

# INTERROBANG

BORN  
AUG.  
19  
1963

SONYA N. M. CYWINK

DIED  
AUG.  
30  
1994

**SHADES OF  
OUR SISTERS  
INSTALLATION TELLS  
THE STORY BEHIND  
THE STATISTICS**

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**COVER:**  
Cross painted by Holly Pichette

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**FROM THE EDITOR** Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to a brand new issue of Interrobang.

In London, November has a special meaning. Perhaps you've noticed the purple lights downtown, or even a recent splash of purple in a colleague's wardrobe. In the Forest City, November is the time for the London Abused Women's Centre (LAWC) annual Shine the Light on Woman Abuse campaign, with purple representing the cause.

Because Fanshawe's Sexual Violence Prevention Advisor, Leah Marshall, collaborates closely with the organization to raise awareness of the issue not only amongst Londoners but also within the College community, Interrobang shows its support by highlighting the campaign and its related stories.

This brings me to this edition's cover. The cross bears the name of Sonya Cywink, a member of Whitefish River First Nation, who was killed in 1994 at the age of 31. She was pregnant with her unborn son. Twenty-five years later, her murder is still unsolved.

Cywink is one of the women honoured by this year's Shine the Light campaign, which included a special multimedia installation held at Fanshawe from Nov. 4 to 8

called Shades of Our Sisters. You can read our coverage of the installation's Traditional Opening on page three, and watch our reporter Emily Stewart's video of the event on our Facebook page.

The cross was one of the focal points of the installation. It is adorned with flowers painted by visual artist Holly Pichette, who is a graduate of Fanshawe's fine art program.

Sonya's sister, Meggie Cywink, spoke at the launch of the Shine the Light campaign on Nov. 1 and hopes to see the case solved. Anyone with information should call the Ontario Provincial Police at 1-888-310-1122 or Crime Stoppers at 1-800-222-8477.

Interrobang doesn't publish again until its Holiday Issue at the end of the month, so check out our Facebook, Instagram and Twitter pages for news and updates until then.

And so it goes,

Letters to the Editor: fsuleters@fanshawec.ca



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# Sonya Cywink's love of writing and family remembered during Shades of Our Sisters

**Emily Stewart**  
INTERROBANG

The Fanshawe College community got to know Sonya Cywink through her writing, artifacts from her life, and a short video documentary.

The Shades of Our Sisters Installation, a multimedia project honouring the lives of the Murdered and Missing Indigenous Women and Girls, Transgender and Two-Spirit Peoples (MMIWGT2S), had a Traditional Opening for its week-long run in M3001 on the evening of Nov. 4.

The installation featured letters Cywink wrote to her friends and boyfriends, childhood photos, information about her future plans and a video put together by family, friends, and Ryerson University students to show who she was as a person instead of a statistic.

"As part of the installation, we acknowledge that she has passed but we don't actually talk about why or how," said Chris Hannah, the student success advisor at Fanshawe's Institute for Indigenous Learning. "That's not really part of the conversation."

Before the College saw the documentary, Meggie Cywink spoke at the event honouring her sister's life.

"This is a joyful installation. It's to celebrate her life," she said during her speech. "This is an op-

portunity to share with the public [and] share with people, not about her tragedy, but who she really was as a human being and I think many times we forget that as individuals as we're looking at the lives of the Missing and Murdered Indigenous Women and Girls."

She added that the death of her sister, who was pregnant with her unborn son at the time, is a reminder to honour and protect women and girls and that violence does not discriminate between economic statuses, race, or any other factor.

"Either we know someone or we know of someone who has been affected by violence, so this is an opportunity to look at those people around us, love those people and those women in our lives," she said. "Give them a safe place when they don't have that safe place. Give them and help them find the resources that they need to live better lives."

The Traditional Opening was held in conjunction with the London Abused Women's Centre's (LAWC) Shine the Light on Woman Abuse campaign, which runs for the entire month of November and also honours Cywink's life.

Leah Marshall, Fanshawe's sexual violence prevention advisor, said the installation shows the impact of her death.

"When we take the time to look at the life of someone, opposed to just looking at the numbers of over



CREDIT: EMILY STEWART

The Shades of Our Sisters Installation at Fanshawe College honoured the life of Sonya Cywink through her personal belongings, letters she wrote to loved ones, and a short video.

1,200 Murdered and Missing Indigenous Women and Girls," Marshall said. "We give context to the impact of the loss of life and so this is a

celebration of her life and acknowledging that this is a life that touched many other lives and she's missed by many people."

The College's students, staff and faculty viewed the Shades of Our Sisters Installation until Nov. 8.



CREDIT: EMILY STEWART

Corporal Kane Hillman (top), a current paramedic student, reading the Commitment to Remember at the Fanshawe College Remembrance Day ceremony.

James Scott (middle), a piper in the 78th Fraser Highlanders Pipe Band, performing a Lament during the Fanshawe College Remembrance Day Ceremony.

Sergeant (Retired) Geoff Jell (bottom), one of the last remaining World War Two veterans in the world, presenting the Act of Remembrance during the Fanshawe College Remembrance Day Ceremony as Corporal (Retired) George Myatte stands behind him.

# Ontario government invests in skilled trades

**Emily Stewart**  
INTERROBANG

A recent financial boost from the Ontario government is encouraging more high school students to consider the skilled trades.

The Ontario government announced Oct. 31 it will invest an additional \$10 million to expand its Specialist High Skills Major (SHSM) program. The total funding for the 2019/2020 term is now \$42 million.

There will be 122 new programs tied to 19 different sectors, with an emphasis on skilled trades like mining, agriculture, and construction. The expansion will welcome an estimate of more than 54,000 students in 2,100 SHSM programs in over 700 Ontario high schools.

"It shows that the Ontario government is placing money in areas that are going to support students and helping students graduate from high school, so that's number one," said Dan Howard, Fanshawe College's supervisor for the School-College-Work-Initiative (SCWI). "Number two, it actually shows that they're supporting trades and technologies and people moving into careers in trades and technologies."

He said the College also received more funding towards trades and technologies programs. Fanshawe received about \$40,000 in funding from SCWI for a welding course at the St. Thomas campus. The College's Trades and Technology Day, run for high school students consid-



CREDIT: EMILY STEWART

Dan Howard, Fanshawe College's School-College-Work-Initiative supervisor, is a former secondary school professor who started working at the college mid-August. He's impressed with the College's initiatives and programs tied to the skilled trades.

ering trades and technology careers, also had their previously-reduced funding restored to an estimate of \$25,000.

Before starting the SCWI supervisor position in mid-August 2019, Howard was a secondary school principal for 19 years. So far, he's impressed with Fanshawe's dedication to skilled trades and apprenticeship with their programs and initiatives.

"Fanshawe, in my opinion, is on board and might be a little bit ahead of the game."

Howard also said the 2026 job projections are in the technologies

and trades sectors with plenty of work available that pays well. He said promoting the opportunities available to high school students is essential, adding that the College wants to see their alumni succeed.

"We want people to get to the point where they feel they can take care of themselves and have a life and live a very successful happy life," he said. "That's the end goal. Might be an idealistic world, but we're going to try."

More information on Fanshawe's SCWI can be found at fanshawec.ca/scwi.

# Fanshawe's 200,000th graduate thankful for support

**Emily Stewart**  
INTERROBANG

When recent graduate Haley Aldred reflected on her Fanshawe College experience, she frequently expressed gratitude as she spoke of the support she received from the College community.

Aldred is Fanshawe's 200,000th graduate. The College celebrated the milestone and honoured her work ethic and spirit during the fall convocation ceremony on Nov. 6. Her father passed away during her second year and although she considered dropping out, Aldred finished the child and youth care program and received plenty of support during the rough patch.

"Sometimes when you go through things in life, you don't think people really acknowledge what you're going through [or] understand the struggles that you're facing," she said to Interrobang prior to the ceremony. "So when I found out that the reason I was being selected was because of me being able to accomplish finishing my diploma that was a really great feeling."

Julie Cross, the coordinator of child and youth care program, immediately emailed Aldred upon hearing of her father's passing. Cross introduced herself, offered to meet with her over coffee to talk, and pointed to Fanshawe's Counselling and Accessibility Services. Aldred, who hadn't considered using the services before, booked a consultation right away and attended a few more sessions.



CREDIT: ANGELA MCINNES

Haley Aldred, a recent child and youth care graduate and Fanshawe College's 200,000th graduate, is grateful for the support she received from her peers and professors.

Cross and the professors told her to not worry about her academics and to focus on taking time off to heal instead. When ready, she could return and have one-on-one meetings with her instructors or go over assignments and discuss possible academic accommodations.

"Overall, it was more so just the fact that they were like 'Don't worry about things right now, like school, put it on pause right now and worry about being with your

family and then when you come back, we'll be ready to work with you in any way that you need,'" she said.

Kim Hall, one of her instructors, was particularly helpful. Aldred said she would email her after class to check in on her if she noticed she had to leave class early because she was either feeling triggered or she needed some alone time and space.

Aldred's friends also showed

their support by catching her up on schoolwork and explaining concepts to her if she didn't understand them at first.

For any students going through a similar experience, Aldred said to recognize when it's time to step back and above all, to communicate with peers and professors.

"You're going to have obstacles in life where they're not always going to understand to the extent and I think that's why the child and

youth care program was so different," she said. "I wasn't expecting them to be as understanding as they were, but because we are in a field of mental health and we're trying to decrease the stigma around it, I was really grateful to have them understand as much as they did."

Fanshawe's fall convocation congratulated 2,600 new members of the Fanshawe alumni family on Nov. 6 and 7 at the Western Fair Agriplex Building.

## Two new short-term programs assist the community

**Marlon Francis**  
INTERROBANG

Fanshawe College's Access Studies, stationed at 431 Richmond St., is offering two new programs aimed at empowering its participants with the skill set, confidence and comprehension to successfully engage in the community.

Financial and digital literacy programs are being offered to the community, accommodating the needs of Londoners as best they can. These programs are currently presented in 16-hour blocks, ensuring a sufficient amount of information is covered in the curriculum.

"The courses can be delivered in any scheduled manner that organizations would like. We can do one day, two or three sessions a week or one to three hours each time we arrange to meet. Whatever organizers feel is right for their setting we can accommodate," said Rick Townend, academic services consultant at Access Studies at Fanshawe College.

A growing list of requirements and educational certification is needed to obtain employment, finding some people at a disadvantage. The expectation of preparation before employment is now becoming the standard, with less employment offered training for skills employers believe candidates should already possess.

Efforts have been made in part-

nership with Ontario Works Social Services, addressing the growing problem of ill-prepared members of the workforce in relationship to digital literacy. These programs are designed to equip participants with a growing comprehension of differing software, internet correspondence etiquette and navigation of various social media platforms, many of which are used quite extensively by businesses in all industries.

"Financial literacy...is perfect for the Ontario Works clients looking to build employment skills," said Townend.

With generational evolutions causing many families to live farther apart, the need for digital literacy is appropriately made available to individuals in need of the upgrade.

"Digital literacy helps keep the older generation connected with all the advancements in communication technologies," Townend said, "as well it provides ways to connect to opportunities that require online communication or registration." Family dynamics are very different now than they were 40 years ago, in relation to how common it was for families to live closer to one another. The global community has made it possible for distance to be put between children, their parents and extended family without the sacrifice of loss of interaction.

These programs provide more than just upgraded skills and com-



CREDIT: PROVIDED BY RICK TOWNEND

A group of seniors at the Hamilton Road Senior Centre take the first module of Access Studies' new digital literacy program.

prehension, they also tailor their programs to support areas distinct to different demographics and backgrounds.

"We are currently in partnership with the city on two fronts: Hamilton [Road] Senior Centre and Ontario Works Social Services West End. Moreover, we are working on building another partnership with

the March of Dimes as well," said Townend. These organizations serve the community in different ways, requiring mission-specific assistance. Participants at the Hamilton Road Senior Centre would likely require more attention with material covering social media navigation, safe communication practices and identity protection,

whereas Ontario Works may concentrate on material more pertinent to job obtainment and meeting employment prerequisites.

Access Studies has also provided programs that have tailored to financial assimilation for new citizens to the country who may be unaware of certain financial considerations to monitor.

# Instagram: Where do we go from here?

**Ilhan Aden**  
INTERROBANG

In the era of likes and follows, it becomes increasingly difficult to be yourself online. I believe moulding yourself to fit into an algorithm is taxing on both your emotions and your mental health and Instagram agrees.

Instagram has already removed the feature that shows what your followers are liking, a decision that was generally met with praise. It is no surprise they are attempting to take out another feature in an attempt to reduce the invasiveness of Instagram: likes. Earlier this year Instagram tested the removal of likes in Canada and this week they are doing the same in small parts of the United States.

With Instagram redefining what it represents through the removal of likes, it makes you wonder how likes impact our lives. What is so captivating about having others see what people like about your life that you're willing to sacrifice your mental welling being? The short answer is, it's complicated.

Living in the age technology, it is becoming increasingly difficult to grow a social life without online involvement. Whether it's for work to streamline the process of communication, a group project or dating, everyone asks for your socials upon introduction. It then makes sense to put in the effort to try and build an online presence that others want to follow. But at what cost?

Romantic relationships are one type of relationship I see affected by Instagram. I grew up in a time where you heard but did not see what your significant other was doing when you were apart. If they didn't tell you themselves, you only learned of their actions through the grapevine, rumour mill or a friend.

You did not have the chance to see in real time what was going on in your partner's life. With Instagram that mystery has all but disappeared. You have access to see what they think, what they feel and what they like.

We have all heard romantic relationships are about compromise, but what does that look like online? I believe the accessibility to someone's online life can and will affect the quality of your romantic relationship. If left unchecked, I believe stalking your partner's socials can set the framework for controlling and manipulative behaviour which can lead to emotional abuse. It sounds far-fetched but translate what you're doing online to in person, watching what someone does at any given time is not something anyone would be comfortable with.

There are levels of autonomy and respect that need to be given to your online life, but I understand in romantic relationships you are partly a representation of your partner so there is a need to compromise. The best way to compromise is through communication with your partner, and not controlling what they post or passive aggressively criticizing who they follow online.



CREDIT: LAM LE

Opinion: We all know sharing is caring and with Instagram's cooperation we can start to care about what we share, before it takes a mental toll.

Instagram is attempting to make their platform about sharing and not liking. However, the metric of a post is typically determined by how many likes it gets. My hope is the conversation about Instagram will now change in romantic relationships. Hopefully with

the removal of likes it will reduce the anxiety of how many people see your partner's posts. Ideally this will put you both more at ease with the idea of having an online life and help open yourself up to the world in a healthier way.

# Growing pains: Coming out in Indian society

**Uday Kakkar**  
INTERROBANG

When I was growing up, I would often go to YouTube to search for "Indian gay" or "gays in India" — and after failing to find anything supportive or positive about the gay community, I would convince myself that yes, I am straight.

Perhaps I am bisexual — was the extent to which I would go — but certainly not gay, because I am not girlish, effeminate or someone who would cross-dress to dance in pride parades.

This was my weekly exercise in school, beginning when I was in the eighth standard (eighth grade). I would profess my love to every girl who would be friendly enough to chat with me after 10 p.m., believing that this was special and that she was into me.

Most of the times, the girls said no but two of them did say yes, only to have a relationship with a closeted homophobic gay guy. So, I would ask a girl out and call her my girlfriend — not because I loved her or liked her or I found her hot, but because all my friends had girlfriends. For me, having a girlfriend was a sign of normalcy in the life of a Mumbai teenager.

## How TV played into my sexuality

I understood that I was different when I was in the fourth standard; the very first cause of my sexual awakening being Ali Zafar's song "Sun re sajanिया". I would spend entire evenings watching MTV or ETC music channel and whenever this song would play, I would concentrate only on Ali Zafar. Back then, however, I didn't know that I was gay, I just enjoyed looking at Ali Zafar.

I knew what 'being gay' meant, at the time, because of Madhur Bhandarkar's movie *Page 3* — but the concept was still rare. It was something that could only be seen in movies.

Then, a few years later, Indian television started airing these SET WET deodorant and hair gel ads, featuring hot men, styling their hair or applying deodorants. I tried my best to ignore how I felt about them, but eventually gave in and accepted the fact that I enjoy looking at good-looking good looking men.

Accepting this wasn't easy. I started hating myself. I still hadn't even thought of being gay or bisexual. I just knew that I was one weird kid who secretly enjoys watching good looking men.

After I shifted to Mumbai in the sixth standard (sixth grade) and understood a little more about different kinds of sexuality, I started wondering about mine.

I was excited when the movie *Dostana* came out, but I was disappointed when I saw it because John and Abhishek weren't gay in the movie — only pretending to be. Also, the people who were gay in the movie were living up to all the stereotypes people believe about gay people, and that caused a lot of resentment in me.

## Hoping I was bisexual instead of gay

When I learned about bisexuality, I immediately assumed that I was bisexual. I could no longer lie to myself and had to assume some sort of identity for myself. However, I still wasn't okay with it.

Whenever I would see a hot guy, I would experience two emotions — sexual attraction, and guilt because of that attraction. I would curse myself and wonder why I never felt those emotions for girls since I'd convinced myself I was bisexual.

Once, I wrote an email to a popular sexpert expressing my disgust with my sexuality and pleading with him to help me with it. He responded, saying "It's possible to change your sexual orientation by dating women and focusing more on them".

Even in school, my teachers, especially our school guidance counsellor, would talk about opposite sex love only. They would say that it was okay to like someone of the opposite sex, and that it was natural — and every time I heard this, I would feel ashamed and guilty.

## How I battled my own homophobia

Meanwhile, in 2013, the Supreme Court upheld Section 377 of the Indian Penal Code, claiming that homosexuality is unnatural — and I was happy. I was telling everyone that homosexuality is unnatural, and that every religion is against it.

I wasn't lying to myself, but just hiding my identity. I didn't want people — especially my family — to identify me as gay or bisexual. I didn't realize then, that in a few months, I would be coming out to my family.

What happened is that, for the first time in life, I fell in love with someone. Every time he was around, I would behave differently. I soon became very protective about him and started defending him at any cost. This made my family suspicious, and I decided to come out to them.

The decision changed my life.



CREDIT: GEORGE TSARTSIANIDIS

Opinion: Ideally no one should "come out" as gay, but instead declare their orientation without fear of being seen as different from everyone else.

My family was very very supportive. They not only understood me, but also helped me to come to terms with my sexual orientation. I soon accepted that I am not bisexual but gay.

## Coming out in college

After my 12th board exams (12th grade exams), I had a lot of time on my hands and I discovered two things that changed my beliefs about my orientation. I started watching two American TV shows called *Glee* and *Modern Family* — both of which had gay characters who I could relate to.

Then, one day, I came across this dating app called Grindr. It's a dating app for gay and bisexual men, and through it, I found a lot of men who were gay without representing any stereotypical traits of Bollywood gay characters.

This gave me a lot of confidence. I started talking more about LGBT rights; when I went to college, I started talking about gay rights and famous gay men. I came out to a few friends and their support encouraged my move into activism.

I organized an event in the second year of college to raise awareness about gay rights, and after the event everyone started talking about me in college. They would ask me why I was so interested in gay rights, and in order to put an end to all such questions, I organized a big event in my third year called Campus Pride to celebrate gay pride.

The college walls were decorated with imag-

es of famous gay people; I called Harish Iyer, Deepak Kashyap and Ankit Bhuptani [Indian LGBT activists] to talk about sexuality. While they were addressing the attendees, I mustered up the courage to go on stage and come out to the whole college as a proud gay guy. Soon, I founded a college committee with my friends to raise awareness about LGBT rights.

Now, three months after graduating, when I go for job interviews, I very proudly tell the interviewer that I am gay, and that it's the best thing about me. I wouldn't change it for a million dollars.

My room is filled with pictures of famous gay celebrities. My aim in life is to make sure the lives of gay individuals are as normal and routine as that of straight people. No gay teenager should have to "come out" as gay — he should only have to declare the fact, like any other truth of life.

In my opinion, there's a difference between coming out of the closet and making a declaration; you come out of the closet when everyone outside the closet is different from you, when you're the "other". A declaration is made when everyone knows that it's okay to be gay, many people around you are gay, and you're just lucky to be a new member of this group.

*Uday Kakkar is a 21-year-old LGBT rights activist and Fanshawe College student. He aims to create a society that is equal and inclusive.*

# Navigating through fragmentation



**Michael Veenema**  
RELIGION

Before, say, the year 1900, most people did not travel much. Newspapers were common I think, but telephone and telegraph communications were expensive and not often used by consumers.

Chances were that if your ancestors were European, the Canadian town in which you died was the town in which you were born. You personally knew the farmer who produced the vegetables you ate and the carpenter who built your house.

The odds were good that if you had had a disagreement with someone during the week, you and they would be in the same church service on Sunday morning, quite likely hearing the priest, minister, or pastor speak about some aspect of Jesus' command to love your neighbours, even the disagreeable ones. Most of your family members lived nearby, and the graves of those who had died were not more than several hundred metres from where you lived.

I am not trying to suggest that life was idyllic. Alongside the white culture that dominated Canada at the beginning of the 20th Century was the oppressive reality of life for Indigenous people. Diseases still took the lives of many children. Domestic abuse, crime, boredom, hard physical work, and mental illness were all part of the scene (as they are today).

But very likely people had a stronger sense of community, rootedness and belonging. You lived your entire life alongside the same

people. Everyone you saw probably knew your name. You likely knew many of the hardships and the joys, the sins and the virtues, of nearly all the people you encountered each week.

Not so today. The low cost of travel and communication means that increasingly we are fragmented.

There are bits and pieces of us lying all over the planet. We go to school with one cluster of people. Our vacations are spent with another.

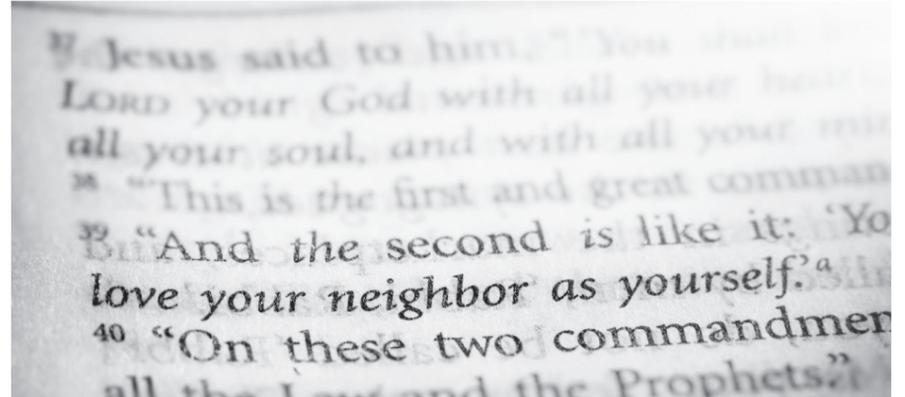
Family members we grew up with may be living on one of the country's coasts or in one of Asia's shoreline mega cities. We play online games with one community and share posts with a different social media community. People in my circles have done work terms in the Canadian Arctic, Texas, the Middle East, and any number of urban centres around the world.

As if the complexity of our lives is not challenging enough, the future can also look terrifying. The effects of climate destruction seem to be bearing down on us. The increased use of surveillance technologies and data mining threaten our sense of personal freedom. And although gender-based discrimination has been addressed to a large extent, there is always the fear that it may increase.

How can one keep their head when there are so many trends that fragment our experience of community, that cut away at our rootedness in any one place, and that undermine our confidence in the future?

The writers of the Jewish holy writings (the Christian Old Testament) lived in troubled times. Their people experienced war, exile and massacre. Even in better times, all was not well.

Often their own leaders exploited them.



CREDIT: RAPIDEYE

Opinion: Our modern experience of community is the most fragmented in history, but the New Testament's teaching of "Love thy neighbour" still rings true.

Although they did not possess our modern technologies and habits, they knew dislocation, disorientation, and a fragmentation of their sense of wholeness.

Yet, those writers offered a path through such fragmentation. It was the pursuit of righteousness. We often think of "righteousness" in the sense of an arrogant imposition of one group's standards on another.

Not so those Jewish writers. For them, righteousness meant adherence to the laws of God. The laws of God were considered "the way", "the truth", and "life".

To change one's attitudes, words and actions in accordance with those laws was to bring wholeness. It brought integrity that allowed an individual or a group to withstand the whirlwind around them. It gave the community guidance for living, even during times of persecution and exile.

The laws of God, for those writers, were not unknown. They were possessed in writ-

ten form and would have been committed to memory. Some are less relevant now than when they were unveiled (and some only barely relevant today). I wrote about the Top Ten just a few weeks ago. But they boil down to two: Love your neighbour as your own self; and above all, trust God.

Love your neighbour. That is, speak truthfully, work for what you need, don't damage another person's marriage, be honest in business, and so forth.

And, trust God. Trust God, because, in the end, wholeness and integrity aren't grounded even in your and my commitment to live a righteous life. We might not be all that good at it anyway, especially in our earlier years.

In the end, integrity and wholeness that can help us get through times of fragmentation are grounded in one thing: the presence of God. The presence of God, and letting his laws shape our habits and plans through all of life.

## I must be dreaming: How I cope with dissociation

**Chloe Kendel**  
INTERROBANG

There's been a running joke going around social media for years about how if we stand in the mirror for too long, we begin to lose a sense of our being and we get this strange thought that life could be a simulation.

This kind of thing only happens if you stand in the mirror for a *really* long time, or if you say your name over and over again until it sounds like a made-up word, or if you're just really stoned. However, for some people, this is just a day-to-day occurrence.

It's called dissociation. It feels like astral projecting, or being absolutely baked, but not in the fun way. However you want to describe it, it's not a safe nor comfortable feeling. It feels like you're floating, like your feet could leave the ground at any second or simply just fall through.

Imagine. You look in the mirror and you see yourself, you're looking into your eyes but at the same time, you're just looking straight through. You can touch your face and feel your skin, but is it really yours? Are you just dreaming about seeing yourself in a mirror right now? When will you ever wake up?

I've explained to so many people in so many different ways what it feels like to dissociate. No one fully understands besides my mother and my grandmother, who also started experiencing it in their late teens just like myself. I try not to explain it too in-depth to anyone else for the sake of not sounding insane.

If you've never experienced dissociation, you must know how it feels like you're living in a dream. Your surroundings seem somewhat fake or two-dimensional, like you're watching your life play out through a screen. Not trying to sound dark, but nothing feels real.

To understand *why* it happens is understanding that the brain is its own, well, *brain*. It has a mind of its own, literally and figuratively. Sometimes if the brain finds itself in a situation it doesn't like, it'll clock out for a few hours. Maybe days. Maybe months. It

takes off and leaves you on auto-pilot as a coping mechanism that is completely out of your control.

It may sound like a brilliant concept for some people. The idea of not being fully present during an emotional or traumatic moment in your life sounds convenient and helpful, but it is really just a dreadful feeling of disconnect.

When I dissociate, I feel emotionless and numb. It weighs me down when I feel nothing in my chest, ironically enough. When I first began experiencing dissociation, I would tend to veer away from social gatherings because I'm scared I'll look or sound crazy.

Dissociation makes me so paranoid about the way I look and how I talk. It's hard to focus and engage in conversation. It's hard to say anything other than "yeah" and "no". It really goes hand in hand with stress and anxiety, and together they create an unholy cycle.

I was terrified to be going back to school after taking a year off. I had never dissociated while attending school, so naturally I was quite nervous about what the future held for me in college.

It hasn't been as hard as I thought it would be. It is still frightening at times, and some days are more difficult than others, but I have managed to take care of myself fairly well. My dissociation doesn't require me to have extra assistance in my classes, but it can be very difficult to focus and study. Some days I get to class and wonder how I got there. Another big part is questioning if I'm even really present.

Dissociation is the largest obstacle I deal with in my life. It makes me worry that it will ruin my relationships, my well-being, my future, that it will be this way forever. It is a disorder that will probably stick with me forever, but I have found many ways to cope and I am grateful to have such massive support systems in my life.

I started getting better when I began to see a therapist. Talking it out to a professional helped and I wish I had gone sooner. After every appointment, I wouldn't dissociate for a few days.

Together, we came up with a few "ground-



CREDIT: LAM LE

Opinion: If you struggle with dissociation, you're not alone.

ing techniques", in other words, exercises to keep your brain from going down dissociation road. Coping with a mental illness is different for everyone, but these few practices have helped me greatly along the way.

The first step was accepting the fact that I have a brain disorder. This is huge because dissociation can't be pushed under the rug easily. Talk about it, write about it, embrace it. Accepting it leads to improvement.

It's never a bad thing to have a good cry over it, but don't bring on too much negative thinking. Being optimistic is the greatest grounding technique.

Don't forget to take care of yourself, even though the simplest things seem to be very hard. Have something to eat, take a hot bath or shower, listen to music, laugh. Start meditating every morning.

Repeat positive mantras to yourself throughout the day. Talk to the people you love. Communicate with your partner. Go for a walk, just to get out of the house. As scary as some of these things seem, it's scarier to

let the dissociation control your life.

If you struggle with dissociation, you are not alone. No, you aren't losing your mind. You aren't actually living in a simulation and your life is not a dream.

Your feet are on the ground, your friends and loved ones are real life people, and inside you have a heart that is beating and capable of feeling emotion. Dissociation is a silent slayer, a common mental illness that should be discussed more and brought to light.

It's an odd and at times frightening feeling that can really take a toll on your well-being without anyone else being aware, much like anxiety and depression. You may have a classmate who floats to class in the afternoon too, or a professor that is very careful of every word they say because their brain is "off" and they feel disconnected.

Take the reins when your brain wants to float away. You're surrounded by people that support you and people that experience exactly what you do; don't be afraid to seek help during these troubled times.

# Ask a Prof: Lessons in patience and confidence

**Jim Benedek**  
INTERROBANG

I'd like to say a big thank you to our readers who submitted their questions. If you have a question you'd like answered, please complete the form at: [theinterrobang.ca/ask-prof](http://theinterrobang.ca/ask-prof).

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Hey Prof,  
Why does it always take a million steps to get anything administrative done? It's such a pain.

Signed: Just get it done already!  
Dear JGIDA!

A number of years ago, I was travelling in France and I moved around the country by hitch-hiking (don't tell my mom). Outside of the money-saving aspect, I enjoyed hitch-hiking because it was one of the rare times I could surrender myself entirely to the mercy of human kindness.

At first, with every car that passed, I felt abandoned. I remember thinking, 'hey, you totally could've stopped for me'. That didn't leave me feeling very good about humankind (ness) or myself, really. I thought I'd defer to Rational Jim before Emotional Jim gave up and took a bus.

Rational Jim knew that not every driver was inclined to stop for me, so I narrowed the field. I didn't expect women driving alone to stop for me, and I didn't expect a couple to stop for me — 'cuz who really wants an axe-murderer sitting behind them? You want them beside you so you can use the hot-coffee-to-the-face manoeuvre.

I also learned that truck drivers rarely pick you up because their insurance doesn't cover a passenger — at least that's what one considerate, insurance-disregarding Polish truck driver told me!

As I narrowed my list of potential lift-providers, I also reckoned that I would definitely get a ride within 100 qualifying vehicles. So, I started counting. There goes a woman in a VW — doesn't count. An Accord with a single guy — one. Toyota family — nope, Cadillac couple — nay, truck — noopydoo.

Wait, there's a guy in a BMW — two. Instead of getting frustrated, I found myself more engaged in the process and I knew that with every passing car, the odds that I'd get a ride were improving. That made me smile — literally.

I started smiling at all of the passing cars and I got many smiles in return, which made the process way more enjoyable. I almost always got a ride before I arrived at my arbitrary number of 100 and it was OK when I didn't. I knew that I wouldn't have to count another 100 before getting picked up.

JGIDA, frustration often stems from the disappointment of our reality falling short of our expectations. If there are only two variables related to frustration — reality and expectations — it makes sense to examine the one we can change.

My hitch-hiking experience spawned Jim's rule of 19: I approach every task with the understanding that it will take 19 steps to complete. Changing my cellphone plan? 19 steps. Replacing my passport? 19 steps. Do these things usually take 19 steps? Almost never!

But by believing they do, I can celebrate every misstep or redirection as something that's advancing me towards my goal. And that keeps me smiling.

\*\*\*

Hey Prof,

I feel really panicked when I have to make a presentation in class and I'm terrified of a job interview. Is there anything I can do to improve my confidence?

Signed: Sad and Overwhelmed  
Dear S&O

You may gain some comfort knowing that you're definitely not alone when it comes to feeling anxiety, dread, or even horror at the thought of public speaking or sitting through an interview. You should also be aware that there are resources available at Fanshawe to help you with these specific skills (public speaking and interviewing), but I'd like to respond to your broader question about gaining confidence.

I'm reminded of the saying: Courage is not the absence of fear but the ability to act in spite of it. A random website attributes this wisdom to Franklin D. Roosevelt, but you know the internet... This statement tells me that everyone feels fear, but some people have created strategies to overcome it. So, the goal isn't trying to eradicate fear, the goal is finding ways to step past it.

The prescription to improve many of our skills like typing, coding, photography or even applying make-up, is practice. So, why is it that when it comes to improving things like communication, confidence, and compassion, we're left without any ideas?



CREDIT: BRIAN A JACKSON

Advice: If presentations make you nervous, improve your confidence by setting and accomplishing increasingly challenging goals.

With these soft skills, we often default to praying or wishing that things were different — that we were different. Hey, if that approach works for you, stick with it! But if it doesn't, consider a bit of Morgan Freeman's wisdom in the film *Evan Almighty*: "If someone prays for patience, do you think God gives them patience or does He give them the opportunity to be patient. If they prayed for courage, does God give them courage or does He give them opportunities to be courageous?" *Please forgive Morgan's use of the masculine. I can only imagine that he does so because he plays God in the film.*

What is confidence anyhow? I submit that it's just the belief that we can do something, or the belief that we'll be OK if we try and fail. I could break out some Nike-esque advice — *just do it* — but that's not helpful. Instead, I'll share that the best way to start affirming that we can do things is by actually doing things!

The smart money is on starting slow, so here's what I suggest. Start with a five-day challenge. Think of one small thing that you can do every day for the next five days. Yup, I said a small thing. Don't even consider some life-changing, Mount Everest-climbing kind of goal and please step away from anything that's been troubling you for years — no diet-

ing, no joining a gym, and no calling anyone from high school. You'll get to those challenges down the road.

Start by adding something relatively easy, like saying hello to one stranger every day. Just hello. No "how are you", no "nice weather hmm?", just "hello".

If hello is too daunting, start by smiling at a stranger, or choose something completely different like reading two pages of a novel every day before bed. What you choose is less important than the fact that you set a goal and you achieve it. At the end of the five days, put a big tick in the win column and congratulate yourself for getting it done. Now that's the stuff that builds confidence.

Start with any challenge and when you complete it, you'll gain the confidence to try another: read a poem, write a poem, do a sudoku, floss, eat dinner by candlelight, sit quietly for 10 minutes, dance to a song on your own, the options are endless.

When you finish a challenge, take a couple of days off to bask in your glory. When you're ready, try a 10-day challenge. After you have a few of those under your belt, move up to a 15 or 20-day challenge. Before long, you'll have proven to yourself that when you put your mind to something, you can do it. Hang on... isn't that the definition of confidence?

## "In Flanders Fields", with notes from prof. David Bentley, scholar of Canadian poetry at Western University

**David Bentley**  
THE GAZETTE

LONDON (CUP) —

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.  
Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

Lieutenant-colonel John McCrae wrote "In Flanders Fields" in May 1915 during the Second Battle of Ypres in western Belgium, where he was serving as brigade-surgeon and major, and second-in-command of the 1st Brigade of

the Canadian Field Artillery. The poem was initially published in the British satirical magazine *Punch* on Dec. 8, 1915 and quickly became widely known.

In due course, the poem provided the impetus for the transformation of the red poppy into a token of remembrance of those who died in the First World War and then subsequent conflicts. The presence of the scarlet corn poppies that inspired the poem at Ypres in 1915 stems from the fact that poppies are among the first plants to grow when the earth has been disturbed, a phenomenon observed on other battlefields in Western Europe during the previous century.

At first glance "In Flanders Fields" may seem very simple and straightforward, but this is deceptive. In structure, it is a "rondeau," a French verse form that requires great skill on account of its stringent requirements: it must consist of three stanzas based on two rhymes only, and the last lines of the second and third stanzas (where a third rhyme is permitted) must repeat the opening words of the first line.

Two aspects of the poem are frequently mis-



CREDIT: GAZETTE STAFF

During the Remembrance Day ceremony in Mustang Lounge, Nov. 10, 2017.

understood: "poppies blow" does not mean that they are being ruffled by a breeze but that they are in bloom; and the logic of the final statement by the collective voice of the "Dead" — "If ye break faith with us who die / We shall not sleep, though poppies grow / In Flanders

Fields" — turns on the fact that before the poppy became a token of remembrance it was traditionally used as a symbol of sleep.

— David Bentley

*Interrobang editor's note: Original headline has been altered for formatting purposes.*



**HAVE AN OPINION? SUBMIT YOUR STORY!**  
**Letters to the Editor: [fsuleters@fanshawec.ca](mailto:fsuleters@fanshawec.ca)**

# Why you should get the flu shot this winter

**Salma Hussein**  
INTERROBANG

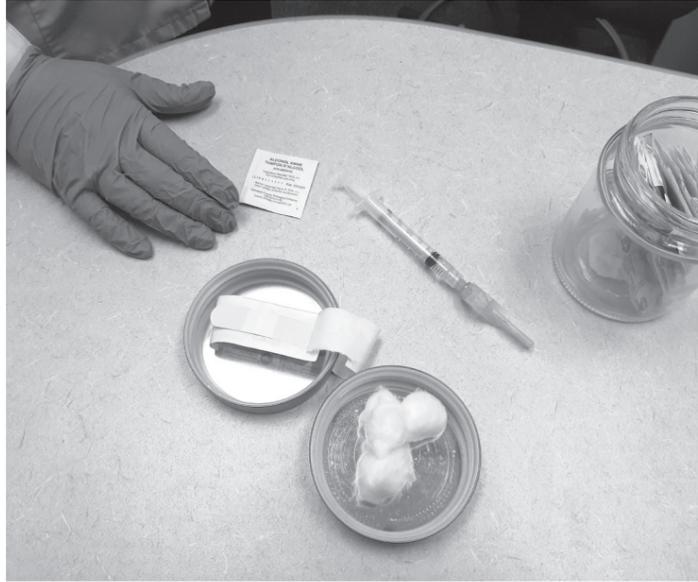
One minute we were enjoying the colours that seemed to engulf us in the fall season, and all of a sudden, we wake up to a world embraced in never-ending snow. If you're starting to feel the sniffles or know that your immune system doesn't stand a chance against this year's winter, then you might want to get familiar with the good old flu shot.

There's a lot of unwarranted fear surrounding the flu shot and its effectiveness. Here's why you should ignore the hoax and get your flu shot this winter.

**The flu isn't a common cold.** Before I advise you to get the flu shot, you should first understand what the flu is. According to [mayoclinic.org](http://mayoclinic.org) influenza, a.k.a. the flu, is a respiratory illness that attacks the body by spreading along your respiratory tract. The biggest difference between the flu and a common cold, in the simplest terms, is that the flu is a cold multiplied by your worst nightmare.

When you get a cold, you are still able to function, but you may exhibit lack of energy and motivation to do much. The flu is much more draining and can even be so severe that it can leave you bed ridden. A cold will pass, but the flu could kill. The Centers for Disease Control and Prevention (CDC) recorded 79,400 flu deaths in the United States during last year's flu season. According to the Government of Canada, the flu causes approximately 3,500 deaths to Canadians each year.

**Winter is peak flu season.** When the first signs of snow begin, know that the flu is coming and anyone is susceptible. The best time to get the flu shot is in the fall, before flu peak season. That way, your immune system can start preparing itself by making antibodies to attack the virus that is soon to invade. According to CDC, it takes



CREDIT: SALMA HUSSEIN  
It will be over before you count to three; cotton ball at the ready and Band-Aid prepared for the finish!

two weeks for the antibodies to develop so get your shot ASAP!

This is where the misconception comes in.

"I took the flu shot, but I still got sick. So that means it's fake right?"

Wrong! In most cases, when a person takes the flu shot and still gets sick, the person had already been invaded by the virus. The virus attacked your immune system before the flu shot could help your immune system prepare itself with antibodies.

**The virus mutates and the shot updates.** A virus may not be alive, but it sure is smart. Last year's flu shot wouldn't work for this year's spreading flu. Each year, the flu shot is updated to catch up with the ever-mutating virus. CDC emphasizes the fact that there are many types of viruses, influenza A and B being the seasonal epidemics that we see each winter.

So, not only are the viruses smart and mutating, there are different kinds of these viruses that could harm you. The importance of taking the flu shot each year is imperative

to you and your loved one's health.

**It's Free!** No deal is better than free. Local clinics in London and at Fanshawe's Fowler Kennedy Health Clinic are offering the flu shot for free. If you don't live near the school, drop by any Shoppers Drug Mart or Rexall and get your free flu shot today.

The Canadian death rate for the flu is much lower than the United States, perhaps due to the fact that everyone here can take advantage of no cost for flu shots.

I implore you, as a student nurse who genuinely cares for your well-being, to strongly consider taking the flu shot this winter. If I can't convince you, then talk with your own health care provider for advice. The flu is no joke, and who wants to be sick during exams? They're hard enough as is!

Adding exhaustion, a good old throaty wet cough, and inability to eat yummy foods due to a painful sore throat doesn't help you with your upcoming exam grind. So, do your research and choose wisely, because winter is coming.

# 3 From Hell: An unnecessary failure

**Joshua R. Waller**  
INTERROBANG

*3 From Hell* the much-anticipated sequel to Rob Zombie's iconic *House of 1000 Corpses* and *The Devil's Rejects* has finally been released. Not only did we have to wait fourteen years for this sequel, it only had a limited theatrical release as well. Unfortunately, Zombie's latest film was not worth the wait. While entertaining, the film lacked substance and was missing the shock factor, which Zombie usually does so well.

*3 From Hell* features the hellish trio, Baby, Captain Spaulding and Otis, who have been imprisoned for the past 10 years. After Otis escapes, he meets up with Winslow (played by Richard Blake, who was in Zombie's previous film, *31*) and makes it his mission to free Baby. Once the *Devil's Rejects* are finally reunited, they continue on their destructive path to Mexico, killing many on the way.

After reading that film description, you probably are thinking, "but, what is the film actually about?" This is exactly what the film was missing — an actual plot line.

*3 From Hell* was incredibly random and no real climax or story progression. Not only did the skim over how the *Devil's Rejects* actually survived to create a third film, there weren't any major twists or turns either, just continuous scenes of murder and nudity.

The one thing the film excelled at was building and highlighting Baby's character. Played by Zombie's wife, Sheri Moon, Baby's level of crazy was heightened to extreme levels in *3 From Hell*, adding a necessary sense of entertainment. Every time she was on screen, she demanded your attention as she was so wild and unpredictable; you really had no idea what she would do (or what she was capable of).

On the contrary, she not only overshadowed all the other char-



CREDIT: LIONSGATE  
We hate to break it to you, but *3 From Hell* was not worth the wait.

acters, the film just felt like it revolved around her. Otis, also known as Doctor Satan, felt like a tertiary character in the film and really had no iconic moments. He seemed to have lost all of his psychotic tendencies in this film, which is what made him such a powerful character in the other films.

Those who also were excited for Captain Spaulding's return will be even more disappointed as his screen time was very minimal and is only seen at the beginning of the film. For such an iconic character in horror cinema, it is pretty unfortunate he wasn't more of a primary role in the film. However, the film time he did get was absolute gold.

Overall, *3 From Hell* felt like an unnecessary addition to this series franchise. With no real plot or substance, it isn't even comparable to *House of 1000 Corpses* or *The Devil's Rejects*.

If you are looking to kill some time and enjoy Zombie's film style and excessive violence, then this film may be the one for you. However, if you were hoping for a quality sequel (especially after waiting 14 years), you will be sorely disappointed.

# Building a multicultural community

**Reem Al Rabya**  
(Guest writer)  
INTERROBANG

Today's communities are continuing to become more and more diverse. Our neighbours, our classmates, and our work acquaintances bring to our lives an exciting and eclectic collection of cultures and traditions. As a result of this, it has become increasingly important for all of us to better understand and appreciate one another.

And what great things we are doing to share our cultures and promote harmony across cultures! Several organisations within our communities are taking great steps in promoting cultural awareness and acceptance; some help in equipping children and youth with the skills and knowledge needed not only to be compassionate towards each other but also to want to contribute to making the world a better place. CISV International is one organization that does just this!

CISV is a youth education or-

ganization that helps youth learn about diverse cultures and issues faced by those cultures, giving them the opportunity to make friends with people from different cultures and backgrounds while learning the skills necessary to become an active, global citizen.

Each year, the various CISV branches of various cities are invited to travel to different countries to participate in international camps that help inspire people to work towards a more just and peaceful world. Groups from several countries gather together in the host country to participate in many different activities that are both exciting and engaging; this provides an opportunity for those involved to grow and learn. Volunteers take their designated groups on these trips, and, together, they travel to different areas of the world where they begin to learn about important world issues through activities and time spent together.

These activities target some core educational areas that are important to CISV: conflict resolution, diversity, human rights, and sus-

tainable development. By participating in these various activities, the youth learn about challenges that are being faced by others around the world, enabling them to become more empathetic and understanding of the importance of having a peaceful and just world.

The relationships that are made are lifelong and life-changing; people from all around the world are connected and form lasting relationships with each other through CISV. Sharing experiences and culture along the way, members come to understand and appreciate one another's differences.

CISV is a volunteer-run organization: from the planning and execution of activities, to even the creation of content for social media. All volunteer effort! It's amazing to see what the contribution that people make in their free time can achieve. The volunteers and participants plan and execute all the activities and camp details; as a result, they build valuable leadership, organization, communication, and interpersonal skills, to list a few, while partaking in an



CREDIT: NICK LAVERY, CISV  
CISV is an international organization that fosters relationships between people from different cultures.

unforgettable experience.

CISV provides an amazing opportunity for those who want to give back to their communities and learn about each other while also having the opportunity to travel and meet people from all over the world. The world can always use a

little more kindness and empathy.

CISV is always looking for volunteers who love to travel and work with youth! To learn more about all the amazing opportunities available, you can contact CISV through their website: [cislondon.ca](http://cislondon.ca).

# Giving back to the scene with Lost in Japan

**Hannah Theodore**  
INTERROBANG

It's been a whirlwind of success for Lost in Japan since the London locals graduated from Fanshawe's music industry arts (MIA) program three years ago. They've embarked on three successful tours, released an EP and a full-length debut album. With new songs in the works already, these young Londoners show no sign of slowing down.

The foursome will play Rum Runners on Nov. 21, and despite playing in various cities across Canada, singer Addison Johnson said there's a distinct feeling that comes with playing in London.

"It definitely feels like coming home," he said. "Seeing how much we've grown since we've gotten together, and how many people we've brought together with our music. It's awesome."

Bringing people together with their music has been a goal of Lost in Japan since their inception. They accomplished this with their song "Animals" off their debut EP, which was specially selected to advertise the 2019 Juno Awards in London.

Off the back of the success of "Animals", the band set to work putting together their debut LP.

"To record the record, we actually had to go record three songs at a

time, because we didn't have it all written as a collective," said Johnson. "We just would write three songs and then go in and record them."

He admitted that recording can be expensive, which had much to do with the slow production process. However, the band was lucky enough to receive a \$7,500 grant through local radio station Classic Rock 98.1's Made in London competition, which allowed them to record three songs with Moe Berg at EMAC studios. The rest of the record was recorded at Sugar Shack Studios, produced by the band's so-called 'fifth member', Kyle Ashbourne.

The result was the diverse sound and catchy tunes of their self-titled LP.

The band doesn't just experiment with their music though; their live shows are often also full of surprises. For those attending the upcoming London show, Johnson said, "expect the unexpected".

"We're always trying new things with our showmanship. I could pour a glass of water on Chris' [bandmate Chris Hoekstra's] guitar for no reason. It just kind of happens sometimes. You just gotta come to a show to find out."

In the three short years since their departure from Fanshawe, Lost in Japan have become synonymous

with the growing London music scene. Johnson said the community in London fosters a lot of support for local bands.

"The London scene has definitely grown since we started. You can be a touring band coming through here, and the amount of support you get is insane," he said. "If you go to a local show, you're going to see how many bands will watch other bands play. I don't really see that same thing in Toronto or Guelph or Waterloo. The London bands here want to go to shows, they want to see what's going on and who's doing well."

He said many London bands even helped get Lost in Japan to where they are now, including local legends Ivory Hours and Texas King.

For local bands that are going through the MIA program right now, Johnson said that community engagement is the best way to grow a band.

"Go to shows. That's how you meet people. It's all about networking. If you're going to play a show, make sure you stay till the end. Support the scene and then the scene will come back to you."

He advised those in MIA to listen to their pros and focus on their



CREDIT: ALEXANDER LAM

Lost in Japan will play to a hometown crowd at Rum Runners on Nov. 21.

music. Lost in Japan toured twice while in school, something Johnson said is possible for those willing to apply themselves to their craft.

Johnson shared one more piece of advice.

"Let Shawn Mendes write a song about you," he joked, referring to the popular Canadian's hit song coincidentally called, 'Lost in Japan'. "I mean, it definitely helped us out.

But, I mean, what are the odds?"

Jokes aside, Lost in Japan are proof that hard work and networking are keys to musical success. Their upcoming show in London will feature special guests Brighter Green, Huttch, and Dime. Lost in Japan will be selling limited edition merchandise, so get there early, support the scene, and be prepared for antics.

## Netflix Fix of the Week: *Let It Snow*

**Lubna Shaikh**  
INTERROBANG

Is it too early to start obsessing over Christmas? It's NEVER too early. Netflix has perfectly timed the release of this special just as everybody begins to get in to the holiday mood. *Let It Snow*, a new rom-com that's serving major *Love Actually* vibes, is basically a teen version of the beloved 2003 movie. Starring Kiernan Shipka, Joan Cusack, Isabela Merced, and Shameik Moore and others, *Let It Snow* follows several intertwined stories, all of which take place on a snowy Christmas Eve in Laurel, Illinois. The frigid, unexpected weather has everyone in town out of sorts, leading to some very interesting events.

In one story, Tobin (Mitchell Hope) pines after his longtime best friend, Angie (Shipka), who doesn't seem to return his romantic affections. In another, Dorrie (Liv Hewson) struggles to balance her crush on cheerleader Tegan (Anna Akana) with her concerns for her best friend Addie (Odeya Rush), who obsessively worries that her boyfriend might be cheating on her. In the last, Julie (Merced) has a chance encounter with billboard-level famous pop star Stuart (Moore), whose life seems charmed in comparison to hers; she's been accepted into Columbia University, but can't imagine leaving her ailing mother behind even though she hates the town she lives in.

And in the thread that ties them all together, Keon (Jacob Batalon) prepares to go to any lengths necessary to throw the best Christmas party of all time. However, there are a few speed bumps that come in the way of him and his epic party but eventually, he does have one — and that's where all the aforementioned



CREDIT: NETFLIX

Kick off the holiday season with the latest rom-com Christmas movie Netflix has to offer.

characters end up by the movie's end. Make sense?

Recent years have seen a major revival in the romantic comedy film genre, with more and more being released in theaters, but there's also been an increase in streaming services offering fans new rom-coms, particularly Netflix. Some of the recent releases include *The Kissing Booth*, *Sierra Burgess is a Loser*, *The Perfect Date*, and lots more. Romantic high school comedies have their own way of connecting with a wide range of audiences, including children and adults, maybe because everyone has their own version of a high school love story.

*Let It Snow* is yet another addition to Netflix's successful collection of teen-oriented romantic comedies. There's nothing groundbreaking or any unbelievable moments in the movie but it's comforting and charming in its own way and is definitely going to get you in the holiday mood.



Illustration by Dylan Charette

# Reiki: Alternative medicine and lifestyle change

**Chris Fink**  
INTERROBANG

If you've been to possibly a chiropractor, a massage therapist or any other medical practitioner of late, you may have heard or seen that there is a Reiki Master on site, and offering their services.

The first thought that people tend to think is that Reiki is more out there, more outside the box, something that falls in line with psychics or anything else that is a bit questionable. The other thought is that it is religious-based, which, for all of the above, is far from the truth.

The reality is that being a Reiki Master is a highly skilled profession, and it is both an art and a science.

How do I know this? I'm a trained and certified Reiki Master myself, specializing in Karuna (harmonic-music and sound; there are other specialists in the field as well), with over 30 years of experience in energy work. There is a pretty intense but fun certification process that is 3 steps, from levels one to three, thinking like apprentice, journeyman and master. Each level builds on the last, and you gain further and deeper skills to help people, and yourself. There is also an international organization, the International Association of Reiki Professionals (IARP), which recognizes those masters, has a lot of info on Reiki and helps them in other ways ([iarp.org](http://iarp.org)).

Reiki, from my experience, is in essence the application of energy to assist the body to heal, almost like jump-starting the healing process like a charger jump-starts a car, but much gentler. The application is either by direct touch to the client's body or by touching the aura — an

electromagnetic field generated by the body, by the electrical impulses of the heart, the brain, and carried by the nervous system — much like an electrical system in a house or a car, and the computer being the brain.

The effect is typically temporary, however the adjustments made can be more long-term, depending on what's needed. The Master will typically ask for a brief medical history to help properly address the issue and the client (there are a number of factors that can help or hinder a session, much like any other medical visit).

One thing I've learned is to ask your practitioner before they do your therapy if they ground. This is critical, as grounding acts like a lightning rod, or grounding circuit, and helps to direct the energy into the planetary ground (the Earth), thus not allowing it to accumulate in either yourself or the Master (for those that are eco-friendly, I have a theory that in doing that, the energy gets filtered through the Earth's core, reversing the polarity, and helps to regenerate the planetary EM field). Allowing that energy to accumulate can result in some negative effects and not help the healing process in any way.

Energy generated from a Reiki perspective is emotionally charged (much like negative or positive ions in electricity), which reflects my understanding of emotion=energy. Thought, followed by action, comes from those emotions, even if they are microseconds in time frame/nature. Being aware of your emotions is part of the training in working in Reiki (and is a good thing to do in your daily life), no matter if you go with level one, two or Master.

Teaching is a huge part of Reiki. The teaching helps you to un-



CREDIT: DEAN MITCHELL

Reiki is both an art and a science.

derstand the basics through to the higher levels where you will learn even more skills. It also helps you to make sense of the entire process, and make good decisions based on those skills. It allows you to be able to teach others once you're certified, further reinforce the skills that you have learned, and even see if there are new skills and new ways of doing things.

Going back to using grounding, it has resulted, at least from my experience, in the reduction of migraines, feeling better emotionally/focused, helping with fatigue and the reduction of overall pain. Those effects have lasted longer as I've done it more, much like grease applied over time gets into joints of a mechanical device and makes it much more lubricated.

There is an increasing number of Masters even being employed in hospitals and in other medical arenas. Much like how other specialties have been brought into the fold over

the years, Reiki is one of the latest to make it from the fringe to being a part of the medical community at large.

Please note that much like any skill, learn from a professional before you attempt it. Not having the correct skills can result in energy backfire, and do harm to yourself or to others that you are trying to help.

Reiki is a great skill and great way to heal, but in my opinion, it

needs to be merged with modern medicine so that MDs, Reiki Masters and others have the entire box of tools, and not just be limited by either one or the other. Working together is the only way to properly heal, and to help as many clients get better inside and out. *Editor's note: Article is the opinion of the writer. Please seek medical advice for diagnosis or treatment.*

## The return of My Chemical Romance

**Savannah Bisailon**  
INTERROBANG

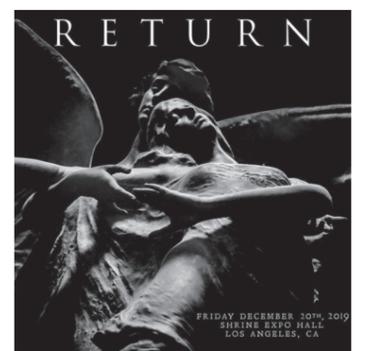
On Friday Nov. 1, My Chemical Romance (MCR) announced their reunion. MCR is an American rock band from Newark, New Jersey. The band was founded in 2001 by lead vocalist Gerard Way, guitarist Ray Toro, bassist Mikey Way and Matt Pelissier.

They were signed with Eyeball Records and released their first album *I Brought You My Bullets, You Brought Me Your Love* in 2002. They then signed on with Reprise Records next year and released their major label debut, *Three Cheers for Sweet Revenge*. In total MCR has released four albums and been through multiple band member changes. As of 2019 their current band lineup is Way, Toro, Way and Frank Iero on rhythm guitar and backing vocals.

On Friday Dec. 20 the band will be performing their first show in six years at the Shrine Expo Hall in Los Angeles, Calif. This will be their first show since announcing their break up in March of 2013. Over the past week the members of the band have spoken out about the love and support they have received from their fans over the news of their reunion.

In a post on their Instagram account they said, "It is truly unbelievable to us the happiness we have experienced over the past two days. From the bottom of our hearts, thank you for the warm welcome back. We truly did not expect this. See you soon xoxo, MCR".

Depending on how this show goes they might have more shows in the New Year. Some of their top singles include "Welcome to the Black Parade" (2006), "Teenagers" (2006), and "Helena" (2004). Back in June, Joe Jonas of the Jonas Brothers mentioned that he heard MCR in the recording studio but fans did not believe him.



CREDIT: VIA MYCHEMICALROMANCE ON INSTAGRAM

It was a real treat this Halloween when My Chemical Romance announced their first reunion show at the Shrine Expo Hall in Los Angeles, Calif. on Dec. 20.

But little to their knowledge Jonas was right. In an interview with U.K.'s Kiss Breakfast show back in June he said, "I got some dirt, My Chemical Romance apparently were rehearsing next to us in New York recently, which I thought they broke up so I don't know".

Fans including me were speculating the reunion after Jonas mentioned it but no one believed it to be true. I for one am very excited about the return of My Chemical Romance and have been listening to them non-stop since they announced their reunion.

My favourite song definitely has to be "Teenagers" and I listen to it on repeat. Way got inspiration for this song when he was on a subway car in New York City full of high-schoolers.

"That was the first time I felt old ... I was nervous that I was a target I felt like I had become a parent figure or part of the problem," he said in a New York Times article published on Oct. 22, 2006. The main theme of this song is about gun violence as the band felt that that it was an important issue to bring awareness too.

My Chemical Romance is back and I am so excited to hear of the new music they produce in the future.

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## HEALTH & FITNESS

Karen Nixon-Carroll

# Meal planning and prep

Would you eat healthier if you had more time? More money? More culinary skills? What if I can grant you these three wishes in the next several paragraphs?

While I'm not a genie or a witch, I've spent a long time coming up with more efficient ways to meal plan and prepare meals. I have a very busy and active lifestyle and I have a family to feed. Through many years of trial and error on my own, with two of us and now with two little boys, I have found the secret sauce that works to make sure we all get fed healthy meals and under budget.

Here is the recipe:

1. Choose a day/time every week that you do the following steps. Ideally this is the day before or early in the day you are going to get some groceries. Making this a habit at this same time will be the first step in getting organized and staying on track.

2. Search your home. Make a list of foods you have on hand that need to be used up. I'm not talking about pantry staples that can last for a while (although you should be aware of expiry dates and use up things). Look in the freezer and fridge and at some dry goods that you can make a list of and see how they fit into a meal or snack. Even if you live in residence at the school, you still might have a few things that need to be eaten up or tossed out.

3. Get rid of junk. If you have it one hand, you'll eat it. Throw it out, bring it to a party, start adding it to gifts, or melt it into art. If you have a tendency to give into junk food temptation, take it out of sight, out of mind.

4. Write out a plan that starts today. Let's say today is Saturday: What do you have on hand that needs to be used up? Can you make a healthy meal out of it? Do you need to go to a store and get something to add to it?

Next, take a look at your list from step two and form a plan based on your schedule. I like to write out all my dinner meals for the week first. Here is an example:

**Sunday:** steamed broccoli & cauliflower with chicken, brown and wild rice.

**Monday:** I work late so I bring leftovers from Saturday dinner or make a salad or soup, and then I have a meal ready for my family (this week is a healthy version of mac & cheese with lightly sautéed ham, broccoli, peas and carrots).

**Tuesday:** homemade burgers (meat or plant based) on lettuce wrap or whole grain bun and baked home cut fries.

**Wednesday:** I work until dinnertime so I bring salad and leftover burger or chicken I roasted on the weekend and my family has crockpot chili and bun.

**Thursday:** I work late so I have leftover chili or toss together a stir fry with some leftovers, and my family has our healthy version of tacos or taco salad.

**Friday:** homemade pizza on whole grain crust or zucchini boats.

**Saturday:** roast with root vegetables and green beans. Lunches consist of leftovers that are portioned out into individual contain-



CREDIT: UNDEFINED UNDEFINED

Having trouble with weekly meal planning? Try these tips and tricks.

ers, salad, soups, wraps, or veggies with hummus and side of cut-up cold meat and cheese with crackers.

Breakfasts for this week are:

**Sunday:** veggie omelette and bacon or turkey.

**Monday:** homemade protein waffles with fruit.

**Tuesday:** porridge or smoothie bowl.

**Wednesday:** eggs, fruit and whole grain toast.

**Thursday:** leftover protein waffles or pancakes with yogurt and fruit.

**Friday:** porridge or smoothie bowl.

**Saturday:** smoothies or leftover protein pancakes with homemade apple sauce and nuts.

Snacks consist of veggies and hummus, protein chia or hemp pudding, fruit and nuts, Greek yogurt and fruit with no sugar granola, homemade healthy muffins, homemade protein bars, air popped pop corn, tortilla chips and salsa.

This seems like a lot but it really is simpler than it looks. We try to make enough of something so that we purposefully use the leftovers for a time in the week when we are short on time and need to just put the containers in a cooler bag to go.

I also try to bake or home-make something every other weekend for snacks and at least one meal every 10 days or so is from the crock pot.

We eat about 1/4 that day, portion out a few for a meal later in the week and then freeze the rest in individual containers to have on a day when we are running low on groceries and or time and can just take it out and heat it up.

5. Now that you have your meal plan (or maybe you can try mine!), it's time to make your grocery list. Start with the produce in each meal and snack and count the servings you will need. Work your way through each section as if you are in the grocery store: produce, bakery, meat, fridge and freezer, dry goods, cans, etc.

One really great way to make a list is to use a grocery store app from Walmart, Superstore or wherever you regularly shop. I use Walmart because they don't charge for grocery pick-up and it is generally less expensive if you stay away from most of the pre-made

packaged items. Even if you don't end up ordering from the app, this helps you to see quantities and also keeps a running estimated total so you know if you are staying on budget.

6. Order or buy the groceries. I love ordering. You need to give about eight to 10 hours notice and it saves so much time. Then you can just pull up in one of the reserved spots (even in an Uber or cab) and in under 10 minutes they will be out with your groceries for you. It also saves you from making impulse purchases. If this is not your thing, go in the store, but stick to your list!! Race through like you are on that *Guy's Grocery Games*. Get only what you need.

7. Come home and organize. Organize your items that you will be using first to the front and the rest to the back. If you are shopping with a parent/family member and then bringing food to school for the week, you may need to spend a bit of time doing some prep work to only bring what you need. If you are shopping for yourself and keeping it in your own home, then don't fret about prepping every meal. Just prep for the things you know you won't have time for during the week.

8. Having a dining-out plan. If you like to eat at restaurants or you have a meal plan card with the school, no problem. I have a "Healthy Eating on Campus" presentation posted to our website (Programs and Resources at studentwellnesscentre.ca) that can help you out with this.

You can also build things into your meal plan. For instance: Monday lunch: wrap; Monday dinner: Stir fry; Tuesday lunch: soup; Tuesday dinner: sushi and veggies, etc.

9. Stick to you plan, but have back up plans for when you have to change something because of a schedule change.

10. Eat healthy at least 80 to 90 per cent of the time with lots of vegetables, fruits, lean proteins, whole grains, nuts, seeds and water to drink.

If you need help with nutrition coaching, come and see us in the Student Wellness Centre or book a consultation via our app: Fanshawe Student Wellness Centre.



CREDIT: USA NETWORK

Queen of the South is a must-see, binge-worthy series.

# Queen of the South: A contemporary Scarface

Rebeca Shiferaw  
INTERROBANG

With Netflix having so many options to choose from, it can get overwhelming to decide on what to watch. But, I can honestly say that I think I've found my new binge-worthy TV show.

*Queen of the South* is a narco drama adapted for U.S. audiences from the telenovela *La Reina del Sur*. The series follows the main protagonist Teresa Mendoza as she rises to the top of the drug empire by building her own cartel. Teresa starts off as a common money changer in Culiacán, Sinaloa, but is introduced to the drug trafficking world by her boyfriend Guero.

When Guero is killed by his uncle and drug leader Epifanio Vargas for stealing product, Teresa is targeted next and must run for her life. In Guero's death, Teresa is reborn to eventually become the Queen of the South; forced into a situation where she must fend for her life, Teresa uses her wits and cunningness throughout the series to create the makings of her own empire.

The standout in this series is the focus on how women are culturally viewed in the drug-trafficking industry. Before Teresa gained the respect of *la jefa* (female boss), she was constantly undermined by her male counterparts, and forced to take part in different forms of sexual exploitation, such as human trafficking and rape. With her personal experience in sexual exploitation, you see Teresa's empathetic concern for different women's treatment in

the series, and the actions she takes for their well-being.

A major antagonist in the series is narco leader Camila Vargas, Epifanio's estranged wife. Camila can be described as ruthless and self-serving, with only two concerns, her drug empire and family. Although Teresa and Camila represent two different types of leaders, it was refreshing to see that the two major cartel leaders in the series were women, versus the typical male-centric *jefes*.

Teresa's motives are also another standout in the series. Typically, drug trafficking motivations focus on money, greed, and power, Teresa's on the other hand do not. Teresa is forced into the drug world as a means of survival; with powerful enemies like Epifanio and Camila, Teresa must create her own empire as a means to protect herself against those that wish to harm her.

With an instinct for survival, Teresa's elegantly dressed alter-ego often appears to her throughout the series during times of danger to advise Teresa on what she must do next. Depending on your personal perspective of the series, Teresa may seem like a victim against those that seek to harm her, on the other hand, others may view her in a similar manner as her enemies, an aggressor that must be destroyed.

This binge-worthy series will have you on the edge of your seat after each episode. *Queen of the South* is a must-see drama series, its focus on the workings of the drug trafficking operations, and Teresa's personal growth throughout the series only compels viewers for more.



CREDIT: EMILY STEWART

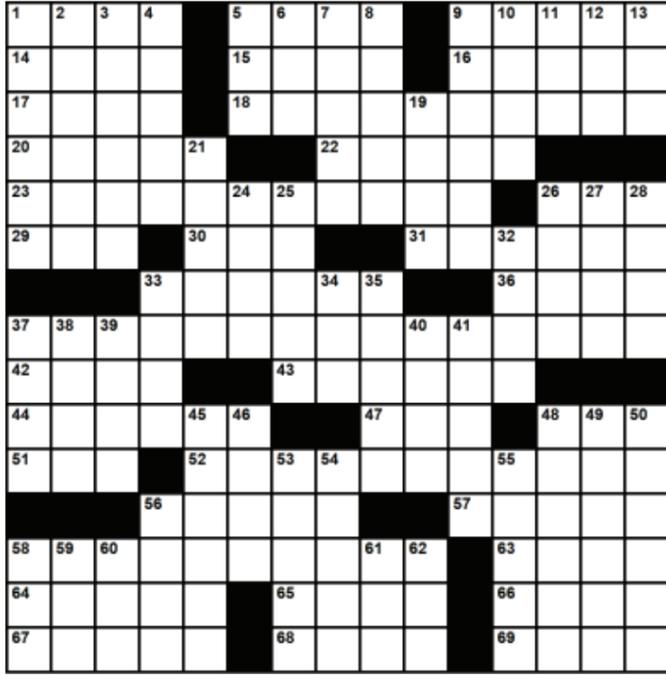
Esther's Family performed crowd favourites and some new songs at the Rec Room London Masonville on Nov. 9. The folk music collective, which includes a few music industry arts (MIA) alumni, has a Christmas EP on the way and new singles to come 2020.



**CROSSWORD**

**ACROSS**

- 1. Beam intensely
- 5. Quatrain rhyme scheme
- 9. Filmmaker Coen
- 14. Wax-coated cheese
- 15. Favor one side?
- 16. Billy Joel's '-- Extremes'
- 17. Matching
- 18. Driveway accessory, perhaps
- 20. Two-in-one eating implement
- 22. Western actor Lee Van \_\_\_\_
- 23. Kept things casual
- 26. Kind of race
- 29. Netherlands city
- 30. Hula hoop?
- 31. Economical way to buy
- 33. Snatches some shuteye
- 36. Be uncivilly disobedient
- 37. One measure of a school's success
- 42. Exile isle
- 43. Lace place
- 44. Sailors
- 47. Moray, e.g.
- 48. Took a break
- 51. Kazakhstan, once: (Abbr.)
- 52. Radio station identification
- 56. Jazz pianist Chick
- 57. Wheelchair guy on "Glee"
- 58. Ranging in scope widely
- 63. \_\_\_\_ prof.
- 64. Rapids transit?
- 65. Bygone despot
- 66. Cover stories?
- 67. Death row reprieves
- 68. Contented sighs
- 69. 'Green Gables' girl



- 4. Board for nails?
- 5. Ring king Muhammad
- 6. Long time 'Family Circus' cartoonist Keane
- 7. Exxon alternative
- 8. Olympic gold medalist Ohno
- 9. Astronaut Collins, first female Space Shuttle commander
- 10. Weekend whoop
- 11. Road animal?
- 12. Suburb of Brussels
- 13. Part of NIMBY
- 19. Portrayer of Ricky on "I Love Lucy"
- 21. 'Pan Am' actress Garner
- 24. Butter-loving Food Network chef Paula
- 25. Feudal lord
- 26. Archaeological site
- 27. No shortage
- 28. Box office purchases (Abbr.)
- 32. One of the Mavericks
- 33. Bridge player's quest
- 34. Freudian subject (Abbr.)
- 35. Abs makeup, ideally?
- 37. Parker of "Old Yeller"
- 38. Draft picks?
- 39. Bridge support
- 40. Movie beekeeper played by Peter Fonda
- 41. Atlanta-based airline
- 45. Schools for Jules
- 46. Scotland Yard stoolie
- 48. Takes root
- 49. Ascended
- 50. Bloodsucking fly
- 53. World's first 35mm camera
- 54. "The Great Caruso" title role player
- 55. Start of a refrain
- 56. Provide too much of a good thing
- 58. "Ninety-day wonder" sch. of W.W. II (Abbr.)
- 59. Having a lot to lose?
- 60. Collection of anecdotes
- 61. Code word
- 62. Next year's alums (Abbr.)

**DOWN**

- 1. Not to such a degree
- 2. Conforms to new circumstances
- 3. Striped Girl Scout cookies

**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
													20	6											

20 6      26 23 20 17 14 24      12 18 3 17 3

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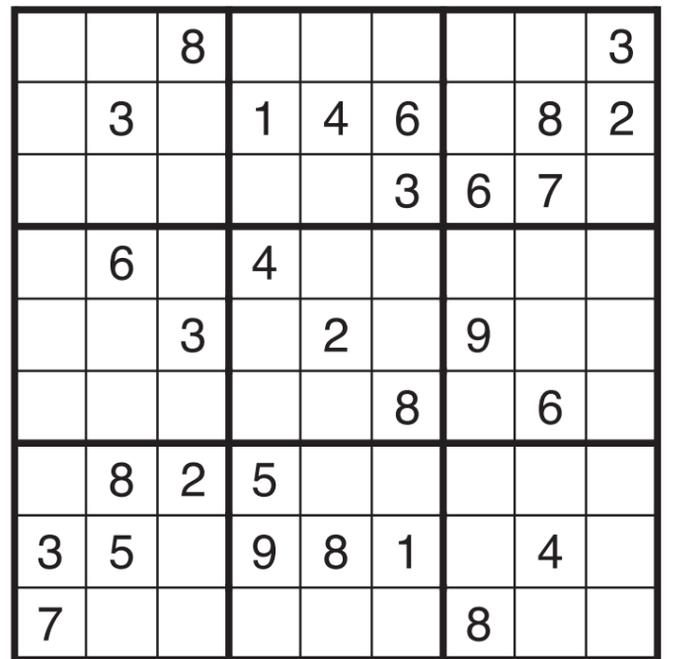
**WORD SEARCH**



**CANADIAN WINTER**

- |              |               |             |            |
|--------------|---------------|-------------|------------|
| Ice fish     | Skate         | Sleigh Ride | Snow Angel |
| Polar Plunge | Hot Chocolate | Shovel      | Toboggan   |
| Arctic Air   | Squalls       | Snowman     | Toque      |
| Skiing       | Parka         | Snowshoe    | Mitts      |

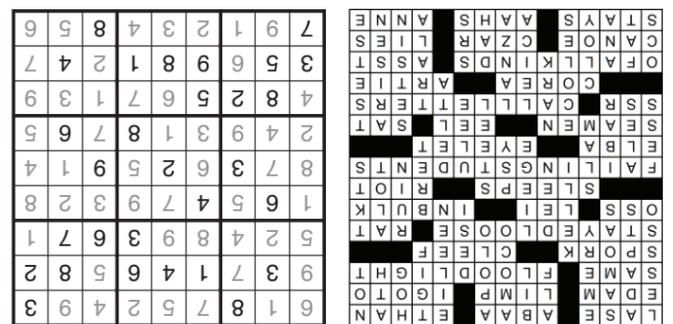
**SUDOKU**



*Puzzle rating: Easy*

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

**PUZZLE SOLUTIONS**



„No winter lasts forever; no spring skips its turn.“

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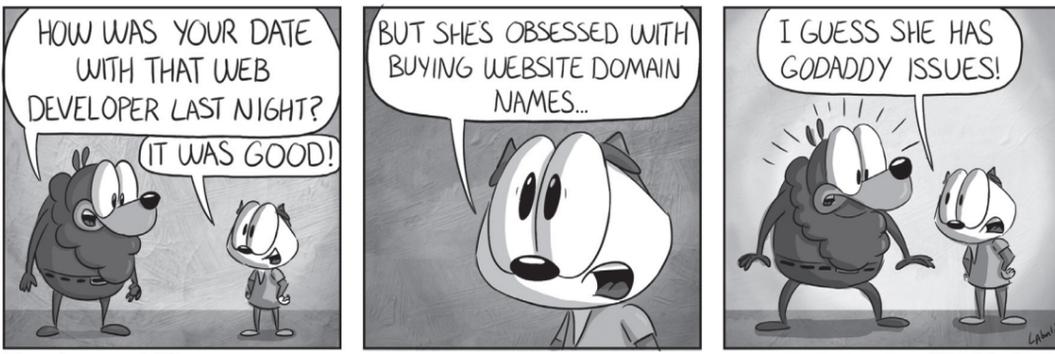
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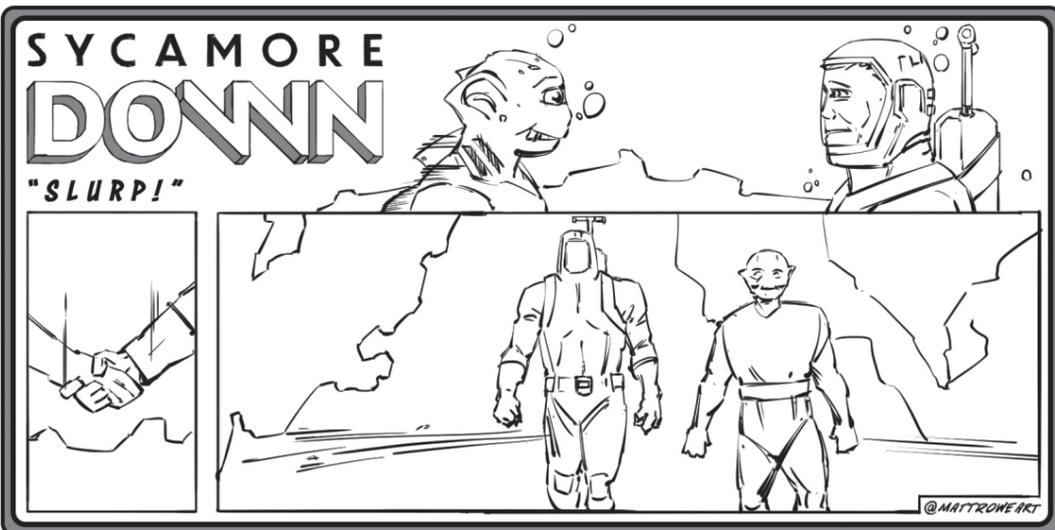
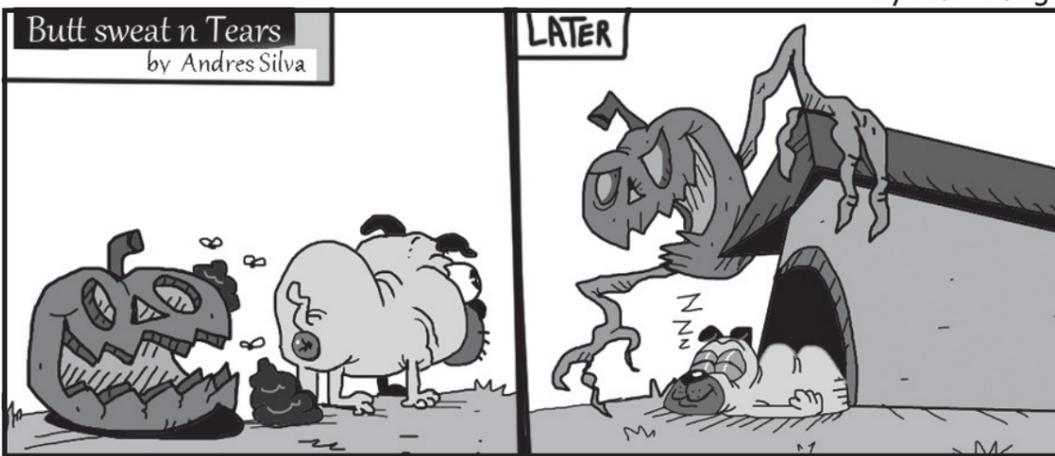


Freshman Fifteen

@FilbertCartoons



By Alan Dungo



### Not Neurotypical

Hey Pwert, why so glum?

I was researching differences between Neurotypical and Not-Neurotypical\* communication.

Due to differences in prosody\*\*, asymmetry in expressions, and incorrect microexpressions, most people get uncomfortable after 1 second of interaction and will usually avoid the not-neurotypical person.

Prosody can be worked on, but facial symmetry and microexpressions, not so much.

It's not just a matter of trouble with social rules like they thought.

Understanding improves most things.

I read the same study. It said people understanding what's happening can help. So, we'll just have to make sure we educate as many people as we can.

\*Not-Neurotypical typically refers to individuals with ADHD and Autistic Spectrum Disorders; it can refer to other neurotypes as well. \*\*Prosody: Tone, inflection, speech pace



**Aries**

Choose to stay calm these next few weeks and to channel your excess energy into something constructive. An emotional commitment will help stabilize your life. A relationship adjustment will make you think about future prospects and how best to move forward. Don't feel you have to stick to traditional means and methods. Follow the path that feels most compatible. An opportunity that comes your way should be considered.

**Taurus**

Secrets will finally be revealed. Protect your identity, money and reputation. Emotions will help shape the decisions you make. Rely on someone you trust to help redirect a snap decision you may regret. You are best to play it safe and avoid being sorry. Only engage in activities that include your allies. Keep close tabs on your finances and medical issues. When in doubt, ask an expert. Keeping updated and being on time will be imperative.

**Gemini**

Pay close attention these next few weeks. Question anyone who puts limits on what you can do. A change may not be initially apparent. Observe what everyone else is doing, and you will be able to deflect a problem before it escalates. Trust your instincts, and make the changes you feel are necessary. Emotions will be close to the surface. Try not to overreact to situations at school or home.

**Cancer**

Remain calm in the face of a storm. Refuse to let what others do interfere with your plans. Focus on personal goals. Stop dreaming about making a change and start taking action. Once you take the first step in a new direction, you will find it easy to keep moving forward. Be innovative and proactive. You'll face issues and uncertainty regarding your vocational path.

**Leo**

Don't take detours when you are on the right path. You need to be fully aware of what's going on around you to avoid getting involved in someone's dilemma. Don't get involved in a discussion that could lock you into something you don't really want to do. Look inward, focus on personal growth, health and enjoying what life has to offer. Get involved in something that you believe in and you will meet people who have something interesting to offer.

**Virgo**

You'll be given false information from someone who has an emotional interest in how you move forward. Don't make a change until you verify what's revealed. An opportunity to learn, travel and gain insight will lead to a proposal that can alter your life. Consider the changes you want to make, and take advantage of what's being offered. You'll have to make concessions if you want someone to comply with your request.

**Libra**

Review your relationships and consider who you want to align yourself with moving forward. Your circle will represent who you are, as well as what you believe. Choose wisely. There is money to be made and overhead to be lowered. Worry less about what others are doing and more about how well you are taking care of your physical and emotional well-being and your relationships with people you love.

**Scorpio**

An offer that uses emotional tactics to lure you in should be avoided. Bide your time and revisit your options. Getting together with someone experienced will help you understand the possibilities and how best to take advantage of a situation that is brewing. Consider what you want to do and the cost involved before you begin. Use your intelligence, and you'll come up with a plan that is cost-efficient and can offer benefits to your health and well-being.

**Sagittarius**

Your friendly demeanor and generosity will make you appear vulnerable to someone who wants to take advantage of you. Pick and choose who you associate with and assist. A change will take place concerning how you earn your living or who you collaborate with if you attend a networking function. Being part of a team will bring out the best in you. Put your heart on the line and you will find out where you stand.

**Capricorn**

Keep your plans a secret until you are satisfied with the results you get. A change at home should not be public knowledge until finalized. Work from home when possible. You'll accomplish more if you can avoid outside interference. A unique position will be made available that will help you up your income. Take care of your physical and emotional well-being.

**Aquarius**

Don't miss out on an opportunity because someone disrupts your plans. It's up to you to follow through, even if that means going alone. Distance yourself from anyone playing mind games with you. Host an event that will put you front and centre. How you relate to others will make a difference to how much help you receive. Romance is on the rise, and a positive adjustment to the way you live is encouraged.

**Pisces**

Money matters should be looked at carefully over the next few weeks. Keep your spending habits to a minimum. Emotional encounters should be handled with diplomacy. Reconnect with someone from your past and you'll be offered information that can help you get ahead. A joint venture looks inviting. Stress can lead to poor health. Take a deep breath, evaluate your situation and distance yourself from anyone who tries to manipulate you.

WEEKLY STANDINGS



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

Team	GP	W	L	PTS
Fanshawe	5	5	0	10
Mohawk	5	5	0	10
St. Clair	4	3	1	6
Niagara	5	3	2	6
Humber	3	2	1	4
Conestoga	6	2	4	4
Redeemer	4	1	3	2
Sheridan	4	1	3	2
Boreal	4	0	4	0
Cambrian	4	0	4	0

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

Team	GP	W	L	PTS
Conestoga	6	5	1	10
Fanshawe	5	4	1	8
Niagara	5	4	1	8
Humber	3	3	0	6
Redeemer	4	3	1	6
St. Clair	4	2	2	4
Mohawk	5	1	4	2
Sheridan	4	0	4	0
Boreal	4	0	4	0
Cambrian	4	0	4	0

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

Team	GP	W	L	PTS
Lambton	7	5	2	10
Humber	4	4	0	8
Fanshawe	5	4	1	8
Conestoga	5	4	1	8
St. Clair	4	3	1	6
Sheridan	4	2	2	4
Mohawk	5	2	3	4
Sault	4	0	4	0
Redeemer	5	0	5	0
Niagara	5	0	5	0

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

Team	GP	W	L	PTS
Team	00	00	00	00
Team	00	00	00	00
Team	00	00	00	00
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Printed standings are reflective of November 11, 2019.

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

# Basketball's teamwork aspect feels right for Mikhaila Wright

**Emily Stewart**  
INTERROBANG

Mikhaila Wright (project management) always had an interest in basketball because her three older brothers played. However, that wasn't her main focus during her athletic career in high school.

Wright focused on track and field as her main sport and began playing basketball in Grade 10. She eventually made basketball her main sport because she found it more fulfilling.

"It's really individual, track and field," she said. "With basketball, the team aspect is a lot better. I like being around people and building relationships."

She spent a year at Carleton University, but became homesick and started studying at Fanshawe College to be close with her family. The move back to London paid off.

Currently, she's the Fanshawe women's basketball career scoring leader with 882 points listed on the Ontario Colleges Athletic Association (OCAA) website as of Nov. 12. Fanshawe Athletics announced in a press release she surpassed her former teammate Ali Vlasman's previous 831 record.

Wright said that it was cool knowing she's the Falcons' career scoring leader, and said it hadn't sunk in at the time of the interview. She added Vlasman also happens to be one of her best friends.

"To be in the same category as Ali is an honour because she's an amazing player," she said. "It's really cool."

Wright also earned two OCAA honours over her time as a Falcon. The Fanshawe Athletics website said she was an OCAA Championship All-Star for 2017/2018 and the West Division Rookie of the Year for 2015/2016.

An Oct. 30 press release from

Fanshawe Athletics noted the Falcons' home opener was also the ONERUN game. Before the women's basketball team clinched an 84-65 win over the St. Clair Saints on Oct. 30, they wore ONERUN warm-up shirts to honour those affected by cancer and those who have lost their battle.

ONERUN supports cancer patients and their families in the London and surrounding areas and began in 2010 when Fanshawe women's basketball assistant coach and breast cancer survivor Theresa Carriere ran 100 kilometres in one day to raise money for cancer patient care. Over one million dollars to date has helped patients and their families.

Wright spoke highly of Carriere, and noted that the women's basketball team runs one kilometre with her during the ONERUN trek. She said that without their assistant coach, the team would not be the same.

"It's just amazing to know what she's gone through and any hardships — like comparing it to basketball — anything we go through, she always tells us to persevere. She never lets us keep our heads down. She's just an amazing person."

As of Nov. 5, the women's basketball team is the top fifth in the Canadian Collegiate Athletic Association (CCAA), according to the CCAA website. During the 2019/2020 season, the Falcons were the top in the nation during their regular season, but Wright said the team realized they were not prepared for Nationals.

"Being fifth, we'll take it. We're not really worried about the rankings just because we have a lot to prove still and we have a lot to work on," she said. "Even if we're ranked 10th, we still have one goal at the end and that's to win Provincials, make it to Nationals and win Na-



CREDIT: FANSHAW ATHLETICS  
Mikhaila Wright, the scoring leader for the Fanshawe Falcons women's basketball team, said the team is aiming for victory during both Provincials and Nationals.

tionals." Wright said the team's game plan is to aim for Nationals and continue practising and working hard. There are several rookies on the women's basketball team this year, so the team is building chemistry and working towards victory in Provincials.

"We've got a lot of good teams this year that we need to beat and we're just trying to fine-tune our strengths, find our weaknesses, and just try to prepare."

The Falcons will play the Mohawk Mountaineers on Nov. 16. The women's basketball team will then play the Sault Cougars on Nov. 23 and 24. The Falcons will host their last home game of 2019 on Nov. 29 against the Niagara Knights.

After this article was written, the Falcons won 82-42 over the Lambton Lions on Nov. 13 and Wright's career scoring record rose to 890 points. Visit [fanshawefalcons.ca](http://fanshawefalcons.ca) for more Fanshawe Athletics updates.

## NFL coverage: Week 10

**Skylar McCarthy**  
INTERROBANG

It's been a few weeks since we talked about football.

A lot of stuff can happen in a short amount of time, and the NFL is no different. It's Week 10 and the 1972 Miami Dolphins have popped the champagne corks once again to toast that they remain the only team to have a perfect season, as New England and San Francisco finally lost, though the 49ers look to have the best defence in the league. Do the Browns have a shot of making the playoffs? If you haven't been watching, here's what happened in the NFL.

The New England Patriots lost their first game of the season in Week 9 against the Baltimore Ravens in their first big test of the season. Will this impact their season? Heck no.

Remember the last time they had a perfect season, they lost to the New York Giants in one of the biggest upsets in Super Bowl history. Take it as you will, the Patriots are going to win the AFC East

and secure a first round playoff bye. They're perfectly fine.

The San Francisco 49ers are right there with New England so far this season, with identical 8-1 records. The 49ers Nick Bosa has impressed a lot of people this season, and he's in the conversation for defensive player of the year, and he's a rookie. He's already had seven sacks in nine games and is a disruptive force.

The Ravens have finally figured out how to maximize the potential of their offensive players. Lamar Jackson is arguably the best player in football right now, and in Week 10, he had a perfect passing completion rating of 158.3. More impressive it's the second time this season he has accomplished that and he is only the sixth QB to have a perfect rating to have multiple perfect scores, and he has only started 16 career games.

Jackson is doing unbelievable things, if I could choose the MVP, it would be him. His team is doing very good with a 7-2 record and have emerged as a Super Bowl contender.

Heck, the Miami Dolphins final-

ly won not just one game but two. They will not have a 0-16 season after they defeated the New York Jets and Indianapolis Colts. This won't help them make the playoffs, because they have been out of the playoff picture for a while now.

What does this do for the team? It gives them some confidence in saying we can be a decent football team on a good day. Now all eyes are on the Cincinnati Bengals to see if they can win a game this season.

Finally, the Cleveland Browns, oh boy. To have so much talent with Baker Mayfield, Nick Chubb, Odell Beckham Jr and Jarvis Landy and still be 3-6 is unacceptable. I hope the Browns make the playoffs, considering the organization has lost and lost so many times. There has been also a lot of criticism of the coaching staff however they have an easier schedule coming but will need to win out to have any shot at the post season.

So that is all you need to know about the NFL, after Week 10.

# The 2019 Maserati Levante GTS: A super sport ute



**Nauman Farooq**  
AUTOMOTIVE  
AFFAIRS

Maserati is one of the most storied brands in the business.

The company was started in 1914 by the Maserati brothers (Alfieri, Bindo, Carlo, Ettore, and Ernesto), and started building racing cars. They quickly built a reputation for speed, as Maserati racing cars scored win after win — including in the grueling Targa Florio event.

After the Second World War, the brand returned to racing, and their road cars were pretty much their racing cars. However, in 1957 Maserati started focusing on building grand tourers, and it all started with the gorgeous 3500 GT.

Since then, the company has produced many wonderful sports and touring cars, such as the Bora, Merak, Khamsin, Shamal, MC12, and many others.

While Maserati has been offering a sedan since 1963 called the Quattroporte (which literally means four doors in Italian), they had not delved into the SUV market.

That all changed with the introduction of the Levante, which first premiered in 2016. Many fans of the “Trident Star” were at first furious, that their beloved sports and racing brand would go into the sport utility vehicle market, but luxury vehicle buyers are swooping up super SUVs these days, and the Levante is among the brands best sellers since its launch.

But, how is the first ever SUV by Maserati? Read on to find out.

**Styling:** Beauty lies in the eye of the beholder, and to me, the Levante

oozes style. Most manufacturers have done a pretty terrible job with the whole SUV-coupe segment, but not Maserati. The Levante looks aggressive (especially in the GTS trim, as tested), and sophisticated.

The public obviously agrees, as this vehicle turned heads everywhere it went. Oftentimes, I noticed people catching up to take a closer look.

They would also move out of your way, because the big front grill with the slim headlights give the Levante a very mean look, and hence cars you’re approaching simply move out of your way — most of the time anyway.

If you’re looking for a SUV that cuts an impressive impression, the Levante GTS might just be for you.

**Interior:** Step inside, and the first thing I noticed is that it is a lot more spacious than I had imagined. Typically, coupe-like SUVs are fairly cramped, but not the Levante. Not only is there plenty of room in the front seats, but also the rear seat passengers have very good leg and headroom, too. Plus, the seats not only look good, but they are also extremely comfortable — I could drive one all day, and not feel fatigued.

Trunk capacity might not match that of a typical box shaped SUV, but it does seem to be larger than the ones on other SUV-coupes, so in terms of space, the Levante scores big.

It also scores well in terms of equipment. It had all the gadgets you expect from your luxury vehicles these days, such as adaptive cruise control, lane keep assist, and blind spot detection.

An area it can be improved in is with its infotainment system, which was far too small for a vehicle like



The Levante GTS is much more than a one trick pony.

CREDIT: PROVIDED BY NAUMAN FAROOQ

this, and the system often lags on initial touch. Also, the main switches such as for operating your windows, mirrors, wipers, headlights, and start/stop button come from the FCA catalogue; after all, Maserati is part of the Fiat Chrysler Automobiles group, which also includes Dodge, Ram, Jeep, and Alfa Romeo (Ferrari is technically also part of this group, but enjoys its own stock market designation).

So, the switches might not look glamorous, but they all work, and since they are mass produced items, they are far more robust than custom switchgear — which might look pretty, but not stand the test of time.

Overall, I like this interior, and would be happy to climb in and out of it every day.

**Powertrain:** This is where things get very interesting. While the first

run of the Levante only offered a twin-turbo V6, but with the introduction of the GTS model in 2019, you get to play with a twin-turbo V8. Not just any twin-turbo V8 either, this 3.8-litre unit is actually built by Ferrari and is essentially the same engine you’ll find in the new Portofino.

In GTS trim, it produces 550 horsepower and 538 pound-feet of torque. There is an even higher spec, Trofeo, a model which takes the power output up to 590 horsepower — but trust me, 550 horsepower is more than adequate.

All this power is fed to a ZF eight-speed automatic gearbox, which will then send power to whichever wheel can make best use of it. In normal driving, the Levante GTS remains just rear-wheel drive, but in corners, and loose surfaces, it’ll balance power between the front and rear wheels, and also side to side. Be in no doubt, this is an intelligent and powerful SUV.

**Performance:** As you’d expect, anything with 550 horsepower would move fairly well, and it does. The sprint from 0 to 100 kilometres per hour takes just 4.2 seconds, and top speed is quoted at 292 km/h — making it among the fastest SUVs on sale today. What is truly astonishing, is that it masks its 2,170 kg curb weight really well — this SUV may not be a lightweight vehicle, but it can certainly keep up with pure sports cars.

**Driving Dynamics:** In its ‘Normal’ mode, the Levante GTS is like most other luxury vehicles. It is relaxed, quiet, and requires very little effort to navigate through the city. The ride comfort is much better than I was expecting, as it just glides over broken pavement, rather than crash through them.

In short, this is a vehicle you can very comfortably live with on a daily basis.

However, press the little ‘Sport’

button by the transmission selector, and activate the adjustable suspension, and it firms up, starts to growl a bit, and then, when you find the space, mash your foot into the carpet, and it feels like you’ve hit the light speed switch on the Millennium Falcon.

This is not just a Sport SUV, this is a Super SUV, and that’s not what I can say about most such vehicles.

Some might say; well, a Range Rover Sport SVR is louder (yes, it is), and a BMW X6M offers more custom drive mode options (which it does). But the Levante GTS is much more than a one trick pony, and the more I drove it, the more I liked it.

**Complaints:** I do wish the steering wheel was a bit smaller, the unit in the Levante GTS is HUGE.

**Fuel Economy:** In my test cycle, which covers 170 kilometres of highway driving + 130 kilometres of city driving, I averaged 14.1-litres/100 kilometres. That’s not bad for a vehicle of this size and performance, but remember, you have to feed it premium fuel.

**Pricing:** The 2019 Maserati Levante GTS has a base price of \$138,500. My very well-equipped tester was priced at \$155,540. So, it certainly isn’t cheap, but that was expected. Look at it this way, it is a bargain when compared to a Bentley Bentayga, or the Lamborghini Urus, and it’ll do pretty much anything those vehicles can do, for nearly half the outlay.

**Verdict:** Given Maserati’s past, I was expecting the Levante GTS to be good, but it turned out to be much better than I was expecting.

Would I buy one, if I could afford one? Yes — make mine black, please.

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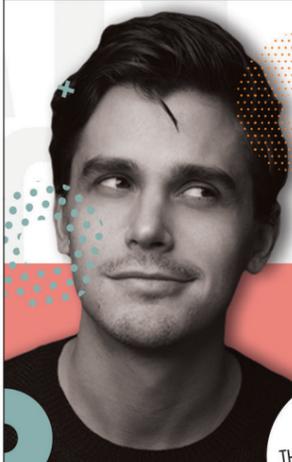
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