."

Clarkson said it can also be a great way for international students to learn some landmarks in their area.

"We wanted to make sure the game captured enough of a snapshot of the city that someone from London could look and say, 'Yeah, that's a really good depiction of the city', or someone who just moves to London can play the game and maybe learn something about the city as well. There's stuff on there that has some pretty good history behind it."

If you're wanting your own copy of London-Opoly, it is on shelves at various local retailers in the city that sell similar games.



CREDIT: PROVIDED BY OUTSET MEDIA

London-Opoly is on shelves now. Find it at Walmart or other smaller local businesses in the city.

London unveils UNESCO City of Music mural



Justin Koehler (he/him)
INTERROBANG

On March 30, the City of London unveiled a new mural to commemorate London's UNESCO City of Music designation.

The piece was shown off for the first time at RBC Place London and was created by local artist, Tova Hasiwar, as a tribute to the city's growing musical culture.

"Music has always played an integral role in my life," said Hasiwar. "From my piano studies with the Royal Conservatory to attending both Lester B. Pearson and Beal Art, two amazing institutions of the arts here in London that very much shaped who I am today."

The mural was created through London's Public Arts and Monument program and was made in partnership with the London Arts Council and RBC Place London.

Hasiwar spoke about her fondness of the city as well as the city's growing connection to art and music.

"London has always produced and fostered undeniably unique talent," said Hasiwar. "It draws talent from neighbouring communities both near and far, weaving together significant collaboration of various cultures and identities."

Hasiwar is one of many who attended the event, which also included various city officials as well as London Mayor Josh Morgan, who talked about the importance of the City of Music designation and what it has meant for the city so far.

"As an official UNESCO City of Music, London has the opportunity to open a new era of collaboration between the city, its residents, and its music communities both locally and globally," said Morgan. "This art contributes creatively to the ongoing revitalization of London's core and is a superb addition to the city's public art and monument collection."

London has continued to be the source of many award-winning artists including producers, songwriters, and



Pictured (left to right): Cheryl Smith, Mayor Josh Morgan, Tova Hasiwar, Janet Loo, and Jennifer Diplock at RBC Place.

CREDIT: JUSTIN KOEHLER

more through its educational institutions as well as the city's various concerts, festivals, and community performances each year.

The event had music at its core, with local musicians Eleanor Gerbrou, Fiker Kirubel, and Nathan

Kerr opening and closing the event. As well, Vice President of the London Arts Council, Janet Loo, was in attendance and spoke about some of the emotions they felt when they saw the piece.

"I'm a professional musician and

educator myself, I felt it really resonate with me," said Loo. "I think you [Hasiwar] were able to capture the spirit and the vibrant energy that is the music and arts community in London, which is distinguished and honoured as the UNESCO City of Music."

The unveiling marks the beginning of London's Music Expo as well as celebrates London being the first UNESCO City of Music in Canada, which was first designated as such back in November of 2021.

Advanced filmmaking students showcase their work



Kate Otterbein (she/her)
INTERROBANG

Fanshawe's advanced filmmaking (AFM) students are looking to showcase their work to the student body. Each student submits two of their works that they've created throughout the school year and all of the films get organized into a three-hour event.

"The festival is kind of a celebration of all the work we've done in advanced filmmaking," said Brandon Grubb, festival director of the First Take Film Festival and Interrobang videographer.

Not only is it a celebration, but it's also a time to say goodbye as the students as they approach graduation.

"I think it's very nice because over the last year, we've gotten really close with all of our classmates," said Asiah Prestanski, who's on the social media team for the event. "We got to watch all of our films come to life and I think it's super cool to be able to share that with the people that we care about and love."

The festival includes students who helped on the projects from programs like audio post-production and acting for screen and stage. It gives the opportunity for students to show work that, maybe, they haven't shared with anyone outside of their classmates.

"Sometimes it's scary and sometimes it's exciting [to show your work]," said Prestanski. "I'm excited to show my work because I'm proud of it, but I'm also scared because I know it's not perfect. I'm still a student, and I'm still learning a bunch."

Prestanski added that she likes that she's proud of something that isn't perfect. She said it means a lot more. And for viewers, this gives you the chance to watch the early films of London's next big filmmakers.

"London is trying to expand its film background," said Grubb. "It's a small event where you get to see local talent and connect with people. It's a very cool night."

First Take Film Festival also has something for everyone. With the varying work styles that went into each film, all genres are covered.

One film that is going to be featured was done by Maria José Montes de Oca Sanchez de la Barquera.

"My story is about Lucy, who is struggling with her mother's disease," she said. "During her therapy sessions, she opens up about her relationship and how that has been helping her cope with her troubles. After years of mental diseases running through her family, reality will be hard to tell."

For Barquera, this marks the end of a year abroad, celebrating with all her new friends and co-workers.

"It makes me very emotional because I will miss everyone. It makes me emotional to say goodbye."

This film festival allows Fanshawe students to pay it back to the people that support so many events within the school.

"You're supporting the people around you that you probably see in the hallways all the time," said Prestanski. "The film and television programs, we are the people that help a lot with showing sporting events. We support you in one way, maybe you can come and support us in another."

The festival takes place on April 21 in room D1060 from 7 p.m. to 10 p.m. It's completely free to attend.

Whether you're an aspiring filmmaker or a movie buff, there's something for everyone.



CREDIT: COURTESY OF ADVANCED FILMMAKING

The festival includes students who helped on the projects from programs like audio post-production and acting for screen and stage



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Meet the dedicated rapper who chose hip-hop over a football scholarship



Johan George (he/him)
INTERROBANG

Lucas Dimattia, known by his stage name Long Live the Dreamer (LLD), is a first-year student in Fanshawe's music industry arts (MIA) program and comes from a family of musicians.

Dimattia was a quarterback for his high school's football team and was offered a scholarship to play football at the University of Puget Sound in Washington, US. He ultimately felt that choosing music felt right to him.

The rapper's new single "Love or Lust" was released on April 1. A music video co-directed by Dimattia with Dragan Andic, a videographer with the 97 Club who has worked with Drake, The Weeknd, and Travis Scott, amongst other artists drops April 7 at 8 p.m.

He describes the meaning behind the song as, "[him] explaining modern day love and giving life lessons to future generations and anyone in need of guidance at the face of adversity."

Dimattia likes to write his songs by finding inspiration through everyday aspects of life.

"I'm not rushed whatsoever," he said. "I'm on my phone everyday and I'll be writing down notes as soon as they come to my head, at least once a day."

"There's this J. Cole story," he continued. "He had found this book, I can't recall the name of, and it was about being a professional writer. If you wake up everyday and write out two pages



Lucas Dimattia (LLD) is finishing his first year at Fanshawe's MIA program.

of just the first thing that comes to mind, you can improve your craft, so recently I've been trying to do that."

The music video was shot in multiple locations including in his hometown of Orillia, Ont. and various places in Toronto. Dimattia confirmed that it cost \$10,000 to shoot the video and he worked quickly to get it done for the release but also because his grandfather was battling cancer at the time.

"I wanted to show him what

I worked on over the years," he expressed, "and let him be proud of his grandson in a way before his possible final days."

Thankfully, his grandfather is still alive and well but it was a very trying time for the rapper before he entered college.

"One of the big reasons why I debated on coming here was because I had a lot going on but he wanted to see me prevail in the world so he told me not to scrub this opportunity."

The up-and-coming rapper discovered Fanshawe's MIA program through a meeting with his guidance counsellors and through research he decided that it was a good fit to develop his career.

"As soon as I saw the value of this [program], the people who were connected to it and how it's all family here no matter what I knew there was no other option," he said. "I only applied here."

Going to the MIA program has opened up opportunities for

Dimattia to collaborate with other producers and be surrounded by other musicians which he has felt left a positive impact on him so far.

"Being surrounded by like-minded individuals 24/7 has really brought up my spirits and helped me reach a higher potential creatively that I didn't know was possible," he explained. "It helps me keep striving towards greatness."

You can find Dimattia's music on Spotify and follow him on Instagram @lucas.mattia.

CREDIT: JOHAN GEORGE

Fanshawe students prepare for exam season



Benjamin Timothy Crossett (he/him)
INTERROBANG

Exam season is right around the corner (April 17 to 21), and students of Fanshawe College are preparing for one of the most stressful times in their educational careers.

Office administration student Karalynn Adam said she deals with stress by reading.

"I read mostly romance novels but I also like mysteries," she said.

When it comes to studying, Adam stated that it is important to understand and rewrite your notes multiple times.

"I write down all my notes again over again, and then I read through them, and then I try to memorize them," she said. She also suggested that students make cue cards and quiz themselves with the information they wrote down.

Although exams can be a stressful time, there are professors here at Fanshawe who are trying to remedy this. Gina Lorentz is the head of the journalism - broadcast program and stated that it is within every student to reach their highest potential.

"I do a little bit of extra help with reminders when assignments are due," she said. "You're starting out in college getting used to juggling all of the different classes and what

the expectations are. I think having very clear expectations of what the assignment is asking you us really important so there's not a lot of guesswork."

The journalism - broadcast program that Lorentz runs does not contain a final exam and instead focuses on projects and assignments.

"I think it's benefiting our students simply because of our program. There are other programs where there's certifications or certain expectations for writing a final exam because there's a specific certification in journalism. And in this program, you're acting as a journalist in the community every day, so you're kind of constantly doing work, especially in your second year and in first year."

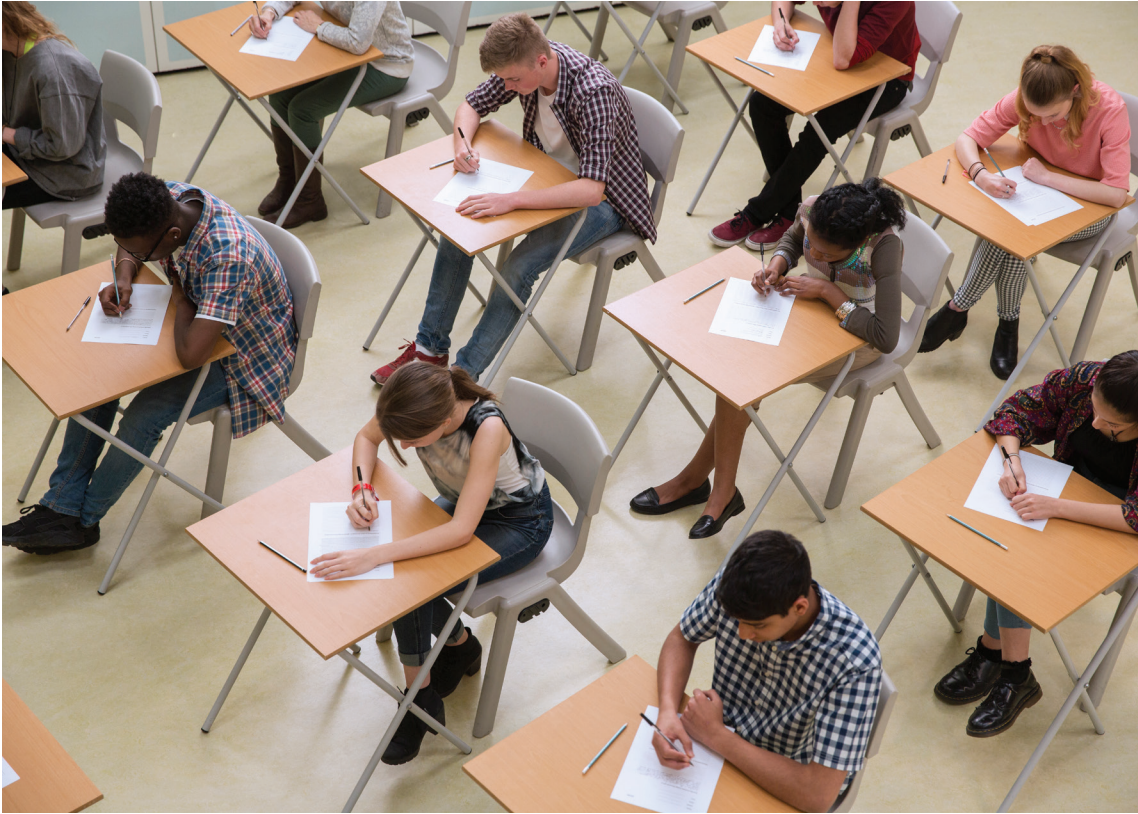
For students who do have exams this time of year, Fanshawe counsellor Matthew Brown offered some advice for students dealing with stress and anxiety.

"If I have a student coming in reporting test anxiety, what are their sleeping habits like? What are their eating habits, what do they do for self-care? How are they studying?"

Brown added that cramming for hours to prepare for exams is not the best practice and can lead to more stress.

"You're not letting it process, you're not letting it rest, letting it heal," Brown said.

Brown said that it is important to have good sleeping and eating habits



Exam season can be stressful - but it doesn't have to be.

CREDIT: CAIAIMAGE/CHRIS RYAN

and that getting minimal sleep and drinking lots of caffeinated products will bring more stress and anxiety. When talking about mental health relating to your education, he insisted on having good study habits. These can be connecting with your professors, having a study group or

being tutored. "Just really informing them and building their awareness of what's available to them as well as what are some important and strategies that might be worth trying."

Brown had a very important message for the students of Fanshawe about their final exams and projects.

"Be kind to yourself, and I say that because students are so hard on themselves and they are so caught up with the marks and the grades. And yes, while those are crucial and important, they're not everything."

A rewind on the Rewind



Ben Harrietha (they/them)
INTERROBANG

For the past eight months, I've written music reviews for each issue of the Interrobang. I tended to focus on classic music, anything released before 2005 was my rule. I love music, especially classic music, so I'm incredibly grateful that I was able to write these for Interrobang. During the run of this volume of Interrobang, I learnt a lot about the art of writing reviews, how to articulate what makes a song good, and how to branch out in genres (kind of).

The first review I wrote was *Nevermind* by Nirvana. I was incredibly positive towards the album, an opinion I maintain. While I prefer *In Utero*, the band's sophomore album is their most approachable and easily enjoyable work. Reading the review itself, it's not great. I just go through each song, say a brief description, and decide whether I like it or not. Later on in the Rewind, I tried to adopt an approach that had me writing more about the themes of the album, or the climate it was made in. I don't love the work I did on the early Rewinds, but I believe I improved a lot as time went on.

My favourite review I wrote is a toss up between *What's Going On* by Marvin Gaye or *The Matrix. What's Going On* was new waters for me. I'd never really listened to soul and only knew about Martin Gaye from his big hits and his untimely death. It was really interesting to

explore this genre that I'd never properly experienced before by taking a look at one of the greats. Reading it now, my passion for music and what music can do for people really shows through the writing.

The Matrix was one of two movie reviews I did for the Rewind. I wanted to do more, but either couldn't find the time, or just couldn't articulate what I enjoyed about a specific film. But writing the review for *The Matrix* review was, to put it bluntly, rad as hell. I forgot how much I enjoyed that movie.

I was able to explore a lot of the themes of gender, dysphoria, and choosing who you want to be, which are very relatable. It's also just one of the best action movies ever made and was a lot of fun to write about. My partner, Matt, even cited it in one of his essays, which is the coolest thing ever as a burgeoning writer.

Universally, I tried to stay positive throughout the reviews, as everything has its fans. The two albums I was the harshest on were *Pinkerton* by Weezer and *American Idiot* by Green Day. It didn't help that these reviews were back to back, so for a month, I complained about two universally loved albums.

My main takeaway with *Pinkerton* is that it's aged like milk. I used to love it back in high school, but a few of the lines irk me, like "if I'm a dog, then you're a bitch" off "Butterfly" or the entirety of "Across the Sea." While *Pinkerton* has gotten the respect it deserves in recent years, it's definitely not my favourite.

American Idiot is a much simpler issue. I think the music itself is great, but think the album could have gone further with its anti-war



CREDIT: BEN HARRIETHA

The Rewind has been a great way for me to look back at some of my favourite albums and discover some new ones.

messaging. It feels less like they were really angry about the Iraq War and more like they wanted to use it as set dressing for the music videos. The album decides to cope with apathy, and in 2023, I'm pretty tired of apathy.

So what have I learned? Writing music reviews is really hard! It's hard to articulate what makes a song good, it's hard to pick what to talk about, it's hard to listen to the same music

for a week straight, and it's very hard to branch out of your music comfort zone. But it was a lot of fun to write these reviews, and I'm very proud of what I've done here. Will the Rewind continue? I don't know yet. I'm currently trying to figure out what the Rewind will look like after this volume of Interrobang is finished. Whatever the outcome, I'm glad you all came along for the ride.

AI is a perfect example of why we can't have nice things



Ben Harrietha (they/them)
INTERROBANG

If you use the Internet in any capacity, you've most likely heard about the recent rise in AI technology. It comes in a lot of forms, from chatbots like ChatGPT, art generators, deepfakes, voice generators, if you can think of it, there's probably an AI for it. There's even an AI for sorting out your trash called Oscar, which Fanshawe is currently implementing on its campus.

I won't lie, I did get caught up in the AI craze for a bit. From the early days, with generators like DALL-E Mini, where you'd put something like "Popeye's biscuit no drink" and you get what looks to be one of their famously dry biscuits in the kingdom of heaven. Or more recently with the AI voice generators, allowing people to make US presidents play Minecraft together. It's good, clean fun.

Unfortunately, *someone* had to come along and ruin it for the rest of us. That's right, I'm talking to you, tech bros! Other people ruined it too, but mostly you, tech bros!

Now, when I say "tech bro," I don't mean someone who is just into modern tech or is a computer science major. I mean someone who is fully on the Elon Musk Tesla train, got super into the blockchain, NFTs, Cryptocurrency, and probably pays for Twitter Blue. If this describes you, you may be a tech bro.

AI is capable of a lot of really great things as a tool. I use an AI tool that enhances audio for our podcast, as well as another AI tool to transcribe a lot of my interviews and videos. But as you get to the more complex AI such as ChatGPT and Stable Diffusion, the phrase "it's just a tool" falls apart completely.

Take the art generators that have gotten popular. At the beginning, these image generators were using either a database with images and art from people who had consented to their



CREDIT: NINA HEPPLEWHITE

Defining what is and isn't art is a fool's endeavour, but AI art certainly isn't art.

work being used, or images in the creative commons in order to generate the images from entered prompts. But in time, other databases were created that just scrape the entire internet for any images that may match the prompt given.

What this means is that through the prompts, users can ask the AI to generate an image based on a specific artist and essentially create a new work. Where this gets fuzzy is the legality of taking bits and pieces from someone's art and generating new art from it. Universally, artists do not like when you steal their art and claim it as your own, which is what a lot of people, myself included, believe AI art is doing.

I'll make it clear here, I don't believe AI art

is art. Defining what is and isn't art is a fool's endeavour, because inevitably you're going to make someone mad. But for me, art needs to have someone behind it for me to consider it art. And AI isn't a "someone," it's a bunch of code.

ChatGPT has already seen use in writing academic essays as well. It's not quite perfect, usually you'll need to do a pass on the essay to make sure it all makes sense, but it takes a lot of the skill out of essay writing. It also puts an additional strain on teachers, as they now not only have to keep an eye out for plagiarism, but essays written by an AI as well.

In an ideal world, this would be used as a concept generating tool for art, writing, etc.

But then I have to wonder, why not just hire someone who specializes in concepts? You'll get a better product and a struggling artist gets paid.

The worst part about it are the people who are super into it. They shift the blame off themselves, "if not me, then someone else would do it" and that the technology is inevitable. Any morals or ethical concerns are thrown out the window in the name of advancement.

My partner is an artist, and he's considered pursuing a different degree on many occasions because of AI. He thinks that people will eventually just replace artists with AI, because you don't have to pay an AI. And I'm scared to think he may be right.

Haunting guilt and the glass ceiling of death



Michael Veenema
RELIGION

For a couple of years I have been talking with a man who is haunted by guilt. He stole from his parents and grandparents. He used the money he took to buy alcohol. They have all passed away now. That, however, does not make matters easier for him. The fact that he can no longer make amends only makes his guilt worse. He frequently asks me to pray for him so that God will forgive, and he asks that somehow things between him and his dead relatives will be made better. At this time of the year, Christian believers celebrate Good Friday, followed quickly by Easter. In most of this article I will consider that the death of the Son of God, remembered on Good Friday, addresses the problem of guilt. (More on Easter at the end of this article).

Now, some people will say that I should not validate this man's feelings of guilt because there really isn't anything that can be done about the past. And, as far as there being any possibility in the future when he and his dead relations will be able to mend the wrongs of long ago, well, as we all know, the dead remain dead. So, what business of mine is it to encourage this man in a delusional hope of making things right with those parents and grandparents?

I prefer, though, to take a different path. It would be better, I think, to begin by acknowledging that guilt for actual wrongs is part of what makes us human.

Some people like to broadcast that they have "no regrets" about what they have done in life. To me, *they* are the delusional ones. It takes a great deal of audacity, misplaced pride, or sociopathic attitude, as far as I can tell, to refuse to take responsibility for hurt in which we have actively played a part. Hitler, for example, in the last hours of his life, according to historical accounts, did not express remorse as Berlin was going up in flames above his underground bunker. He went to his death without remorse, complaining that the German people were, it sadly turned out, not worthy of his greatness.

We have shattered parts of our own lives and likely have sown corruption into the lives of relatives and our social media followers. For those and other reasons, we legitimately experience feelings of guilt. But where can we go with our remorse and guilt?

Traditional Indigenous people had their answers to the problem of guilt — collective guilt or individual guilt. And if not guilt, at least an awareness that it was crucial to keep themselves in line with moral order as they understood it. Cultures on every continent (except Antarctica) were often drawn into sacrificing members of their communities lest the supernatural enforcers of cosmic order become displeased with them. To make peace with the gods, to restore some degree of political stability, to bring back some kind of karmic balance, they would offer human sacrifice.

Not so the ancient Jewish community. There is one biblical story of Abraham, father of all the Jewish people, being tested by God to see if he would sacrifice his son (Genesis 12 and following). Child sacrifice was practiced in his region, ancient Canaan. That means that it would have seemed culturally normal to



CREDIT: LEMON_TM

For those able to accept it, Christ's death means the annulment of their own sin, and the closure of their journey with guilt in due course.

Abraham to hear God's command to sacrifice his son. Such a command was the ultimate, *but well understood* test — we could say, the standard test for that time and place — of the genuineness of anyone's trust in their god.

If you know the story, you will recall that Abraham passed the test. His faith was proved at least as genuine as that of any of his pagan child-sacrificing neighbours.

But there is one other significant point that readers can miss. It has to do with God terminating the sacrifice. At the last second, God stayed Abraham's hand. In other words, *there was to be no sacrificing of children* for Abraham and his descendants, the Jewish people.

Contrary to the norms of that time and region, such a practice was utterly condemned by writers of the Jewish Bible. In one swoop, both Abraham's faith was confirmed, and the practice of child sacrifice sent packing.

In the West certainly, and maybe in every other region by now, human sacrifice is forbidden. Or is it?

It is interesting to consider the psychological and anthropological connections between the human sacrifices of ancient peoples and the modern day valourizing of those who die for our nation states in wars. Philosophers of the 18th and 19th centuries, following the German thinker Immanuel Kant, believed that war was a good thing. (See Stephen R. C. Hicks in his book, *Explaining Postmodernism: Skepticism and Socialism from Rousseau to Foucault*, 2011). The suffering on battlefields brought out virtue in the nations, restoring a proper balance to life. In high school I was taught that Canada finally came into its own through the horrendous sacrifices of World War I.

In the end, the Jewish people did engage in ritual bloodshed to restore their relationship

with God. But it was animals, the "sacrificial lambs" that were killed. Not humans. Those sacrifices symbolically removed sin and guilt from the people and it symbolically restored the relationship between God and his people.

That symbolic removal and restoration was significant. But it was never enough. After all, it is not animals who rape, murder, rob, lie, betray, gossip, commit adultery and set up false gods. It is people. Thus, the Jewish sacrificial system could not give ultimate closure to sin and guilt. In the end, human sacrifice was still needed. But only once. And only of one person.

Enter a Jewish man, the leader of a Jewish movement, named Jesus. Put to death on a Roman instrument of criminal execution, a cross Jesus Christ crucified. The sacrificial "Lamb of God," the writers of the biblical texts often call him. This is what is remembered every Good Friday.

And we can now see why it is called Good Friday. It is called Good Friday *not* because of the death of this one man, the Son of God, in itself was good. It was not. He was innocent of wrongdoing. It is called "Good" Friday because of what this death *means*.

Jesus Christ accepted the responsibility of the sins of the world. In this way he attracted to himself the consequence for sin, the consequence that we humans have earned. For those able to accept it, Christ's death means the annulment of their own sin, and the closure of their journey with guilt in due course. His death is what has earned forgiveness for every exam cheater, every rapist, every drug trafficker, every child abductor, and every dead beat dad or mom — for everyone of these and countless others who hang on for dear life to the coat tails of Jesus.

This is why the story of the death of Jesus Christ continues to capture the hearts and minds of people all over the planet. White Europeans, Settler peoples in Canada, First Nations people across the country, Alberta truckers and university graduate students, lower caste people in India and the megarich of Bay Street, people of every religion and world view — no one, including you dear reader, or me, is fully immune from the impact of this story wherever it is announced.

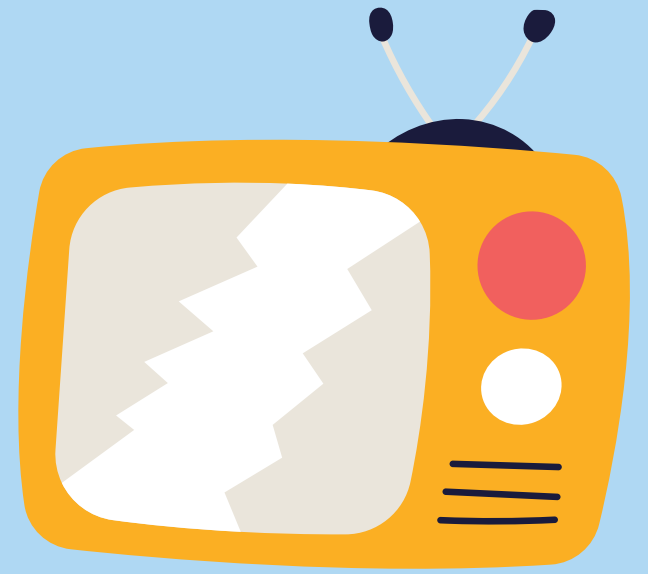
But here's an even more significant thing. The story of the death of Christ is always followed by the story of the return from the dead of this same person. Is this plausible? After all, as I mentioned, we all know that the dead do not come back. Especially modern, so-called "enlightened" people know that.

And yet, none of us, I think, can escape from the desire for life after death. There is absolutely nothing else that comes close to providing resolution to the riddles of meaninglessness, despair, love, hatred of death, and the great justice deficit in our current world. Nothing.

Easter, the celebration of the resurrection of the Jewish Jesus 2,000 years ago comes two days after Good Friday. Either it is a well-intentioned falsehood, or it is the most astounding event ever in the history of our planet — the shattering of the glass ceiling of death. (For a thorough study of the reliability of the accounts of the life, death and resurrection of Jesus, see Richard Bauckham, *Jesus and the Eyewitnesses*, Eerdmans, 2017).

If it is false, then the true meaning of the death of Christ vanishes before our eyes. But if it is true, the iron dome of death has been splintered, *and* the meaning of the sacrificial death of Jesus endures.

I'M READY FOR BORING



Ben Harrietha (they/them) | Interrobang

It's the end of the school year. While I'm no longer a student, working for a college newspaper means I do operate on the usual post-secondary schedule. So it's also the end of my year as well. And folks, let me tell you. I'm so excited for my life to be boring again.

I have had a very busy year, and it's only now that I'm taking some time to reflect on the year I've had that I'm realizing that fact. It definitely wasn't a bad year, not at all. In fact, many of the things I'm happy for now happened over the course of these last 12 months.



To start, I graduated from Fanshawe's broadcast journalism program in June of 2022. I'm one of the first people in my family to graduate post-secondary since my Noni on my dad's side. After three long years of post-secondary education over two different programs, graduation was welcomed. And while I'm not someone to care too much about grades or awards, achieving a 4.0 GPA (or close enough to it for me) overall and the Newswriter of the Year Award did feel pretty great after two years of hard work.

After graduating, I picked up a part-time job at Home Depot. While not at all in my field of study, it was something I'd done before so it came naturally. As an added bonus, I met my boyfriend, Matt, while working at that job. Apparently all you need to do to land a good relationship is lug around 4x4s eight

hours a day in front of them. Go figure. In all seriousness, I'm incredibly grateful I met him, and we'll soon be moving in together.

In August, I landed my current position as Interrobang's multimedia reporter. This is my first "real" job in my field of study and it has been a great experience. I love what I'm doing, and the people are just as good as the work. I was worried at first, as what I studied was more applicable to the TV and radio side of news, but a lot of the skills transferred over, and I'm working with people who are either currently in the broadcast journalism program, or are graduates.

Now, while this has probably been one of the best years of my adult life (as short as it's been, I'm only 21 after all), I'm so ready to not have big life changes happening every month or so.

To put things in perspective, since April 2022, I've had three different jobs, lived in three different houses, and moved three to four times, depending on how you count a move from one house to another with a stop at a storage unit for a week.

I started the year in my first place, a townhouse in Argyle. I lived there until the end of August, where I packed up my things in a storage unit and moved back home for a week while my new place was being prepared. While only for a short while, I did bring enough home that I would consider it a small move. Once the house was ready, I moved into my current home in downtown London.

Looking back further, the amount of times I've moved houses in the past five or so years is definitely too many for that span of time! Moving is so stressful, tiring, and expensive. I'm glad I've landed in a good house in

a nice part of town, because I intend on staying here as long as I possibly can. I don't even want to think about moving for the next year, at least.

At the beginning of the year, I was a student, and while that's not a job, I was part of running the XFM newsroom, which did feel like a job. At the same time as being a student, I was freelancing as an audio editor for various audiobooks and podcasts. I then picked up my job at Home Depot in May, then started this job in August.

While I'm obviously grateful to be employed, hopping from job to job can get disorienting, as you learn, then unlearn new routines and protocols for each position. For example, when I went from Home Depot to Interrobang, it felt strange to have any amount of downtime. If you've worked retail before, you know that downtime is relegated to your breaks, especially at bigger stores. Having the ability to take a moment in between tasks was a culture shock to say the least.

Usually people are trying to avoid having a "boring" life. After a year filled with major events, I have to say that I'm pretty ready to accept boring again. Just not too boring, of course.



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GET OUT WHAT YOU PUT IN: END OF YEAR RECAP

Justin Koehler (he/him) | Interrobang

It isn't very often a journalist gets to have a whole article to talk about themselves and their experiences throughout a year. It's already hard enough sometimes to keep some of our egos in check.

All that being said, it's exciting and also incredibly helpful from a self-reflective standpoint to get the chance to look back.

This school year really has been one of the most important and groundbreaking times that I've ever personally gone through.

Before getting into too many details, this is my fourth time at Fanshawe and the first time I see myself actually seeing a program through to completion. Not to say the previous times weren't great courses or that I ever struggled in classes at all, but I've really come to realize just how hard it is to find a real, true passion in life.

I was never that kid that got out of high school and knew what they wanted to do. Acting, law, game design, all were subjects I had interest in and all were programs I sought out in college, but I could never really see myself doing them in the long-term. With that, I did what plenty of students do in school: did enough to get by and pass my courses, that's it.

It's tough and I really thought that was how careers felt, just parts of our lives where we work to get paid until we eventually retire. That's all I ever really saw of careers and, with that, all I ever really saw of college.

This time was different though, right from the start.

Earlier last year, I almost died on a hospital floor after waiting far too long to check on what turned out to be appendicitis, until my appendix completely ruptured. I remember feeling my ab muscles start to fail from trying to hold back the pain and really not knowing what to think. Of course, the first question out of my mouth when I hit the operating table was, "Did the Blue Jays win their game today?" Rough experience, I'd never recommend it.

It's difficult not to get retrospective at a point like that and I realized just how disappointed I was with what I was doing in life. After that, I sat down and really started to delve into what I was meant to be doing.

That of course brought me to Fanshawe, where I'm progressing incredibly well in the broadcast-journalism program.

Before I even got in the doors, my mindset for how I navigated being in college changed.

They say you get out what you put in and this year really has hammered that point home. From top to bottom at Fanshawe, I started to be fully committed to the experience. Putting my all into my work, becoming a class rep, working with the Interrobang as a reporter, playing recreational basketball, all are just some of the ways I've gotten involved as much as possible with the school.

I've really never felt more connected to what I'm doing and to the experience of learning as a whole. I used to think school was just grades and getting that expensive paper at the end of it.

I can say for certain that it really isn't.

Writing this, I totally get that it's hard to really follow the story and advice of a 25-year-old journalist who had a successful career in marketing before going back to college for the fourth time. It's been a weird experience feeling like the star-student, teacher's pet for the first time in my life.

It's all completely worth it and it's turned into one of the most stress-free and confident years of my life. It's an incredible feeling to see your future building in front of your eyes day by day.

To really tail off this recap, there's a few things I'd recommend to anyone reading;

1. Do what you love doing or find out what that is, stop just being complacent with what's in front of you
2. Don't chug entire bottles of Pepto Bismol if the right side of your gut is hurting, it's probably appendicitis and you should go get it checked before you keel over
3. Stop fighting the college system and do what you can to embrace it, it's more fun than you think and can really change your life

I'm in the second year of a two-year program here at Fanshawe and for the first time ever I'm not rushing to get to writing the next end of year recap, but trying to savour the time I have left before then next one rolls around.



REFLECTING ON MY FIRST-YEAR IN MUSIC INDUSTRY ARTS

Johan George (he/him) | Interrobang

This year I started in the music industry arts (MIA) program at Fanshawe and in one year I learned a lot about myself, my interests, and got to think a lot about what could be my place in the music industry.

Working in the music industry is an exciting challenge and there are so many more jobs that exist out there than I ever could have previously imagined. In my artist development classes this year I had to get a textbook called *The Canadian Music Industry Primer* by Terry McManus, and in it the author explains that for most people music is an essential part of their lives, from soundtrack in the background of your life to the most poignant form of expression of many life events. McManus is realistic about the fact that the music industry is an exciting prospect and worth working in while acknowledging that today's industry is very multifaceted. That's why Chapter One of his book is literally titled, "Finding your Place."

In the pursuit of finding my place in the industry, I found that I was most comfortable working on productions and making compositions more than anything. I feel most creative when I can workshop a song through a bunch of ideas at a wall and when I look at every session's bigger picture. I love making up a piano part, I love layering instruments, I love hearing something unique and discovering that it works on a song. I find it fun to collaborate with other musicians because I always find myself hearing them play something unexpected rather than the same ideas that play in my head all the time. In those

collaborative situations, I even find myself writing musical ideas that would have never entered my mind if I never met the friends I made in this program, which makes me all the more grateful for this past year's experience.

I've gained an appreciation for engineering with the console this year, it was a new experience for me coming from working solely on a computer or performing in bands. Although it can be scary when something breaks because I'm acutely aware of how expensive all the equipment is. Despite that, I learned how to take technical problems in stride and be adaptable.

For all the serotonin I gained from those experiences, I also learned that I can't do everything all at once. I've dipped my toe in stuff like lighting, live sound, and doing artists and repertoire (A&R). However, there's always more value you'll get from someone who puts their eggs in fewer baskets because they know what they're capable of handling and I learned from my peers how to straddle that line and find what I can do that is of value to others.

Since last year, I learned how to better execute on my time management strategies and make meaningful priorities. Additionally, I feel like if I'm working in an industry that relies on the fact that I enjoy the work I do I should make sure I'm not intentionally accelerating myself towards burnout. Maintaining those principles have helped steer me through the year.

A memorable experience I had recently in one of my classes was when my professor told us a story related to an experience he had with another producer whose method in the studio would be to replace musicians in a band with session musicians if the original musicians couldn't play the part in the studio because, 'If the musician can't play, get better musicians.' I remember that story because my professor called that cruel and stated that the band would surely be much happier working with you if you found a way to help that musician to express themselves in the studio than to wryly dismiss them for "sucking at their job." On the other hand, some musicians don't like working in the studio and would be happy to have someone take that job for them so they can just perform with their band live. Musicians are multifaceted and everyone has a different preference to the way they'd like to get things done.

I feel like that story really helped humanize musicians in the industry for me because it's clear that everyone wants to do well (make good music), earn a living, and have a good time at work just like any other job in the world. Not everyone is an incredible talent and you don't need to always be the best in the world at your job to have a chance to work your job.

All kinds of people can make it in this industry and have made it, it's just all about being aware of what you're getting into and accepting what that means.





Dee-Dee Samuels (she/her) | Interrobang

I never planned on returning to college mid-career, but one brain injury later and here I am. For many people, returning to college with students who were mostly half your age would have felt like a step back, but in spite of everything, I felt like I was given a gift. The combination of my vast life experience and my newly acquired skills was going to be the beginning of something extraordinary. I would describe the whole experience as unexpected, unique, challenging, and exhilarating.

It provided me with everything that's always brought me the greatest happiness in life: challenges that, at the time, I thought would break me, lessons that made me question everything about myself, people that I wish I never had to meet, people who will forever be in my heart and have made me better. I was exposed to some ugly truths about what it is really like out in the world for people who are neurodivergent and I was blessed beyond belief with knowing that there are people out there who will move mountains to help you succeed if you just keep going. That has always been my superpower; to keep going even when you feel you are standing still, even when you feel there is no point, even when you feel you are moving backwards. Keep moving your body, your mind, your emotions, and things will fall into place. It's not easy, but it's that simple.

The other epiphany I never expected to have after all these years and all my life experiences was the realization that I don't think I ever grew up until I was forced back into college. See, I never took things seriously until now. For me, there was always going to be time in the future to start a project, or figure out how to budget, how to say no and how to say, "I'm lost, and I need help." Coming back to college at my age taught me that there are some things in life that must

be taken seriously or paid special attention to and that is what I think being an "adult" is. An adult is a person who knows when to take things seriously and what to take seriously. During these last few years, I learned that being responsible with my finances is one of the most important parts of life that needs to be taken seriously, not just for obvious reasons but because numbers are the most honest things in life. Numbers will never lie; they will always tell you exactly where you're at and if you're smart you will listen. It's taken me years to learn that my grade three teacher was correct when she wrote on my report card that I needed to be more serious and focused about my schoolwork. Who knew?

If there was one phrase to sum up my entire collegiate experience it would be, "I made it!" It is the greatest reward and achievement anyone can ever have. Make it through a conversation, make it through a test, make it through an hour, a day, a meal. This simple achievement is nothing to be scoffed at. Congratulations to all my fellow students who made it through every single beautiful, ugly, unmanageable, remarkable, and unremarkable moment of the last school year.



Kate Otterbein (she/her) | Interrobang

After three great years, this is it. I walk the stage for the second time and am saying a final goodbye to Fanshawe College. It's a bittersweet feeling, really. London is where I called home for those years and I have started to build my career as a journalist. Not to mention all the friends I made during my time here.

Bear with me as I try to navigate three years of my life into a single article. When I came here, I was so nervous. I was a country girl coming to the big city and I wasn't sure what to expect. I'm used to country roads and going to school with the same group of people since kindergarten.

As it is for most people, a worry of mine was making friends. I wasn't the type of person to just walk up to people and strike conversation. So this meant people had to initiate conversation with me. Which isn't so easy when it's late 2020 and everything is online. We still had the privilege of needing

to do work in the school, but we were separated from others.

I truly underestimated the power of a small class and how close you can get with your classmates. We truly became one big family by the end of my program. I think that's because we were going through the exact same thing, navigating a new experience completely online. It truly wouldn't have been possible without the amazing professors we had during our time here. Jim, Gina, Mindy, Bob, everyone on both the journalism and radio sides of the program... thank you from the bottom of my heart for the best two years (and now an additional graduate certificate year making it three!) of my life and guiding us through some really hard times.

Some of us even became co-workers later on in our second year at the Interrobang. The friends I made through my time at Fanshawe College are ones I will always treasure, even if we won't necessarily talk or see each other every day like we once did.

settled down a little bit and I was able to go out to restaurants with friends, hang out in the newsroom, and do things! It was so exciting and a taste of the true college experience. I hope that everyone now, and in the future, will have the same experience. Going out with your friends, having study dates over coffee, seeing them in the classroom is exactly how it should be!

Now, here I sit writing this article. I just wrapped up my classes for the TV news graduate program, marking my third year at Fanshawe. And this article becomes the last of a two-year collection. Where I stand now, I am the morning news anchor at Blackburn Media in Wingham, living the dream and getting up at 2 a.m., doing something I truly love.

It's hard to believe I've come this far already. It may have felt long when I was drowning in assignments and projects, but now, it went by in the blink of an eye. I truly treasure my Fanshawe family and everything this school has taught me. I have made so many memories in these hallways it's insane. One more walk across the big stage and it's all over.

I am so sad to leave and uproot my London life. But I can't wait to see what life has in store. Thank you for allowing me to be your voice these past two years, Fanshawe.





WHAT THIS YEAR HAS BROUGHT ME

Emma Butler (she/her) | Interrobang

This year has been filled with ups and downs that I have had to overcome each step of the way. I came to Fanshawe in 2021 to attend the TV and film broadcast production program. Being a part of that program has allowed me to be involved with so many fun films, TV shows, live productions and finding amazing people to call my friends.

One of my favourite memories that I will keep in my head forever, is directing the 2023 Share the Land concert. Leading up to that production, I had directed many live productions for the Falcons basketball and volleyball games. Share the Land was the biggest live production that I directed, with over 10 cameras, 24 bands and lasting over three hours. I have gained so many skills within the TV industry, which will help me in future jobs and career choices.

I started working for the Interrobang newspaper back in Sept. 2022. Prior to reporting for this paper, I had worked with another newspaper called The Stratford Local. My experience with writing for print helped me transition into reporting for Interrobang. During my time with Interrobang, I have written over 20 articles and I also have a story in the Navigator magazine. I have loved every moment reporting, writing, interviewing and taking photos for the paper. While being a student, it can be

hard to balance school and having a job. But working for the college made it very easy for me to balance both, completing school with great grades and having more than one article in each publication every two weeks.

Like I said before, I have had ups and downs which every person has to deal with. I went through some heart breaks, accidents, and mental health issues but I have overcome all of it. I broke my sternum back in December in a car accident which left me with no vehicle and losing a job that I loved to do. I went through some depression which made me distance myself from my friends and family. I finally got healthier and got right back on my feet when the new year hit. It took me a bit to see what is really important in my life and what things I don't need to stress about. If I could give advice to people going through a tough time it would be to not sweat the small stuff, to learn from your mistakes and only grow from them. One thing that kept me going was writing, creating compelling articles for others to read. I love finding stories, sourcing interviews and creating great photos to compliment the article. I know that this school year is almost over which means I will be done writing for Interrobang, as I will be graduating and not returning in the fall. I will cherish every moment I spent writing

for the newspaper and being a part of such an amazing news team.

With my program, we finish the year off with internships which allow us to gain real life experience within the industry which will help us in our future careers. I was very happy to have landed a position with Global News in Montreal. I decided that I could make it work, as I have a friend who lives in Montreal I could stay with for the six weeks. I said my farewells to everyone back home, and made my way to Quebec. While I was starting my internship at Global, I started to have health issues which I thought I could deal with on my own. I loved every second there, shadowing reporters at Global and helping create news reports for the 6 p.m. show. I then was told by my doctor that I needed to come home to be closer to my doctor and that hit me really hard, as I wouldn't be able to finish my internship with Global. As that was hard to deal with, I ended up coming home and finding another internship back in London allowing me to be closer to my doctor. The one thing that was positive about this outcome was coming back to work amongst my fellow reporters at Interrobang.

I was thankful to have a spot with the newspaper so I can finish off the year doing something I love.

The Myth of Sisyphus with Disability: Part Four



Adam D. Kearney (he/they) CONTRIBUTION

This article is the final part in a series of excerpts from Fanshawe grad Adam Kearney's essay, The Myth of Sisyphus with Disability.

I stole the title of this essay, and the patch that I designed, from Camus' essay, The Myth of Sisyphus, where he first introduced the philosophy of absurdism. Again, here I am going to use a quote by someone much more qualified to condense the themes of the essay, the Encyclopedia Britannica:

"Camus argues that life is essentially meaningless, although humans continue to try to impose order on existence and to look for answers to unanswerable questions. Camus uses the Greek legend of Sisyphus, who is condemned by the gods for eternity to repeatedly roll a boulder up a hill only to have it roll down again once he got it to the top, as a metaphor for the individual's persistent struggle against the essential absurdity of life. According to Camus, the first step an individual must take is to accept the fact of this absurdity. If, as for Sisyphus, suicide is not a possible response, the only alternative is to rebel by rejoicing in the act of rolling the boulder up the hill. Camus further argues that with the joyful acceptance of the struggle against defeat, the individual gains definition and identity."

If I follow in the same path as Sisyphus in the rejection of suicide (or MAID), my only other option is to revolt. To kick back against the pricks. To claim my identity as a person with disability and fight back

against the systems trying to maintain oppression over me.

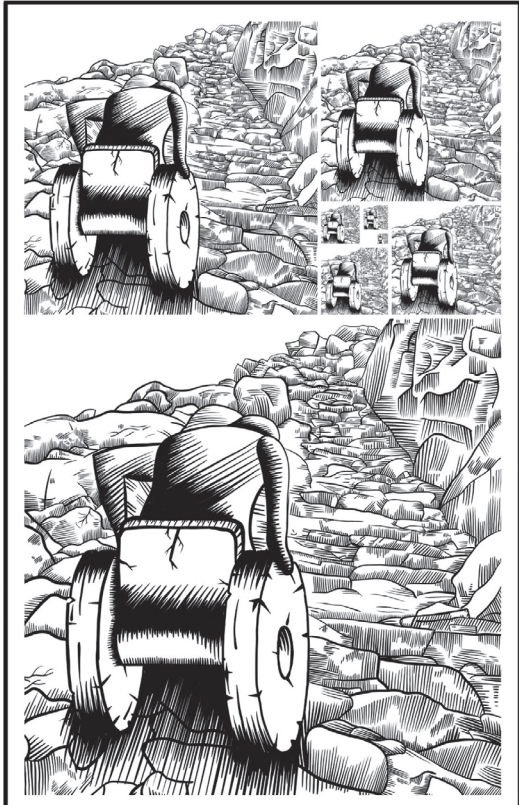
Every time I have to disclose my disability and have conversations surrounding it. Every time I have to use google maps to see if a potential workplace is wheelchair accessible. Every time I have a fracture and have to rehabilitate from the injury. Every time someone asks "what's wrong" with me. Every time I have to explain why I have to do something differently because of disability... I start an uphill journey. The difference between Sisyphus and I is that instead of pushing a boulder, I am pushing myself up that hill.

Sisyphus was given his task as punishment for cheating death, and some days it feels like that is what the disabled life experience is a series of tasks we are forced into because of our diagnoses. Perhaps, this is only because we have accepted society's view of 'normalcy' and imposed internalized ableism upon ourselves. What is collectively known as normalcy is a fallacy. We only harm ourselves by comparing ourselves to others. The only true normal is what we accept as truth for ourselves. Whatever you need to do to live a happy and healthy life is normal for you, and that is all that matters. If I continue to follow the same path as Sisyphus in the rejection of suicide (or MAID) my only other option is to revolt. To kick back against the pricks. To claim my identity as a disabled person and fight back against the systems trying to maintain oppression over me.

We are at a critical time where our government cannot be relied upon to support our basic human rights. A large barrier keeping us from collectively raising our voices

in opposition to systemic ableism is that we are already using so much energy just to meet our basic needs. There is a struggle on the daily, hourly and even minute by minute level that keeps most of us from organizing. I learned a great lesson from Leah Lakshmi Piepzna-Samarasinha's book Care Work: Dreaming Disability Justice. That is the importance of communities focused on interdependent care. In a world where it is difficult to find allies, we need to find ways to be able to help one another. Even if it's as simple as being there, listening to a friend vent their frustrations at you; this simple action can have tremendous results. The more we speak of our life experiences as people with disability, the more confident and accustomed we become asking for what we need, and what it is our right to have. We start to build back the confidence capitalism and ableism have worked so hard to strip us of.

Camus ends his essay with the lines, "The struggle itself toward the heights is enough to fill a man's heart. One must imagine Sisyphus happy." Though it is daunting, and at times seems as though I will never reach the summit of the hill I am on, I now understand I am not alone. Unlike in the story of Sisyphus, there are many other people pushing themselves up their own hills, just as I am doing. Though like all communities we struggle at times, there is still a tremendous power to be found in interdependence. In knowing we are not alone. In struggling together, when we have enough spoons to share. There is a great beauty to it, one that is unmatched in any other community I have found. It is here, in this space with acceptance of



∞ THE MYTH OF ∞ SISYPHUS WITH DISABILITY A MEMOIR ESSAY BY ADAM KEARNEY FOREWORD BY DR. JEFF PRESTON

CREDIT: COURTESY OF ADAM KEARNEY

Every time I have to explain why I have to do something differently because of disability... I start an uphill journey.

the absurd, that I am able to fill my heart. This memoir essay was published as a zine in Nov. 2022. If you enjoy

it and feel you would like to support the author, you can find a pay what you can PDF or purchase a physical copy at handcutcompany.com.

Does cancel culture benefit society?



Benjamin Timothy Crossett (he/him) INTERROBANG

On social media platforms, you have most likely seen an individual or group state their opinion and promptly get ganged up on until they are forced to retract all of their previous statements, or worse. Since it was added to the dictionary in 2017, we have come to know these series of events as "cancel culture."

Fanshawe student Lauren Neil, stated her opinion on cancel culture, saying it isn't always the best way to solve an issue, and that we can take the experiences and turn them into a learning opportunity.

"I do find that a lot of the things that people want to cancel are things that should be used as a learning opportunity," she explained. "People should be able to know that these things happened or were said and so other people can learn from it not to do it and why it's wrong or whatnot."

Neil also expressed concerns for past opinions people may have had that could get them in trouble.

"There's not a single thing that I remember from [when I got on social

media.] And that worries me. What if I was, as a 10-year-old, some idiot? I wouldn't remember."

Nicholas McGinnis, a Fanshawe professor in the School of Language and Liberal Studies with a PhD in philosophy stated that cancel culture has "outlived its usefulness," and what we once knew as a useful critique has become problematic.

"Because 'cancel culture' is such a politically loaded term, it is no longer useful for serious analysis," McGinnis. "It singles out specific actors and views for partisan rhetorical purposes. The initial point of the critique was that some online spaces had become too harsh, too denunciatory, too punitive, and this had a real chilling effect on speech. But, if this is true, it's true across the entire political spectrum."

McGinnis spoke about a writer and researcher by the name of Emer O'Toole, and how when she wrote an article on the topic of sexism, she was met with a barrage of misogynist comments, death threats, and insults from men.

"This story has never served as an example of cancel culture. Yet this sort of online swarming and harassment is very commonplace for women who express opinions online. There are hundreds of cases like these. We don't think of harassment resulting



CREDIT: PEOPLEIMAGES

"Cancel culture as a concept has become, itself, just another Internet-soaked confusion."

from misogyny, transphobia or racism as a form of 'cancel culture' but structurally it is the same thing."

In McGinnis' class, he teaches a segment known as "fake news," and in the segment, he speaks on cancel culture and how the definition is constantly changing.

"Cancel culture as a concept has become, itself, just another Internet-soaked confusion. It gives off more heat than light. A lot of outrage is manufactured on the basis of misleading online content," he said.

"We have to learn to separate the problem of Internet incivility from the weaponization of these legitimate critiques that offer the rhetorical assurance that 'our side doesn't do it; their side does.'"

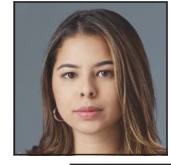
When asked if he thought cancel culture was beneficial to society, McGinnis responded that with increasing polarization between political views and a decline in trust of the political system on the whole, conflict is inevitable.

"People will be inclined to think

that the truth must be 'somewhere in the middle,' but this, of course, is wrong as well; the middle-ground is not some stable place. It's arbitrary; it's relativistic, relative to whatever the politics of the day are. You have to believe that reality is out there."

In the modern world, everyone has their own beliefs, relationships, and opinions, which ends up engendering conflict. Cancel culture is a tool that can be used in both positive and negative ways, all depending on the crowd who uses it.

Falling on my knees for *Fall On Your Knees*



Zoë Alexandra King (she/her)
INTERROBANG

Fall On Your Knees was a production that took place at The Grand Theatre from March 29 to April 2. This production was based off of the book by Ann-Marie MacDonald and was divided into two parts, *Part One: Family Tree*, and *Part Two: The Diary*. After a total run time of six hours, I found myself still craving more of this infatuating story.

The book was featured as Oprah Winfrey's book club selection during February of 2002.

"What a wild ride — I couldn't turn the pages fast enough," Winfrey said at the time.

I had this same feeling watching the actors as they took the Sprit Stage for *Part One* on March 29. I didn't even want them to stop for intermissions and became especially impatient for me to travel back to The Grand for *Part Two*.

From the moment the play started at 7:30 p.m., my attention was stolen from me by the cast. With not much research on this play before attending, I had no idea the ride that I was about to get on.

The play begins with a young Lebanese girl who falls in love with someone completely outside of her culture, a Catholic gentleman who is a few years older than her and ready to name her his wife. The entirety of this play stems from this beginning. To say I was unprepared for the storyline that unfolded right in front

of me, would be an understatement. Every moment of this play was a depiction of their lives.

I'm still mesmerized by the amount of thought that was put into this production. Live music featuring instruments such as the piano, the flute, a violin, and pipes, chimed in throughout the performance, taking the role of background music and as a delicate sound effect through scene changes. I loved this feature! I especially loved the repetition of the piano melody that was so pertinent in the story. This was primarily because one of the main characters played this at the beginning and every time it played after that it was almost as if I was transported to that moment.

In saying that, the backdrop consisted of thin slats of wood that was spaced enough for you to see who and what was behind it. I related this to the strings in the piano, as this instrument can be identified as symbolic significance for *Fall On Your Knees*.

One of my favourite features of this play was its method of introducing some of the characters. When a child was brought into the picture, the adult version would stand, and the spotlight would be on them. Deborah Hay (Frances Piper) and Jenny L. Wright (Mercedes Piper) assumed roles from babies to their old age. These actresses took my breath away. The mischievous character that Hay's plays throughout and the balanced "put-together" character that Wright plays, really added an even further sense of humor to this story.

There was so much laughter, joy,



CREDIT: DAHLIA KATZ

I have been heavily influenced to purchase this book after such an outstanding performance.

playfulness, and loving emotion in this play. Yet, there was also a darkness that consumed the audience with a contrast of emotions. Grief was only one of the many heartaches that the play demonstrated, and each act of darkness was done with such strong movement that I sympathized deeply with the characters on stage.

Four days later, it was time for *Part Two*, which I watched on closing night, April 2. Those days in

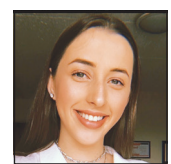
between couldn't have moved any slower! As *Part One* concluded with a bit of a cliffhanger, I was eager to know the missing piece of this story line's puzzle.

As *Part Two* unraveled, shocking revelations had me sitting in disbelief. This play kept me on my toes throughout both parts. I never knew what to expect which was one of the reasons why it kept drawing me back in. *Part Two* consisted of very key features in this story and because of

that, I wish there was more embellishment on those vital scenes.

Needless to say, I have been heavily influenced to purchase this book after such an outstanding performance. This production is one that I will most certainly not forget. I can still hear the sound of the piano melody and the angelic voices singing "Oh My Darling, Clementine" and "Ave Maria." I have goosebumps simply writing those words.

Graduation season: Are students ready?



Emma Butler (she/her)
INTERROBANG

It's the time of the year when students become graduates and venture into the world to start their careers. Depending on what the graduate does, it is very interesting to see if they end up in their career choice or end up working in something completely different. So how are students feeling as they embark on their next journey?

Kole Dupuis will be graduating from the television and film broadcast production program and knows exactly what he wants to do when his time at Fanshawe comes to an end.

"After I graduate, my plan is to work as a freelancer who subcontracts jobs through a company and do some photography and videography for weddings, events, real estate and more," said Dupuis. "My future plan for my career is to work freelance for a while to build up my finances. To be able to move out of the house to a bigger city to find a job in the television industry possibly with CBC or Bell."

Depending on some programs, it can take students longer to find jobs within their field. Dupuis explained that with broadcast it is a little harder to find a job right away because most of the time opportunities come through connections. He stated that you start off small and work your way up the ladder, hoping to create a name for yourself in the broadcast industry.

Other examples of why graduates don't get into their field right away could be that they don't have grit. Meaning that they would rather find an easy job to get money and not worry about trying hard to get into a job within their career path. Other reasons could be that they decided that it's not for them and either go back to school or find another path and work in that industry.

"I think that most graduates don't get a job in their field because they are sometimes too lazy," Dupuis said. "They don't always have the go-getter attitude that is needed for some of the jobs in the industry so they just get by on their nine-to-five, working minimal effort and doing little to no extra tasks or learning. It's not that they lack the education needed but more so they lack the enthusiasm to go get a job and find new things within the job."

But not all graduates are looking to hit the ground running right out of college. Student Gibson Szafran will also be graduating this year, but said he is ready for a break.



CREDIT: NINA HEPPLEWHITE

Depending on some programs, it can take students longer to find jobs within their field.

"As soon as school is over, I'm taking a break. It's been non-stop for two years. Pressure, anxiety, worry. Whatever, I'm taking a break," said Szafran. "Right after that, I plan on producing a script from another student. In the meantime, trying to find some videography gigs to pay the bills. Film is the only thing I have loved like I do, and I refuse to leave it behind."

While there could be many reasons why graduates don't find jobs within their field right after school, Szafran explained the importance of

taking time off between high school and post-secondary.

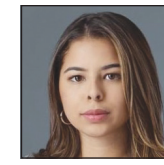
"I had two years after high school to process my life and who I was. I almost went into culinary, then real estate, then general business, before I decided I needed some avenue into film. Taking that time changed my life for the better, and made me realize I don't have to rush. I am happy with where I am because I wasn't right back into school. And fear plays a big part of it, because the world is scary."

Eight things to do in London this summer



CREDIT: ZOË ALEXANDRA KING

We've all been longing for the warm weather to be back and now that it's approaching, this is my reminder for you to make the most of it.



Zoë Alexandra King (she/her)
INTERROBANG

If your summer plans include staying in the city this year, be prepared for a series of summer festivals and markets! If this is your first summer in London and you aren't sure what exciting activities you can take part in, make sure to take a note on the below events, and be sure to check out our other publication, the Navigator.

We've all been longing for the warm weather to be back and now that it's approaching, this is my reminder for you to make the most of it.

1. RBC Rock the Park

If you're not familiar with Rock the Park, it's a music festival that takes place every year in the summer at Harris Park. This year, Rock the Park will be taking place between July 12 and 15. This year's lineup includes nearly twenty artists, with highlights including Mumford and Sons, Vance Joy, Alexisonfire, Luda-cris, Papa Roach and Cypress Hill.

2. London International Food Festival

The London International Food Festival is one of my all-time favourite festivals during the summer. Last year, I actually found someone from my home country selling food, and just the smell alone took me right back to Barbados. If you are a fan of Caribbean food, I would highly recommend attending this festival as I saw Jamaican and Trinidadian food there as well. Of course, you can also expect cuisine from all over the world such as Portuguese, Mexican, Chinese, Italian, Serbian, and much more. This festival is taking place between June 23 and 25.

3. OPA! Greek Festival

OPA is a Greek festival that is going to be held at the Hellenic Community Centre on 133 Southdale Rd. W. This festival is taking place on June 9 between 6 p.m. to 11 p.m., June 10 between 3 p.m. to 11 p.m., and June 11 between 12 p.m. to 8 p.m. At this festival you can expect authentic Greek cuisine, live entertainment, authentic Greek dances, and more.

4. Shania Twain at Budweiser Gardens

The famous Canadian singer-songwriter and actress, Shania

Twain, will be performing at Budweiser Gardens on June 21 during her Queen of Me tour. The show begins at 7:30 p.m. and tickets start from \$70. You probably know this Canadian legend from her hits like, "Man, I Feel Like a Woman" and "From This Moment On."

5. London Ribfest & Craft Beer Festival

Ribfest is one festival you have to attend at least once! I'm sure after one visit, you will be counting down the days until the next one. This year, Ribfest will be taking place between August 3 and 7 at Victoria Park. Last year, I attended the festival early and was able to see all of the vendors set up. Waiting, I had a lemonade in my hand from one of the vendors and the smell of smoked ribs is still ingrained in my memory.

6. Kevin Hart at Budweiser Gardens

Iconic American comedian, Kevin Hart, will be stopping in London during his Reality Check tour. This event is taking place at Budweiser Gardens on April 15 at 8 p.m. Tickets start from \$102 and can be secured on StubHub, AXS, Budweiser Gardens, Event Ticket Center, and Courier Express.

7. Walk or run through Ann Street Park

Ann Street Park is located just a few streets down from London's famous Richmond Row. In the summer, this is a great trail to walk through either on your own or with friends. It's a great spot for pictures, and if you're a fan of ducks and geese, I can confirm that there will be some there!

8. Walk through Victoria Park

Victoria Park is the first thing I think about when someone says, 'summer in London.' Vic Park is where a lot of festivals take place and it's simply a great spot to spend time in the sun with your friends. With a Starbucks right across from the park, it's easy to grab a refresher and enjoy it outside. If you have time for more than a walk, I suggest taking a blanket and having a picnic at this park.

These are eight activities that you can take part in this summer. For even more summer fun ideas, be sure to pick up your copy the Navigator magazine, on newsstands at Fanshawe and Western now. This is your sign to take full appreciation of all that the city has to offer, especially during the summer season.

Fanshawe Sustainability HIGH-DENSITY RESIDENTIAL COMPOST PILOT

WHAT DID WE DO?

Assess the feasibility of a long-term organic waste collection program in high-density housing, using Fanshawe's existing organics program and traditional residences.

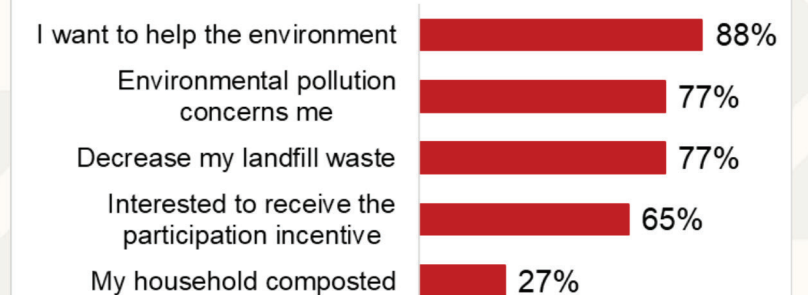


Participants were given compost bins for their room, to collect all organic waste and dispose of it in the building garbage room. Data was collected via web surveys.

WHAT DID WE FIND?

There were pre-existing commitment to sustainability and recycling, driven by a desire for environmental responsibility

Motivation to participate



Residents reported facing barriers while composting, related to general inconvenience in handling compost waste and cleaning the bin after use

Increased awareness and advocacy for composting was found among participating residents. They also became more mindful of waste separation in general, and used that knowledge to properly sort waste outside of residence



Successful organics programs in high-density housing are possible, with the right level of education and engagement to build a sense of responsibility in residents

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

For hours of operation, please visit www.fsu.ca/pharmacy

(519) 451-0025

J1000

university PHARMACY

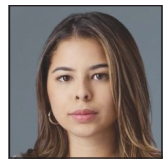
ALL DRUG PLANS ARE ACCEPTED, INCLUDING THE STUDENT HEALTH PLAN.

Start thinking about your summer getaway



CREDIT: ZOË ALEXANDRA KING

I can acknowledge that as a student it can be challenging to take some down time and embrace the present. However, it's important to remember that we'll only be in our 20s once!



Zoë Alexandra King
(she/her)
INTERROBANG

One of the great benefits of being a college student is that your schedule most likely allows for a summer holiday. With my school schedule, I have a four-month holiday that I get to look forward to! As a self-driven individual, I'm always happiest by spending my time working at an organization that will have an impact on my future career aspirations. That doesn't mean that I miss out on fun, though.

In true Virgo style, all of my holidays are planned well in advance. There are many perks to this and I'm here to share with you why you should get a head start on your holidays now and in the future:

Booking your flights months in advance can mean lower airline tickets as opposed to waiting until the last minute

I usually book my tickets at least four months in advance with the intention of scoring a cheap ticket. If I can book between six to eight months before travelling, it means a greater possibility of an even cheaper ticket and can allow researching flights through the different online travel agencies. Some of my go-to travel agencies include CheapOair, Expedia, Travelocity, and FlightHub.

Research activities/excursions that you wish to indulge in

There is nothing worse than being on a trip and not realizing how much your final destination has to offer. Planning your holiday in advance will give you the opportunity to research what others who have travelled there have participated in and recommend to others. Personally,

I love a good travel diary or vlog that gives me an idea of what to expect on my holiday. Social media platforms are great for research and can build your excitement for an upcoming trip.

If your flights are booked in advance it will give you more time to save towards the trip

It can be difficult for students to have a spending budget allocated for travel immediately after booking a plane ticket. Booking months in advance will allow for time to save up again so you'll have spending money on your trip.

It allows for friends and family to potentially join in on the fun

If you plan your trip in advance it means that you are also giving your loved ones the chance to come along with you! Leaving a vacation for the last minute to plan can dissuade people from joining as making necessary arrangements might become a challenge.

Planning your trip in advance will lead to a higher chance of an unforgettable holiday

Making sure that you score a cheap flight, researching accommodation (AirBnB is always great), and planning all the other aspects of a holiday abroad will contribute to you having a memorable time. It will allow you to get the most of your trip and create memories that will last you a lifetime.

I can acknowledge that as a student it can be challenging to take some down time and embrace the present. However, it's important to remember that we'll only be in our 20s once! After all the hard work throughout the school year, it's OK to reward yourself and create the memories that will make you happy. Use these tips to plan your holiday abroad in a financially responsible way and make the most out of your trip.

Understanding the role of your human resources department



Dee-Dee Samuels
(she/her)
INTERROBANG

The role of human resources (HR) is constantly evolving, and it is vital that college and university graduates fully comprehend how important and useful it is to cultivate a healthy working relationship with their HR representatives.

According to a recent survey in the article, "Helping Young Adults Adapt to the Workforce" written by Kyra Sutton PhD, 60 per cent of young adults surveyed stated that they felt what they needed most from their managers to succeed was ongoing feedback and clear expectations in their role. As graduates coming out of a very structured and well-defined environment, this seems logical. The question is: are graduates getting what they need from their superiors and what should they do if they aren't? Enter the role of the HR department.

By definition, HR manages five main duties: talent management, compensation and employee benefits, training and development, compliance, and workplace safety.

In 2023, we are still just coming out of pandemic pandemonium and the face of the workplace is still under construction. Let's look at the top HR trends as stated in Forbes Magazine that you can put into your 2023 playbook to help you adapt and pivot in this constantly changing environment:

Top HR Trends in 2023

- **Employee wellbeing is at the top of this list:** more and more employees are looking for support with workplace stress which is on the rise
- **Skill-based hiring:** Companies hiring for potential rather than degrees



CREDIT: NINA HEPPLEWHITE

According to Indeed, a popular job search platform, HR departments help maintain a happy, legal and effective workplace.

- **Flexibility for all employees:** Flexibility for all levels of workers creates better productivity and employee retention
- **Human skills are the new hard skills:** One billion jobs will be transformed by technology by 2030

According to Indeed, a popular job search platform, HR departments help maintain a happy, legal and effective workplace. HR is important for you as an employee to ensure you have full access to all their benefits. Creating a good relationship with this department will help new professionals feel comfortable approaching their HR department to ensure they know exactly what those benefits are. The word 'benefits' may be associated with things like health insurance, retirement funds, sick pay, and more.

In an article for LinkedIn, author Scott Kramer stated that there are some key characteristics that make up

a healthy working relationship with your HR department: trust, mutual respect, and mindfulness. He also highlights the importance of diversity and open communication.

"Human resources is tasked with ensuring that employees have what is needed in order to help the organization meet their long-term goals," Kramer said. "This includes having the skills and knowledge needed and feeling 'cared for' by the organization."

The most important first step is to know who your HR manager is and introduce yourself to them. If you don't know what they do, be bold and set up an introductory meet and greet and ask them what kinds of things they may be able to help you with. It goes without saying that you will run into situations at a new workplace where you need help, so it is wise and a good self-care practice to know where to get that help.

SUSTAINABILITY TODAY

Mohamed Ahmed Shariff (he/him)

Curtains down for 'Semester for Sustainability'

This semester, B Building entrance at Fanshawe's London Campus saw a burst of activity with students engaging at the 'Semester for Sustainability' booths and the bright colours of the Sustainable Development Goals (SDGs) displayed on the television—a contrast to the weary winter outside.

The booths were part of Fanshawe Sustainability's campaign to educate students about the SDGs, how relevant they are in everyday life, what Fanshawe is doing to meet the goals, and what actions students can take to contribute. Whether at home, in the community, at college/work or in the world. Prizes consisting of a sustainability hamper were awarded to those who completed these tasks.

Throughout the term, Fanshawe Sustainability was joined by several college departments and community organizations, all excited to showcase their

contributions to sustainable development. In the spirit of SDG 4, London Public Library, the Library Learning Commons, and the Sexual Violence Prevention Advisor touted the support available to students and community members. To celebrate SDGs 8 and 9, we welcomed Employment & Students Entrepreneurial Services, the Coordinator of Sustainable Initiatives from Applied and Research, and Fanshawe's Photography Program. Active Transportation and Transportation Planning and Design from the City of London and Reimagine Co. accompanied us for discussions on SDGs 11 and 12. The London Environmental Network engaged students regarding SDG 13, while the City's Long Range Planning, Research and Ecology discussed SDGs 14 and 15. Finally, Fanshawe's Centre for Research and Innovation and City of London's Anti-Racism

and Anti-Oppression Unit joined forces to extol the benefits of SDGs 16 and 17. The Semester for Sustainability culminated in a Sustainability Trivia Night, organized in association with the Fanshawe Student Union (FSU) last month.

Just like the winter semester culminates, heralding spring, the campaign too ended witnessing a host of bright young minds steer towards a sustainable path. They actively participated, learnt, and encouraged their friends to follow. It is hoped many more will mirror this. The effects of the adopted changes may not be visible instantly but will pay great dividends in making sure we have a future—a future of peace, prosperity, and sustainable living.

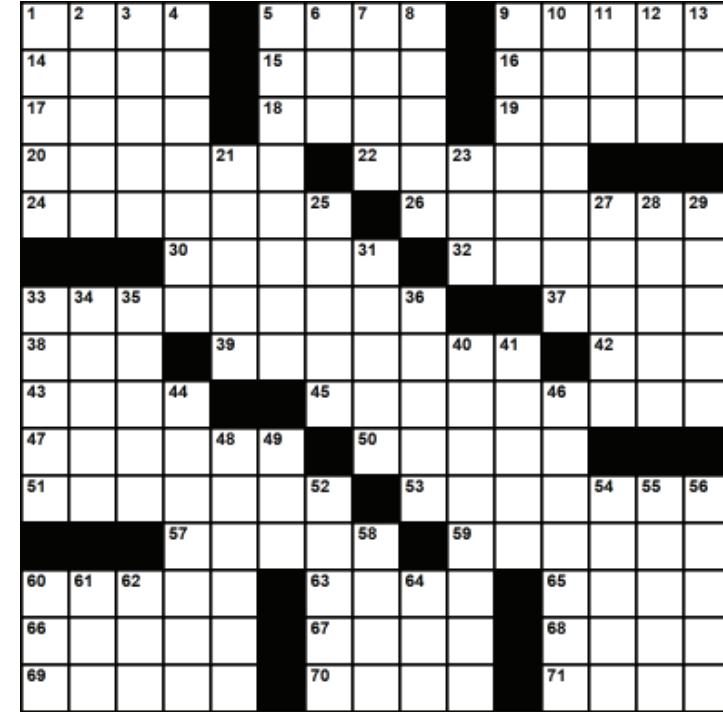
For those interested, Fanshawe Sustainability's campaign and resources are available on its Instagram page: @Fanshawesustainability.

Contributed by Fanshawe Sustainability

CROSSWORD

ACROSS

1. Antioxidant-rich berry
5. CD- ____
9. Planned attack times
14. Hurdler/bobsledder Jones with a repetitive first name
15. Title word of a song from Mozart's "Requiem"
16. Ripley's closing words
17. Victorious shout
18. Caesar's conquest
19. Davis of "A League of Their Own"
20. Sheepish remark?
22. Blind parts?
24. Magazine fallout?
26. Serious collision
30. Kitchen drawer?
32. When first steps are taken?
33. End
37. Three-piece apparel
38. Copier at the zoo?
39. Pathologist's study
42. French holy woman (Abbr.)
43. Watchdog organization? (Abbr.)
45. Kick back while watching the ball game, say
47. Persian Gulf capital
50. Aquarium fish
51. Something you can control the volume with?
53. Seedless mandarin orange
57. Tough problem
59. Death-feigning critter
60. "Laugh-In" co-host
63. Parks of civil rights fame
65. Alpine stream
66. Isle be seeing you?
67. Red giant now in pieces?
68. Mona's surname?
69. Former capital of French Indochina
70. Putin's decline?
71. Barbara of "I Dream of Jeannie"



DOWN

1. Cover story?
2. Out lines?
3. Fake handle?
4. Radiotherapy ray
5. Ribbed pasta tubes
6. Words between man and mouse/
7. Mouse, in Munich
8. Disposes of on eBay
9. Name holder
10. Women's department array
11. Chemical suffix.
12. "Silent Night" adjective
13. Train stop (Abbr.)
21. Secret rival?
23. Simon & Garfunkel's "I ____ Rock"
25. Tennis stroke.
27. Realtor's offering
28. Make into one
29. One of the disciples
31. Bothered
33. Brahman, e.g.
34. Certain berth
35. Manuel's milk
36. Mansard extensions
40. Sequester
41. Turn a deaf ____
44. Western Indian
46. Popular British brew
48. God, in the Torah
49. Super Mario Bros. video game console, for short
52. Same old story?
54. What the Marshall Plan offered to Europe, briefly
55. Satchel for a guy
56. "There's not ____ bone in his body"
58. Like Santa's cheeks
60. "Go team!"
61. Pay extension?
62. Came in first
64. 180° from NNW

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
				12										4											

“ 14 18 12 9 4 4 11 5 19 14 18 12 23 5 24 19 14 9 5 7 12 19 14 4 11 12 4 11 14 18 12 24 4 25 3 14 4 14 18 12 19 14 25 24 19 ”

WORD SEARCH

D	L	L	S	A	C	S	C	A	L	I	L	S	R
A	A	R	H	R	P	Y	Y	A	W	J	A	I	S
I	S	A	O	I	N	L	S	I	O	I	O	S	D
S	E	C	L	P	L	O	R	N	I	D	R	Y	L
Y	U	U	Y	I	O	I	Q	D	A	H	L	I	A
S	T	H	L	A	S	U	T	R	T	P	O	Y	H
L	M	S	Y	I	I	H	T	N	I	C	A	Y	H
F	E	R	L	L	F	O	R	S	Y	T	H	I	A
I	R	T	S	D	R	A	D	N	E	V	A	L	M
W	Y	S	T	E	R	I	A	L	F	S	L	E	N
M	C	R	E	P	E	M	E	R	T	L	E	P	Y
I	L	M	A	I	L	L	I	W	T	E	E	W	S
O	I	T	E	C	A	R	N	A	T	I	O	N	S
S	S	A	C	C	D	A	F	F	O	D	I	L	S

SPRING FLOWERS

Jonquils	Tulips	Hyacinth	Daisies
Sweet William	Carnations	Lilac	Iris
Crocus	Daffodils	Lavendar	
Wysteria	Crepe Mertle	Pansy	
Dahlia	Forsythia	Lilly	

SUDOKU

				1	6		2	5	
		1				3		7	
					5		6		
9							4		
	5		9		4			8	
		7							1
		2		7					
7			5					3	
	3	5			8	9			

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.

PUZZLE SOLUTIONS

2	8	6	5	3	1	N	E	D	E																
6	8	5	4	2	1	U	S	S	I	N	I	O	N	A	H										
8	9	5	7	3	2	E	R	A	V	E	N	A	V	O	R										
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1	9	9	5	8	3	R	E	D	O	A	N	E	D	E											
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3	2	2	8	4	5																				
5	1	6	2	2	6																				
7	9	4	1	8	2																				

—Arthur C. Clarke
"The Moon is the first milestone on the road to the stars."

FREE INTERROBANG

NEW ISSUE ON STANDS

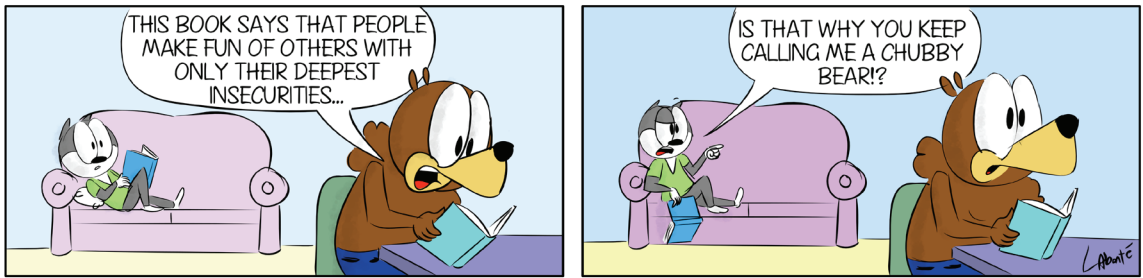
Bi-Weekly



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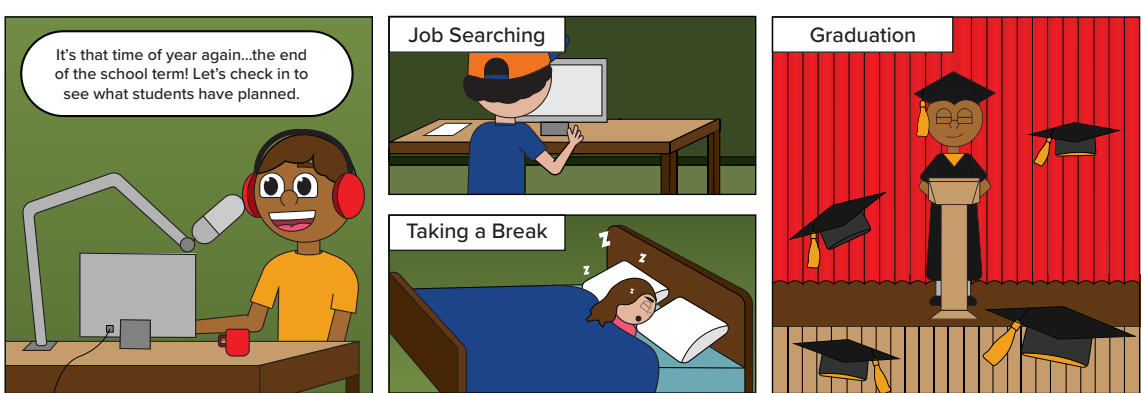
Freshman Fifteen



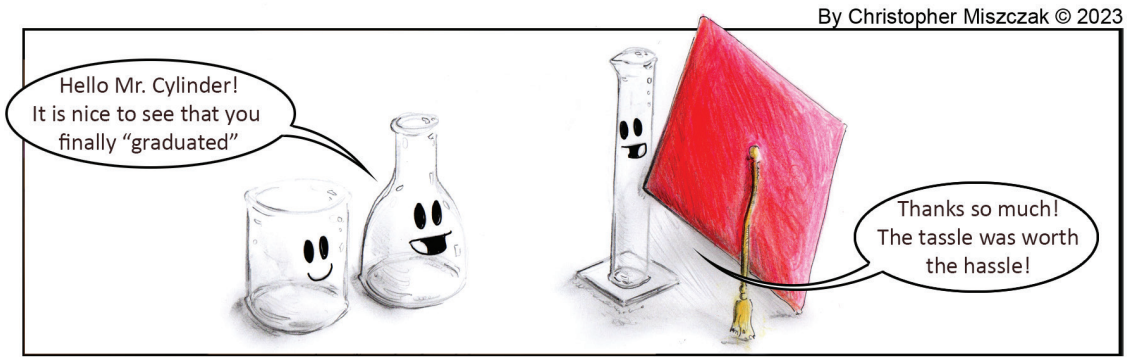
By Alan Dungo



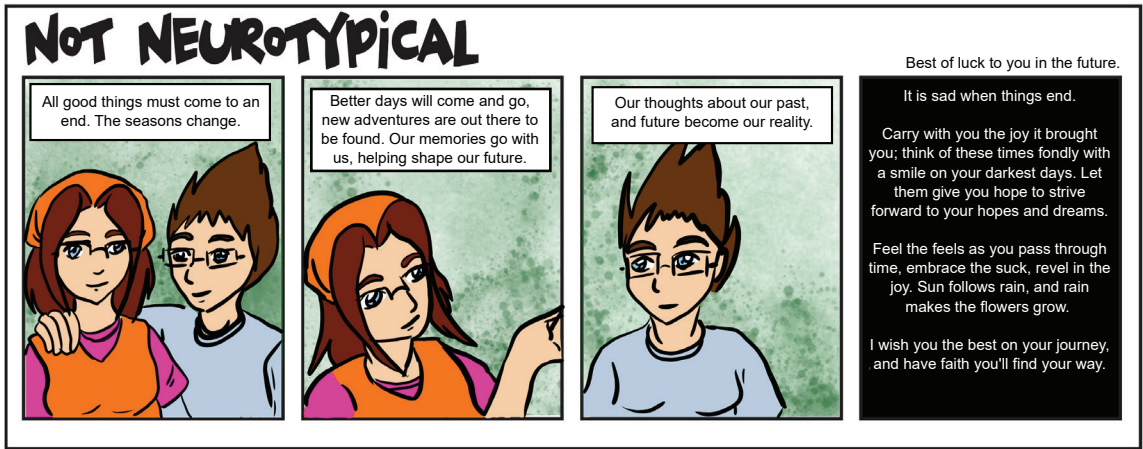
End of Year is Here



By Bri Artx



By Christopher Miszczak © 2023



Aries
Make changes this month that encourage better relationships and grow a budding romance. Balance, integrity and equality will affect how well you do and how others accept you. Don't let an opportunity pass you by. Pay attention to what others do, say and want. Understanding what's important to others will help you get what you want. Commit to someone that matters to you. Don't take on more than you can handle. Common sense and practicality will lead to better days ahead.

Libra
Don't take anything for granted. Verify information before passing it along, and consider the cost involved before you suggest or start something new. Timing is everything, and preparation is essential if you plan to be successful. Join forces with someone who shares your beliefs and desires a similar lifestyle. Share your feelings with someone special and together you'll devise a plan that serves you both well. Put a budget in place that will help you save for something you want to share with the one you love. Pay attention to the details.

Taurus
Take the initiative to make changes. A friendly smile and kind words will impact those around you and give you the go-ahead to implement your plans to help others. Check your to-do list to confirm that you didn't leave anything unfinished. Make a difference, and you'll gain approval and praise for your input and courage to stand up for those who can't. Plan something unique. A party, an outing or reaching out to help someone in need will attract the attention and help required to make your plans successful.

Gemini
Don't share secrets. Focus on what you can do for others. Gather information and you'll find an opportunity to take something you enjoy doing one step further. Hard work will pay off and encourage you to strive higher. Be part of the solution not the problem. Be open to suggestions and quick to improve whatever situation you face. Your input will encourage your friends to follow your lead. Observation is your best bet. The more information you gather, the easier it will be to counter an offer that lacks your approval. Be fair but forceful.

Cancer
Take control of your life. Gather information, prepare and practice until you feel confident you can offer something superior to anyone competing with you. Don't waste time helping those who can help themselves. It's time to say no to anyone who takes advantage of you. Make suggestions and offer solutions, but let others do their own dirty work. An emotional mishap will leave you questioning what to do next. Anger won't solve anything, but honesty and playing fair will encourage others to follow suit. Take the time to nurture relationships.

Sagittarius
Cross reference to eliminate the chance of making a mistake. Use your home as a meeting place if it will help you get the answers and blessings from those your plans will influence. Make concessions if it will help you maintain peace. Take an interest in what others do and you'll be privy to inside information that can help you keep up or make a difference to the outcome. An emotional issue will allow you to show compassion and win acceptance. Use your insight, intelligence and initiative to campaign for a cause you want to support.

Capricorn
A slight change to your schedule will save you a bundle. Choose home improvements that will cut your overhead and a minimalist lifestyle will help you save for something unique. Excessiveness is the enemy, and overreacting will lead to discord. Spend time at home and implement changes that make you feel confident and good about yourself. The less worry you have, the easier your life will become. Open your doors to friends and family. A suggestion you receive will make a difference in how you handle your expenses.

Leo
You'll need to be convincing if you want to get things done by the end of the month. Refuse to let ego or a stubborn attitude hold you back. Offer incentives and compliments that will boost confidence in others and encourage them to participate. An opportunity to implement improvements at home is in the stars. An emotional gesture will encourage someone to warm up to your suggestions. Sit tight and refuse to let the changes happening around you cause alarm. Take a different path if you don't like what you see or hear.

Aquarius
Make a change at home that will please someone you love, enhancing your relationship. An offer that's too good to refuse will leave you scrambling to prepare. Be realistic and devise a plan that will dazzle even your toughest observer. Put a stop to emotional spending and you'll ease stress. Don't hesitate; a position or opportunity that interests you will pass by quickly. A problem with a friend, relative or neighbor will leave you vulnerable. Don't let your emotions take over. Spend more time on self-improvement and less on trying to change others.

Virgo
Put your best foot forward and don't look back. You must use your skills, attributes and experience to make your world a better place. A passionate approach to life, love and achieving happiness will not disappoint you. Be true to your word and you will make a difference. Make an adjustment to help you budget for something you want. Educational pursuits will help you bring about the changes you want to make moving forward. Gather the people you love spending time with and plan something that will bring you closer together. Romance is in the stars.

Pisces
You've got the energy and enthusiasm to get things done your way. Make a proposition to someone you like, and you'll change your life and theirs. Handle a financial situation with care. Limit spending and invest wisely. An unexpected option will take you by surprise. Don't feel pressured to go above and beyond the call of duty. Offer what's feasible, nothing more. Put your energy where it counts. Testing your physical fitness or accepting a challenge that gets your juices flowing will give you enough confidence to start something new.

Review: Falcons successes throughout the year



Each year, Fanshawe College has been able to find success in various ways across all areas of the college, with their athletes and the Fanshawe Falcons often leading the way for the school.

This past year has definitely not been an exception with awards and medals coming from various teams and individuals within the college. It's important to note that each athlete and team that has worked and trained through the course of the year has incredibly demonstrated the Falcons' core values and proudly represented the college as a whole.

Of course, there are plenty of major awards and accolades that can't fully be contained in one article, but it's important to really show some of the biggest accomplishments that Fanshawe has attained through the year.

Through championships and competitions on a provincial to national level, the college has thrived through their 2022-2023 seasons.

Some of the major highlights from the year, in no particular order, include:

- Men's golf team wins gold at the OCAA provincial championships as well as the bronze at the CCAA national championships
- Women's cross-country team wins the gold medal at the OCAA provincial championships
- Women's badminton doubles duo, Morgan Grant and Mook Prasarn capture silver at the OCAA provincial championships
- Arpitraj Sinha brings home the men's badminton singles OCAA bronze medal
- Men's indoor soccer team wins back-to-back gold medals at the OCAA provincial championships
- Men's volleyball team captures silver at OCAA provincial championships
- Shorstop Jenna McLean sets a new OCAA women's softball record for most runs batted in (RBI) in a single game, with eight
- Men's baseball team wins the bronze medal at the OCAA provincial championships
- Women's curling team captures bronze at the OCAA provincial championships
- Men's cross-country team wins the silver medal at the OCAA provincial



CREDIT: FANSHAW ATHLETICS

The Fanshawe Falcons have won plenty of awards and accolades through the 2022-2023 year.

championships as well as silver at the CCAA national championships

With the year just about wrapped up, various players are getting ready to move on to their future careers outside the college, and some are getting

ready to come back stronger next year. Men's volleyball head coach Patrick Johnston said one thing about his team and the players on it, that holds true for many of Fanshawe's athletes and the hard work they've put in representing the school:

"The hope is that when they put that jersey back down, that they leave it in a better place than when they'd first picked it up." We wish the best for all athletes and are eager to see what they accomplish at Fanshawe and beyond.

RECREATION CORNER

Fanshawe College Athletics and Recreation

Serving up fun, fitness and friendship with table tennis

It has been said there are two types of people: those who play ping-pong, and those who play table tennis. Some players approach the sport as a casual pastime, while others consider it an intense athletic pursuit. It is precisely this flexibility that makes the quaint and complex game one of the most revered racket sports in the world: it is remarkably easy to take up at any level and can be fun for all people regardless of age, size, gender, physical condition or previous skill.

Patrick Grandel agrees, and has seen the proof many times. A second-year student in fitness and health promotion at Fanshawe, Grandel discovered the College's ping pong tables in 2020 shortly after beginning his studies.

"When I started my college experience I had 98 per cent online classes and I lived about an hour from the school," he explained. "When I came to London I wanted to make my visits worthwhile and also get some semblance of a 'normal' college experience. Campus Recreation was still open at the time, so I started going every time I was in London."

Naturally outgoing and energetic, Grandel quickly made friends and began spending hours in the Student Wellness Centre playing at the tables.

"Ping pong has been my favorite activity at the recreation center because it was easy to play and easy to get started with friends," he said. "I would play as much as I could, especially with my friends Scott and Abtin. Abtin rapidly improved, so Scott and I had a hard time beating him. Because of him, we also rapidly improved."

Table tennis offers a fun and easy way to burn calories (over 250 per hour!) and it's easy on the joints, unlike some other racquet sports. It is known to help stimulate mental alertness and concentration due to its fast pace, which demands constantly shifting and re-focusing attention to keep one eye on the ball and another on an opponent's movements. Enthusiasts are quick to point out the physical benefits too: the short-distance exchanges develop gross and fine motor skills while improving flexibility, coordination, balance and overall spatial awareness.

Most of all, many students use



CREDIT: FANSHAW CAMPUS RECREATION

Table tennis offers a fun and easy way to burn calories (over 250 per hour!) and it's easy on the joints, unlike some other racquet sports.

table tennis as a fun way to release stress and clear their heads without risking serious injury, while enjoying laughs with friends between classes.

"It is a great way to wind down, have fun and forget about school," Grandel said. "Not only will you have a great time but it will improve your overall wellness to take a load off from the stresses of life."

Another mental health benefit is the opportunity for social interaction, which Grandel enhanced by creating a Table Tennis Drop-in Group chat on Instagram.

"I kept meeting people playing ping pong and those people had

friends who wanted to play and so on," he explained. "So I decided to create a place where like-minded people could communicate and organize when to play together."

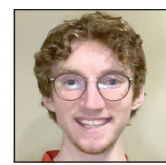
The group chat and the recreational table tennis offerings have provided an outlet for these students to take a break from their daily tasks and meet new people from different walks of life. Grandel said it gives them something to look forward to and in turn helps build relationships while playing the sport.

"It is my proudest accomplishment because I have been able to see people make new friends and watch a community grow."

Fanshawe students can take advantage of open tables in the Student Wellness Centre (available on a 'first-come, first-served' basis) and paddles or balls available for rent at the service desk (J1003, London Campus). There is a place for both skilled and casual players. Even if you're not looking for a way to build strength, speed or agility, a recreational game of table tennis might just be the solution to help prevent stress, recover from burnout and improve overall wellbeing.

"My advice would be to try it at least once," Grandel added. "Bring a couple friends and have fun!"

FUEL teams prepare for playoffs



Alex Allan
FUEL

The semester is getting closer to exam week and that means playoffs are getting closer too for the Fanshawe Ultimate Esports League (FUEL) teams. The *Rainbow Six Siege* (R6) team are still on an incredible winning streak sitting in first place in the National Esports Collegiate Conference (NECC) Challengers East Division. R6 are sitting with seven wins and zero losses so far. Kennisis is the substitute for the R6 team but has been filling in for Tucker for the past few games. The team has been dominating NECC and still hopes to keep this momentum going through the rest of their season. The R6 academy team is cutting it close though on making it into playoffs. Right now, the team has three more games but are sitting with two wins and four losses. Kenny from the R6 academy team still has a lot of hope.

"We will get it though, trust the PROCESS," Kenny said.

The *Counter Strike: Global Offensive* (CS:GO) team are starting their playoff action in the National Association of Collegiate Esports (NACE) league. The FUEL team is in first place with

six wins and one loss in the East 2A conference. The team is now in the Open Plus 2 groups for playoffs and are taking on Northwestern CS for their first game. Oogaspada FUEL CS:GO team captain is excited to start playoffs in NACE but mentions that they could make it into the playoffs in the FACEIT Pro league but it is not guaranteed at the moment. The whole team has been playing incredibly well together and loves to celebrate after their big wins. Oogaspada has made some phenomenal plays though in their matches and even got an ace on a pistol round in their last match against Oklahoma State University.

Slow but gradual improvements are happening with the FUEL *Valorant* teams. The FUEL team are out of two leagues for the playoffs but still have hope in NECC. The Fuel team are in fifth place with four wins and four losses. They recently won three games back to back and started to find a flow to win rounds in their matches. FUEL *Valorant* team captain Boyc3 mentioned that they are guaranteed playoffs in NECC but they still have a week left of regular season left to play. Unfortunately the team is coming off of a tough 2-1 loss in a best out of three matchup against Seneca college in NECC. The Academy team are out of playoffs for the Eastern College Athletic Conference (ECAC) but both FUEL Academy

and Rising teams still have a week left of regular games to play in the NECC League. FUEL Academy recently lost 2-0 to Bryant Gold and FUEL Rising lost 2-0 as well to uOttawa Black in their best out of three matchups.

Driving over to the FUEL *Rocket League* (RL) teams, there are still some battles going on as they try to sneak their way into the playoffs. For FUEL RL, they did not make the playoffs in NACE and had three wins and four losses in the end overall. Leopard from the Fuel RL team mentions that they are still fighting for a spot in NECC though.

"We need to win the next two games to make it into the playoffs," Leopard said.

They have made the playoffs though for ECAC and ended the regular season with six wins and two losses overall. On the FUEL RL Academy side, they are currently starting round one of the playoffs in NACE, missed out on making playoffs in ECAC but in NECC they are unsure yet if they made it yet since the scoreboard is not updated. They are sitting in either fifth or sixth place though with a three win and three loss record for NECC. The top eight teams will move onto playoffs.

The FUEL *Overwatch* team are preparing for their playoffs to start but the team started to make incredible improvements halfway

through this season. The team has a five win and three loss record but kept it positive in map and round differentials. Their first playoff game will be in the first week of April. In *Apex* the FUEL team has qualified for advance finals in the *Telus* league and in the *Apex Legends Global Series* (ALGS) league, they competed in the Challenger Circuit one and are currently going into round two. Some rescheduling was happening around the *Super Smash Bros. Ultimate* FUEL team in the NECC but they might have a chance of making it into the playoffs. They are in fifth place with a three win and two loss record. The top four teams from each conference make it to the playoffs and since FUEL has some games to catch up on with the reschedules they do have a chance of being in that top four group.

A lot of confusion, last minute player changes and some upsets have been happening with the FUEL *Call of Duty* (CoD) team. In the College CoD League (CCL) the team is eighth place with a five win and six loss record in the northeast standings. For their last match-up they had Noted being substituted in for Cure on the starting lineup. Cure has been mentioning that he might retire CoD for a bit due to some personal reasons but has mentioned that he is upset with how this season has been going in the CCL. More than one team



CREDIT: FANSHAWE ULTIMATE ESPORTS LEAGUE

More updates soon to come as the playoff season gets underway.

has been caught "ringing" in their match-ups. The term "ringing" means when someone else is playing on one of the players' accounts in the match who is actually not registered to play. After investigations Bleepa from Northwood University is prohibited from participating in the rest of this CCL season. University of Toronto has been disqualified from the rest of the 2023 spring season. After recent incidents of players "ringing" the CCL has stated that all players that were involved from the University of Toronto team are being permanently banned for repeating the same violations back in 2022 as well.

More updates soon to come as the playoff season gets underway. Make sure to keep updated with all of the latest information on The Fuel Report that's live every Saturday at 6 p.m.

SUPER SMASH BROS.™
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Monday, April 10th
Alumni Lounge
6pm Friendlies | 7pm Tournament Start
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- ATTENTION -
FSU Annual General Meeting
Tuesday, April 11th at 5 p.m.
Alumni Lounge (SC 2013) or join via Zoom
Students must pre-register to attend the meeting
at www.fsu.ca/agm by Monday, April 10th at 12 p.m.
All Full-Time Fanshawe Students
Register and attend the meeting to be entered into a draw to win 1 of 2 \$100 Amazon Gift Cards

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WEDNESDAY
APRIL 12TH
The Out Back Shack
STARTS 8 PM | DOORS OPEN 7 PM
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Monday, April 17th
Alumni Lounge
6pm Friendlies | 7pm Tournament Start
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FANSHAWE'S STUDENT VOICE



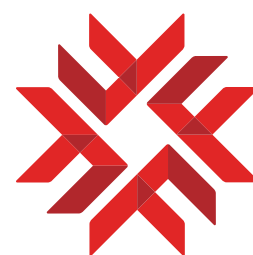
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