

# INTERROBANG



**BUCKLE UP,  
THE HOLIDAYS  
ARE COMING!**





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FROM THE  
EDITOR Angela McInnes

Greetings, readers from the Fanshawe community and beyond. Welcome to the 2019 Holiday Issue of Interrobang.

It's been a hot minute since our last issue, but I'm pleased to report that our news section includes several glad tidings from the time between then and now.

First off, Fanshawe's own music industry arts instructor Dan Brodbeck has earned a Grammy nomination for his engineering and co-writing work on The Cranberries' final album, *In The End*. As a Cranberries fan I'm ecstatic to see how closely connected the College is to one of the greatest alt-rock bands of the past three decades. Congratulations, Dan!

Other news includes reporter Emily Stewart's coverage on how Atlohsa's Family Healing Services is working to aide those experiencing homelessness in London. As the weather turns colder, please consider donating a winter coat and blanket to a drive ran by Atlohsa along with Fanshawe's Institute of Indigenous Learning between December and January. You can drop off your donations at the designated box in A1047.

We also have an update on the Student Choice Initiative, which has been officially deemed unlawful by the Ontario Divisional Court. This news comes weeks after province-wide col-

leges and universities adjusted their funding in accordance to the now defunct directive, so what happens next remains to be seen. Since we're not publishing again until the New Year, any upcoming developments will be posted online at theinterrobang.ca.

In lifestyles, this issue is crammed with several holiday-themed features written by our wonderful student writers and freelancers. Take a peak between your study sessions to jump-start your holiday spirit!

We also have a piece on how healthcare students are at risk of neglecting their own self-care, especially at this time of the year. You guys — you can't take care of others until you take care of yourselves, so please get plenty of rest and water. The holidays will be here soon; just a few more weeks and you'll be drinking eggnog in front of the latest Netflix holiday rom-com before you know it.

That's it for now. Thanks so much for reading, and be sure to keep tabs with us on our Facebook, Instagram and Twitter pages.

Happy Holidays!

Letters to the Editor: fsuleters@fanshawec.ca

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| <b>Bombshell Hair</b><br>1980 Dundas St., London                  | <b>Naughty Shop</b><br>1560 Dundas St., London                    |
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# Atlohsa bridging gaps found in London's homelessness crisis

**Emily Stewart**  
INTERROBANG

When there were less crash beds available in London, Atlohsa's Family Healing Services brought in a resting space.

Terri King, the resting space program coordinator, said the space, offering 10 beds, began as an overnight resting space on April 1 after the Mission Services of London cut their crash beds program.

The resting space's beds are for people experiencing homelessness and/or unable to access other shelters because of limitations and behavioural issues relating to either mental health, substance use, or aggressive and violent behaviour from a combination of the two.

"It's important that even though somebody has those — like mental health or if they're using substances — that they still have a safe place to stay at nighttime," King said.

As of mid-September 2019, the resting space can also be accessed during the day.

Atlohsa and its resting space also meets the need for culturally-based services. King said slightly more than 30 per cent of people without housing in London are Indigenous. Yet, those who are Indigenous make up four per cent of the London's total population. She also said London lacks a culturally-based shelter.

The resting space offers smudging and traditional medicines like tobacco, sweetgrass, and cedar. Berries are included with every meal as healing foods. King said while those using Atlohsa's resting space are considered challenging elsewhere, they generally act respectfully there.

Atlohsa also hired the city's first Indigenous outreach coordinator, who speaks to Indigenous people living on the street.

"There's a whole bunch of different varying sectors that come into play here. There's a large number,



Terri King, the resting space coordinator for Atlohsa, said that the space offers smudging and traditional medicines to anyone who needs a place to rest either overnight or during the day.

CREDIT: EMILY STEWART

but then we're not seeing those larger numbers come into shelters," King said. "That could be due to their trauma and to colonization as well, and mistrust of different organizations."

Atlohsa also aims to re-educate that just because substance use is banned on the organization's property, it doesn't mean they cannot access the shelter.

"In fact, that's when you need the medicines more and that's when you need our support more, is when you've been using," she said. "We're never going to cast you aside even in that case of using."

If someone is either being difficult with staff or using substances on the property, King said staff suggest to

go for a 30-minute walk before returning, then try again the next day if the person is still not cooperating at the time.

Atlohsa also runs the Zhaawanong Women's Shelter for Indigenous women and children at risk of violence, abuse, and/or homelessness. An 11-unit apartment building on St. George Street supports women and children as they move to safe and secure housing.

**Lending a helping hand**

Atlohsa and the Institute for Indigenous Learning at Fanshawe College are running a winter coat and blanket drive. King, an alumna of Fanshawe's social service worker (SSW) program, said the coats, blan-

kets, and winter gear will be given to those seeking rest when the resting space is full and there are no other places to crash.

"On any given night we could have 20 people out there, but we only have 10 beds so we have to make some really hard decisions at times and we can't support everybody," she said. "When we do have to turn somebody away, we're pretty aware that they're just going to be going out onto the street and so we would like to be able to provide them with at least warm jackets or blankets if they have to sleep out in a public space for the night."

The drive will run in December 2019 and January 2020, with hopes

of it continuing through February and March. Donations can be dropped off in A1047.

Londoners can also support those without housing by expressing more empathy and recognizing trauma like substance use, unaddressed mental health issues, and simply living without housing.

"We like to think of it here at Atlohsa that all community members are our relatives and if our relative was going down that path, we wouldn't treat them the same way that we treat strangers," she said. "We really look at those experiencing homelessness in the city as our relatives and as such, we treat them as such."

# Student Choice Initiative deemed unlawful

**Angela McInnes**  
INTERROBANG

On Nov. 22, the Ontario Divisional Court unanimously put an end to the Ford government's Student Choice Initiative (SCI).

The province first introduced the SCI in January as part of a new funding framework for college and university students. The SCI allowed students to opt out of paying for "non-essential" ancillary fees such as clubs, campus media and cultural groups belonging to student unions.

In May, the Canadian Federation of Students (CFS) and York Federation of Students (YFS) of York University jointly filed a lawsuit on the basis that the government lacked the authority to implement such a policy and acted with improper purpose without consulting student groups. In October the groups argued before the court that the SCI negatively impacts the ability of student organizations to provide essential resources and services to students on campus.

"This is a hard fought victory,"

said Kayla Weiler, the CFS Ontario representative in a Nov. 22 media release. "From day one, students across Ontario voiced their opposition to the Student Choice Initiative by protesting at Queen's Park, walking out of class, holding strikes and collecting tens of thousands of petition signatures."

The court ultimately determined that the government had no legislative authority to interfere in the affairs of university and college students' unions.

"Requiring that universities allow students to opt out of student association fees and other 'non-essential' services is inconsistent with the universities' autonomous governance," a panel of justices said in the ruling.

The SCI came into effect in the fall 2019 term, leaving many campuses with inadequate funding to operate numerous student services. Half of campus radio stations were at risk of closing down, according to a September media release from the New Democratic Party (NDP).

At Fanshawe College, the ruling comes as a relief.

"This is welcome news for



CREDIT: RAWF8

The Ontario Divisional Court has decided to oust the Ford government's Student Choice Initiative (SCI).

student associations across the province," said Julia Brown, the Fanshawe Student Union's (FSU) finance coordinator and former interim president. "This initiative created a great level of uncertainty of our ability to provide the best stu-

dent life and programming for our students. Our deadline for the opt out was the withdrawal date on the 10th day of classes, meaning as we had to plan most of our events in the summer while facing the looming uncertainty of where our budgets

would land."

However, the Ontario government can still appeal the decision, meaning the future of ancillary fees is not yet solidified.

Interrobang will be providing updates as this story develops.



# Fanshawe professor receives Grammy nomination

**Liam Buckley**  
INTERROBANG

Dan Brodbeck, Fanshawe's music industry arts (MIA) program coordinator, has received a Grammy nomination for his work on The Cranberries' final album, *In The End*.

The album has also been nominated for Best Rock Album, but it's a bittersweet experience for Brodbeck as the posthumous collection of songs was released following the death of frontwoman Dolores O'Riordan in 2018.

Brodbeck reflected on his strong working relationship and friendship with O'Riordan that began in 2003. He was initially referred to her due to his knowledge in current music technology, and brought on to assist in programming electronic instrumentation.

"She happened to be in Toronto," Brodbeck recalled. "So, they phoned me [and] asked me if I knew these pieces of software. I said 'yes', then I drove to her house in Buckhorn Ontario, which is her holiday home, and met and hung out. We didn't really talk about music much, that's not really what it was about to her."

O'Riordan assumed Brodbeck already had the necessary skills due to his referral and was more concerned with whether they'd work well together.

"Because the skill set is meaningless if you don't get along," Brodbeck said.

Their first day of working together



CREDIT: PROVIDED BY  
DAN BRODBECK / BMG

Music industry arts (MIA) coordinator and professor Dan Brodbeck has received a Grammy nomination for his work engineering and co-writing The Cranberries' final studio album, *In The End*.

went extremely well and O'Riordan mentioned that she wanted to record drums on a song, asking if Brodbeck knew any engineers to do so.

"I said, 'well, I'm an engineer, it's actually one of the things I do,'" Brodbeck said. He subsequently was brought on to track drums for the project as well.

Things continued in this fashion, with Brodbeck quickly offering his talents across the board in their musical collaborations. He was brought on to track O'Riordan's vocals, then the guitarist, and was eventually



playing instruments such as the guitar and bass in their co-writing sessions.

"So it was a three-day gig that turned into 13 years," Brodbeck said.

During this time, Brodbeck would fly to Dublin or O'Riordan to London to continue collaborating; an exchange speaks volumes to O'Riordan's respect and trust in Brodbeck.

"She literally could have worked with anybody in the world, because she was famous and she'd pay well," Brodbeck said. "She obviously knew that I had her back creatively and there was no limit. If I did a song my way, it would be that way. Instead of changing it she would just think, 'that's the way it's supposed to go'."

Brodbeck was given a lot of creative freedom during their collaborations, which shaped the way he worked with other artists as well.

"I clearly got spoiled, because to get paid as well as I did and to work with somebody that was famous and gave me that much leeway, to just do whatever I wanted...was very weird. It made me realize that's the only way I'm going to work from now on," Brodbeck said.

Through their collaborations together, Brodbeck worked on the music for both O'Riordan's solo albums, as well her work with The Cranberries. Her solo album *No Baggage* even garnered him a Juno Award for Recording Engineer of The Year in 2010.

In addition their collaborations that got released, there were plenty of compositions and recordings that never saw the light of day.

"Some of it was completely finished, mixed and everything, and some of it was just sketches," Brodbeck said.

It was this collection of recordings that laid the groundwork for *In The End*.

"[O'Riordan] reached out to me [and] we started talking again about song spits and this could have been a solo record or could have been a Cranberries record. Nobody really knew, but then they started making it a Cranberries record, looking at what they were going to change. So, they started tracking it, started thinking about it and then she passed

away," Brodbeck said.

"Much like they did the previous two records, they had used a bunch of my parts. But in this case they were using more than normal because she had passed away...so the engineering credit is kind of weird, because I engineered most of that stuff five years ago, but it only came out less than a year ago," Brodbeck said.


Although Brodbeck is only credited with engineering a few aspects of the album and co-writing one song, his involvement in many of the songs was far greater as a producer, engineer and musician.

"It's about as accurate as you could type it to be honest, but it doesn't really explain my involvement in the creation of the songs," Brodbeck said. "I was involved in the creation of six of the songs on that record, including the arrangements, the chords, the whole direction of the song, everything. So, when it was taken and kind of changed a little and [they] put the band members on it, it was the way I had put those songs together."

Once the album was finished, no one expected the Grammy nomination that would soon follow.


"It was all quite a surprise to everybody, including myself, obviously, because I did a lot of that work five years ago... [I] thought it was a very cool record and a real memento to her fans. It was a final 'say goodbye to Dolores' kind of thing," Brodbeck said. "[But] that was pretty much the end of it to me, I didn't think that it would garner a [Grammy] nomination. It's an amazing accomplishment to be on a record that's nominated for Rock Album of The Year, but then she's not here to see it," Brodbeck said, acknowledging once again, the bitter-sweetness of it all.

Although it's an equally exciting and difficult time for the family, friends and fans of O'Riordan, it's hard to think of a more fitting way to honour the life and legacy she left on the music industry.




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# Fanshawe's downtown addition wins award

**Hannah Theodore**  
INTERROBANG

Just over one year ago, Fanshawe opened the doors to its newest downtown addition at 130 Dundas St. Now, the team behind the design has been recognized with an Urban Design Award from the City of London for their innovative reuse of the former Kingsmill's department store building.

The space was designed by Diamond Schmitt Architects and Phil Agar Architect and is home to Fanshawe's Schools of Information Technology and Tourism, Hospitality and Culinary Arts.

Shawn Harrington, director of campus planning and capital development for Fanshawe College, was involved in the project since the beginning, and said he was thrilled when he found out about the win.

"It was a big project, and I think it has huge impacts on downtown," he said. "It was very exciting for the design team to be awarded the prize."

Making use of an existing space can be a challenge, and Harrington said the choice to include so much of the original architecture was always a key part of the design plan.

"We always anticipated maintaining that heritage façade," he said. "We did retain many heritage features inside the current school. We kept one of the original elevators as an homage to the history of the building. We kept the pneumatic

tube system that they used for sending bills to the sales office."

The Kingsmill's store always had a connection that lead to Carling Street, something Harrington said the design team worked hard to maintain. He said the choice to keep the connection played a large role in the Urban Design jury's decision.

The building still hosts much of the original brick and wood beams maintained since the '30s, as well as many small reminders of times gone by.

"Even the benches that were in the entranceway of the store that we would jokingly refer to as the husband bench," Harrington said. "Where the husbands would wait for their better halves to finish their shopping. It was very important to maintain that history."

Go to the bottom floor of the building, and visitors will find a painting of the store's top furniture salesman, memorialized on an 800-pound elevator door.

As much as the building respects the history of the space, it also houses a wide range of state-of-the-art facilities, including new culinary labs and computer spaces.

Sustainability also played a major role in the design process.

"There's a living wall within the main foyer," said Harrington. "It's a wall full of plants, which allows the air from the room to flow through the plants and get circulated through and clean the air back through the building."



CREDIT: HANNAH THEODORE

The designers of 130 Dundas Street kept many of the original features of the Kingsmill's building, including the iconic façade.

Special solar shading coats the windows in the upper portion of the building for increased energy efficiency, with unique designs to protect birds from flying into the glass.

At a time when the maintenance of downtown heritage spaces is being questioned (for instance, the Wright Lithographing building), Fanshawe's addition to the downtown core proves that all these buildings need is a little attention to make them a part of the community.

Harrington said that Fanshawe is now more involved in downtown events than ever before, something that he said was also due to the completion of the Dundas Place flex street.

By connecting the past, present, and future, the designers of 130 Dundas have cemented Fanshawe's place in the city's centre for years to come.

The building now also has the potential to be recognized nationally by the National Urban Design Award jury.

# Hungry fans listen to Antoni Porowski's culinary experiences



CREDIT: EMILY STEWART

*Queer Eye* star Antoni Porowski meeting his fluffiest fan, Gus the corgi. Fanshawe Student Union (FSU) advocacy and communications coordinator Chelsea Bancroft brought her dog onto the stage as a nod to when he was surprised with a corgi in a previous episode.

**Emily Stewart**  
INTERROBANG

Plenty of applause and laughter filled Fanshawe College's J-Gym 3 during Fanshawe Student Union (FSU) presents An Evening with Antoni Porowski on Nov. 18.

During the sold-out event, the food and wine expert of Netflix's Emmy-award winning show *Queer Eye* spoke about his new cookbook *Antoni in the Kitchen* and how he works to change people's relationships with food.

The event was previously scheduled for Forwell Hall, but was moved to J-Gym 3 to accommodate a larger crowd. About 20 minutes prior to the show, the line stretched from the gym all the way through to Oasis.

Earlier this fall, Porowski went on tour promoting his New York Times bestselling cookbook. He was surprised when many fans told him *Antoni in the Kitchen* was the first cookbook they ever bought, and acknowledged his role on *Queer Eye* plays a large part.

When writing *Antoni in the Kitchen*, Porowski was dealing with the end of a seven-year relationship and realized he made a lot of the food for his ex and his family. As much as he wants people to try the recipes, he would like them to read the book's personal stories and reflect on their own narratives with food — be it the first meal in what he called "a really sad dorm room you got in college", special occasion meals, or dishes enjoyed on first dates.

"Food has been at such important pivotal moments in all our lives and I think it's such an incredible connector," he said.

He connected food to a childhood memory during the cooking demonstration. Before asking an attendee to come up on stage and help him prepare a carrot salad with jeweled dates, ginger and honey vinaigrette, and toasted almonds, Porowski talked about his dad snacking on carrots and almonds soaked in lemon vinaigrette.

Noting that many people not in touch with their heritage have strong memories of traditional

meals their grandmas prepared, Porowski also said food brings you closer to your heritage, which then helps with confidence.

"It makes you a more confident person because you know who you are and it changes the way that you enter a room and that you present yourself and I think it's only something to be proud of."

Porowski may be the culinary guru of *Queer Eye*'s Fab Five, but he doesn't call himself a chef. Rather, he's a home cook with a background in psychology.

"It's just something that I really like, I know enough about and I'm deeply passionate about for a lot of reasons and that I've been practising for a lot of years," he said. "It's something that I just keep on learning, so I see myself as like a messenger. I love talk to chefs and I talk to somebody who is intimidated by chefs."

Porowski referenced previous episodes as examples of how he changes people's relationship with food. A former cop named Cory, previously intimidated by the thought of making a Sunday roast from scratch, now owns a quick niche juice bar. Porowski helped Yoko make a French open-faced apple pie called tarte tatin during *Queer Eye: We're in Japan!* because she always wanted to make an apple pie.

Eager fans brought their copies of *Antoni in the Kitchen* hoping for autographs. Two students who spoke to Interrobang after the event didn't get their copies signed, but still enjoyed the night.

Mackenzie Watt, a personal support worker (PSW) student who sat in the second row, is looking forward to trying the recipes.

"I'm hoping to try one of the desserts in the cookbook. I prefer to bake over cook," she said.

Radio broadcasting student Alex Cunningham said *Antoni in the Kitchen* was the first cookbook he ever bought and he already made some of the featured dishes.

"I made the lemon squares from it, which were absolutely delicious," he said. "I made the cauliflower rice just the other day and it was very good too."

# Spinathon raises funds for new wheelchair bicycle

**Emily Stewart**  
INTERROBANG

An afternoon spin class raised money towards a wheelchair tandem bike at McCormick Home.

The first annual Fit for Care spinathon, organized by the McCormick Care Foundation and students, enrolled in Fanshawe College's recreation and leisure services program was held in the Student Wellness Centre on Nov. 21.

Many teams of five cycled for a total of 90 minutes and rotated participants throughout the event. A mix of energetic music and cheers from the teammates kept the participants motivated.

As of Nov. 26, the Fit for Care donation page on CanadaHelps.org raised \$7,425 of their \$25,000 goal. Donations will be accepted until Jan. 1, 2020.

Logan Flannigan, one of the event's co-chairs, said Fit for Care is an assignment for their special events and governance class, where the students have to run a community event. Fanshawe has previously partnered with the McCormick Care Foundation and ran fundraising art shows.

Although McCormick Home has a wheelchair tandem bicycle, the bike is worn out so they're looking for a new one.

"The residents love it at McCormick Home, like [it] puts the biggest smile on their face," Flannigan said. "It gives them the opportunity to feel the wind flow through their hair and make them feel like they're a kid



CREDIT: EMILY STEWART

Participants pedaled for a good cause in the Fit for Care fundraiser at Fanshawe College's Student Wellness Centre. Fit for Care is accepting donations for a new wheelchair tandem bicycle for McCormick Home.

again."

Victoria DePass, also a co-chair, described the bike.

"A wheelchair bike basically looks like a larger tricycle on the back and then a large chair in the front so the individual can sit there," she said. "In the back, the other individual will bike them."

McCormick Home provides long-term and dementia care. Michelle Hancock, the executive director for the McCormick Care Foundation, said that riding a bike and feeling like a kid again helps residents feel more engaged and relieved from anxiety and depression.

"It's all about engagement. For many of the individuals who have dementia — or even not diagnosed with dementia but being elderly — sometimes those memories seem long ago and far away," she said. "To

reconnect people with it and to become social again, just helps people feel like there's purpose to their life and gives them meaning on an every day basis."

She also praised the students in the special events and governance course and added that they would be great role models for her son, a Fanshawe student enrolled in the computer programmer analyst program.

"They are doing such an amazing job. They've embraced this project. They've elevated it," she said. "They've really stepped up to the challenge creating a peer-to-peer fundraising event. This is no small task and what they've accomplished is huge."

To donate and to learn more about McCormick Care Foundation, visit [mccormickcarefoundation.ca](http://mccormickcarefoundation.ca).



STUDENT UNION FINANCIALS 2018 / 2019

Report of the Independent Auditor on the Summary Financial Statements

To the Members of the Fanshawe Student Union

Our opinion

In our opinion, the accompanying summary financial statements of Fanshawe College Student Union (the Organization) are a fair summary of the audited statements, in accordance with Canadian accounting standards for not-for-profit organizations.

The summary financial statements

The Organization's summary financial statements derived from the audited financial statements for the year ended April 30, 2019 comprise:

- the summarized statement of financial position as at April 30, 2019;
- the summarizes statement of operations for the year then ended;

The summary financial statements do not contain all the disclosures required by accounting standards for not-for-profit organizations. Reading the summary of financial statements and the auditor's report thereon, therefore, is not a substitute for reading the audited financial statements and the auditor's report thereon.

The audited financial statements and our report thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated November 20, 2019.

Management's responsibility for the summary financial statements

Management is responsible for the preparation of the summary financial statements in accordance with Canadian accounting standards for not-for-profit organizations.

Auditor's responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which are conducted in accordance with Canadian Auditing Standard (CAS) 810, Engagements to Report on Summary Financial Statements.

PricewaterhouseCoopers LLP

Chartered Professional Accountants, Licensed Public Accountants

London, Ontario  
November 20, 2019

Fanshawe College Student Union  
Summary Financial Statements  
As at April 30, 2019 and for the year then ended

	2019 \$	2018 \$
Summarized Statement of Financial Position		
Assets		
Current assets	790,662	2,919,869
Investments	8,473,421	4,167,318
Capital assets	4,925,717	5,395,463
	14,189,800	12,482,650
Liabilities		
Current liabilities	3,134,144	2,515,089
Long-term debt	2,148,769	2,326,251
	5,282,913	4,841,340
Net Assets		
General fund	626,418	1,735,702
Reserve funds	2,220,211	1,714,249
Capital fund	6,060,258	4,191,359
	8,906,887	7,641,310
	14,189,800	12,482,650
Summarized Statement of Operations		
Revenues		
Net student fees	7,468,878	6,926,709
Organizations and programs	3,330,907	3,169,709
Interest income	156,103	40,977
Rental income	38,848	39,900
Other income	132,827	143,882
	11,127,563	10,321,177
Expenses		
Health plan	2,444,204	2,629,077
Organizations and programs	5,132,820	4,927,626
General and administrative	2,284,962	2,122,015
	9,861,986	9,678,718
	1,265,577	642,459
Excess of revenues over expenses for the year		
General fund	756,118	402,571
Reserve funds	405,718	19,286
Capital fund	103,741	220,602
	1,265,577	642,459

Approved by the Board of Directors

  
Cole Ayerst  
Chair, Board of Directors

  
Christine Belanger  
Secretary, Board of Directors



# Lighten up: Life is an experience

**Ilhan Aden**  
INTERROBANG

Virginity is a social construct used as a means to control. What it's meant to control is dependent on the source of the pressure influencing you to keep it or not.

I am not writing this in hopes of being a part of that influence but rather be a part of changing society's frame of reference when it comes to the idea of virginity.

For many religions, cultures and value systems, virginity is seen as a something sacred, and I can respect that. However, I believe virginity is just a fancy word for sexual inexperience.

Whether it be in the group chat, a Friday night out with friends or any locker room, sex is always a topic of conversation in one way or another. It's a part of our relationships, our music, our media, our jokes, and our culture. It's a means to reproduce.

Sex is everywhere.

Life is one big experience but because there is so much to sort through, analyze and understand it becomes easier to rely on the experience of others to formulate our value system. We build a sense of self based on that information.

Learning from the experience of others is extremely beneficial but it cannot be the only building blocks for the formation of our identity. If so, we then can become rigid in said values until something big enough happens in our lives that force us to question what we

know. For some "losing" your virginity is that moment.

I don't know about you, but I do not like losing. I don't like losing my phone, a game, money or time. Losing has a negative connotation associated with it. It sounds like something is gone or taken forever.

Part of changing society's frame of reference about virginity is in changing the language we use. If we change how we talk about sex, we can begin to look at virginity as a valuable life experience to gain rather than something we lose.

Education is always the key but it does not end or begin in a classroom. It begins the moment you open yourself up to questioning what you believe you know. In that space you begin to question your sources of information and develop your own criteria for what constitutes as reliable and trustworthy.

Questioning why you think what you think is an incredible way to gain perspective, build a sense of self and learn, relearn and unlearn so much about life. It's way to open yourself up to growth and progression. I would be wrong if I expected a cultural shift to happen overnight, but it starts from somewhere, somehow.

So why not with you, the reader.

Let's start by ditching the archaic concept of "losing" one's virginity and change how we think, talk and view sex. Regardless of what you chose to do with your virginity, understand this; just like all of life, it's an experience.



CREDIT: DYLAN CHARETTE

Opinion: "Losing" one's virginity is just another part of life.

# Astrologers, shepherds and humble beginnings



**Michael Veenema**  
RELIGION

Anyone who has spent time in the Roman Catholic Church, in a Greek Orthodox Church, in a Russian Orthodox Church, or in any branch of the Protestant Church will be familiar with the story of the birth of Jesus Christ. Two of the four accounts of the life of Jesus provide the details.

It starts this way. Mary and Joseph, Jewish young people living about 2,000 years ago in Israel, plan to be married. His family background includes David, the most revered of the ancestral Jewish kings.

Her family past is more modest. But there is this: In the Jewish history there were stories of remarkable births, to women who were well passed child-bearing age or else to women who had not conceived for other reasons.

I mention this bit of background because what happened to Mary and Joseph did not happen in a vacuum. It happened in the context of the life of their nation and would have, therefore, made sense, even though the happening was most unusual. Mary would be yet another of the Jewish women who gave birth in an extraordinary way.

Her birth would be the most noteworthy of all because it would come about without her having any sexual relations. As for Joseph, taking into account his ancestry, the child to be born would be a king of sorts.

So, back to our story. Matthew and Luke's combined narrative of Jesus' birth consists of a collection of stories, just as the narrative of your birth does.

Mary is visited by an angel; again, something unusual, but by no means unheard of in the Jewish writings and history. The angel (gently) lays out for Mary what will happen. Joseph doesn't believe Mary's claim that, even though she is pregnant, she hasn't been with another man. Who can blame him? He resolves to quietly drop the engagement. But God reveals to him that Mary is telling the



CREDIT: LILIBOAS

Opinion: Do you know the historical context to the birth of Jesus?

truth. They resume the path towards marriage.

Soon, however, things get complicated. Joseph is called back to his hometown, Bethlehem, to be present for a Roman census (for taxation). Mary makes the hazardous journey with him. While in Bethlehem, she gives birth.

Not far away, Jewish shepherds are tending their sheep. The smell of the herd is in the air. A cluster of angels appears to them announcing the birth of a new king of their people, one who will bring God's peace to their own and to people all over the world. They hurry down to the village and discover things just as the angels had said.

I'd like to end by considering an entourage of foreign dignitaries who came to visit Jesus and his parents. Their astrologers had seen signs in the night sky that a new king had been born among the Jewish people. My guess is that it would have been usual for such a delegation to visit a ruling household whenever their astrologers believed that a new royal

personage had come into the world. It would be well to nurture a good relationship with the family of the newborn prince or princess.

So, here's the thing about these three or more visitors. In the Jewish writings, there was a prophetic vision of the world's rulers bringing their treasure to the king of the Jews. This was in recognition of the fact that those rulers owed their allegiance to this king no less than the Jews did. They would see in this ruler the will of God himself for the world. This was God's own chosen leader, the Messiah, the Christ.

A passage from those writings (from Isaiah 60) helps make the point.

*...the Lord rises upon you  
and his glory appears over you.  
Nations will come to your light,  
and kings to the brightness of your dawn.  
...the wealth on the seas will be brought to you,  
to you the riches of the nations will come.*

And what do we see the "wise men" doing? They enter the place where Jesus and his parents were staying. They bow down, and they spread out their finest gifts: gold, frankincense, and myrrh, some of the "riches of the nations".

The delegation of "wise men" comes to worship a child brought forth by God himself to draw together not only the Jewish people, but people of all communities, whether those ancient delegates know it or not. They are the beginning of the fulfillment of that Jewish prophetic vision. They are the first of a great procession of the world's societies, cultures and religions, all paying tribute to Jesus; people from Hungary and Canada, Iraq and Lebanon, Venezuela and Nepal, Easter Island and the U.S., Hong Kong and China.

The delegates present themselves to the One, the Son of God. They are in a barn. The smell of shepherds hangs in the air. And there he is. Wearing a diaper.



# Coming to Canada: Acceptance in the face of nonacceptance

**Ilhan Aden**  
INTERROBANG

Anytime someone says something controversial to, about or around me I try to make it a point to let the remarks marinate before responding; emphasis on *try*.

When reading something controversial it becomes easier to sit with the words prior to forming an opinion. That is what I chose to do with Don Cherry's recent on-air antics about Remembrance Day.

I am sure by now most of us have heard the infamous "You People" line that caused a lot of hurt, confusion and anger on both sides. However, this article isn't about Don Cherry and his words but rather a perspective from someone raised by an immigrant here in Canada.

My mother came to this country to escape the Somali civil war when it began in the '90s. She came here with nothing but hope and life experience shaped by her culture, religion and upbringing.

With military training, a degree in education and being multilingual (Somali, English, Arabic and Italian), she had high hopes for what she could do here. She knew nothing about Canada other than it being globally promoted as a safe haven for refugees trying to rebuild their lives.

She was not accepted.

Her education was not accepted.

Her accent was not accepted.

The smell of her food was not accepted.

She was othered the moment she came here but that did not stop her from trying to learn and understand Canadians and their culture.

She made it a point to enroll me in a French immersion school because she respects that there are two official languages in Canada.

She would participate in holiday customs outside of her norm in an attempt to provide a typical Canadian experience for me as a child.

She would always correct any accent I



CREDIT: ANTHONY ROSENBERG

Opinion: In Canada, don't assume people's stories before getting to know them.

would pick up from her when speaking English in hopes my accent and English would be accepted here. She wanted me to be both Canadian and Somali and my upbringing reflects that. Even when people would try and blame the difference in culture for simple human mistakes, she would still always try and learn.

That is where I gained my affinity for knowledge and developed my patience. I became accustomed to Canada long before she

did because I've called no other place home. But that didn't mean I had to make my mother feel bad if she didn't understand a Canadian concept like tipping, for example.

I would teach her little by little the nuances of being Canadian, including the importance of Remembrance Day. It is a day she could absolutely connect with seeing that she has lost a lot of family and friends to war.

She understands sacrifice because she gave up everything she knew to try and build

something better for me. She understands loss and the importance of remembering those who have come before you. She understands the pain in fighting for freedom. This is what Remembrance Day is about.

My mother's story is no different than the many immigrants and refugees that come to Canada in hopes for a better life.

So maybe think twice before you assume someone's story because you don't see them wearing a poppy.

## Canadians: We're not as nice as we think we are

**Anonymous**  
INTERROBANG

One week ago, I was riding the bus to the college when I witnessed something I have personally never seen in all 27 years of my life.

A middle-aged man stood up, and started to verbally harass and threaten an international student, much younger than he was. Keep in mind this student was not even sitting close to this guy, let alone doing anything at all to provoke this man who was yelling at him. The only thing he did was come to Canada and Fanshawe College to get an education.

Maybe I am just "sheltered", but I have lived in many cities, states, provinces and countries and have never seen anything like this. No — scratch that — I AM sheltered to have never witnessed this first hand. And on top of that I, as a Caucasian Canadian have never, not once, had issues living in other countries. Not one. So why should others have to endure this type of harassment here?

Of course I have heard of this stuff happening, including to close friends of mine, but I have never seen it up close and personal. I had always told myself, if I ever saw this happen I would stand up for the person who

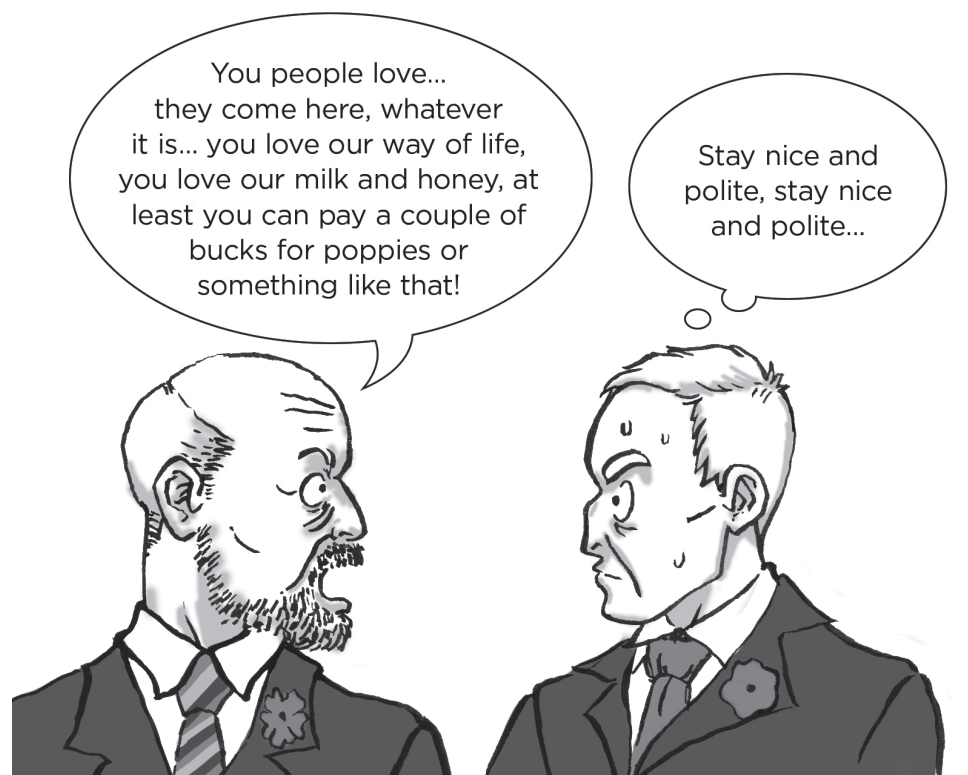
was being harassed.

And I did. But I was on a bus with 10 other people who did nothing but stare. Of course not everyone is comfortable with confrontation. I know I'm not. But how can anyone sit and watch something so disgusting take place and say NOTHING.

Growing up I was always (naively) taught that Canada is a "melting pot"; a country of acceptance and open arms. What I witnessed on the bus goes directly against everything we are taught as children, everything that we tell immigrants, international students and the world.

Another prime example of this sort of behaviour is the recent incident with Don Cherry and his use of "You People". Someone with such a large public platform knowingly and openly used those words, which only incites racism and related behaviours. He makes it "okay". It's not.

And really if you want to get down to the nitty gritty of it are we all not "You People". Unless you are an Indigenous person, native to Canada, we are all immigrants, regardless of whether you arrived yesterday or 100 years ago. To be frank, it's depressing, and sad and any other adjective you want to throw in there. I want the Canada back that was warm, and that I was proud to be a part of.



CREDIT: LAM LE

Opinion: One public figure's opinions do not necessarily reflect the rest of the country's.



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

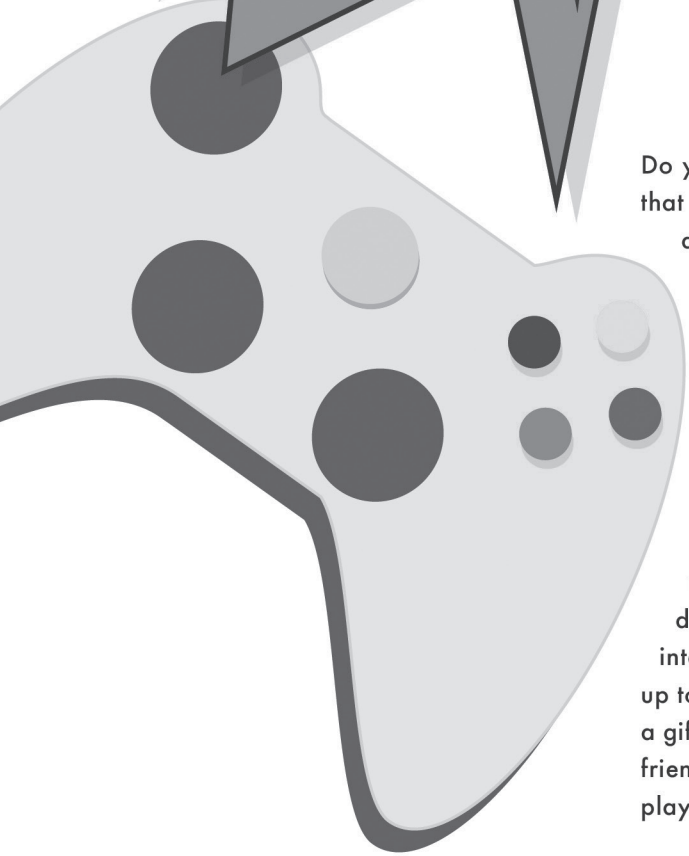




# EXCITING

# NEW GAMES FOR THE HOLIDAYS

Cynthia Kaczala | Interrobang



Do you have a friend, family member or spouse that enjoys playing video games? Are you having a hard time deciding what to get them this holiday season? This list of games might give you some ideas.

## **Daemon X Machina** (Nintendo Switch)

The perfect gift for giant robot fans, as they can partake in an epic giant robot adventure. Use the fully customizable mechanized battle suit called Arsenal to defend the planet from corrupted artificial intelligence-controlled robots. The game allows up to four people play locally and online, so it's a gift for your friend and yourself in a way: your friend gets a new game and you get someone to play with.



## **The Legend of Zelda: Link's Awakening** (Nintendo Switch)

Is your friend/family member/spouse a fan of The Legend of Zelda series? Then try this classic from the GameBoy era in its new colourful, cute form as a gift. Play as shipwrecked Link, as he travels around the mysterious Koholint Island to collect magical instruments to awaken the Wind Fish and escape the island. The cute art-style and isolated story from the main franchise makes it a great present and an excellent introduction to the Zelda series for both young and old.

## **The Outer Worlds** (Playstation 4, Xbox One, PC)

Have friends that are fans of Fallout and/or Borderlands? Then The Outer Worlds might be a suitable holiday gift for them. Explore the furthest reaches of space after a long nap, and determine the fate of the Halcyon colony

during a time of conspiracy that threatens to destroy everything. The character dialogue gives the game a comedic feel, coupled with plenty of action. Scenarios contain several choices that players can choose from, ending in different results based on what they pick. It's your choice in the end. Due to heavy language and violent action in the game, it is highly recommended as a gift for a mature audience.

## **Moons of Madness** (Playstation 4, Xbox One, PC)

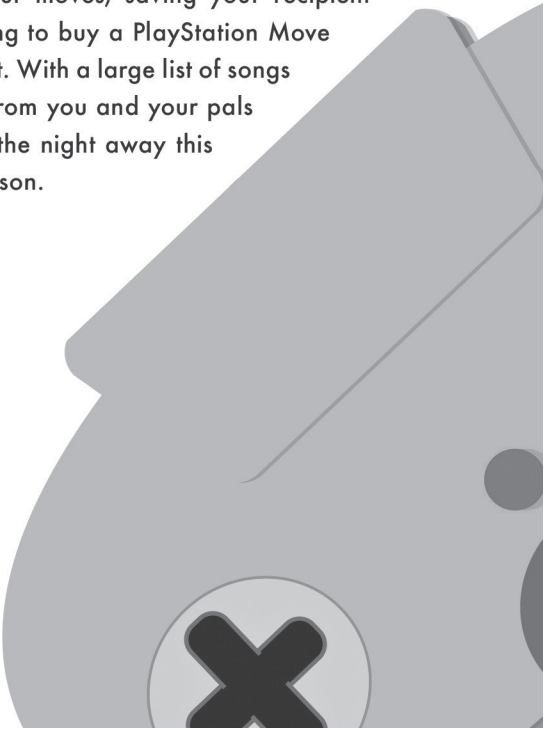
If your loved one is into spooky stuff, why not try giving your friend both a Christmas and a Halloween gift with this Lovecraftian horror game. Play as Shane Newhart, the technician at the Invictus research station as you keep it up and running. That is until unusual things start to happen around the station...

## **Pokémon: Sword/Shield** (Nintendo Switch)

A perfect as a gift for all ages, explore the Galar region as you capture and battle with the unique creatures called Pokémon. The combat system is easy to pick up for newcomers and the art style makes it appealing to fans all around. Purchase one as a gift for your friend, and get a copy for yourself to play and battle with each other.

## **Just Dance 2020** (Nintendo Switch, Playstation 4, Wii, Xbox One, Google Stadia)

Just Dance is a gift for your party animal friends/family of all ages. You can use your smartphone to track your moves; saving your recipient from needing to buy a PlayStation Move or a Kinect. With a large list of songs to choose from you and your pals can dance the night away this holiday season.





# How to Beat The Holiday Blues

Leandra Gumb | Interrobang

No matter what event you celebrate during the holiday season, or if you don't celebrate any at all, this time of year provides many wholesome opportunities to spread love and give back to the community. Here are a few events happening in London that will get you out of the house and involved in the warm atmosphere, despite the cold.

## Winter Wonderland Victoria Park

Every winter, Victoria Park lights up dozens of trees to create a magical landscape in Downtown London. The lights are turned on for the entire month of December. On certain days you can enjoy a beautiful view of the park from the City Hall Promenade Deck across the street on Dufferin Avenue. The first night where everyone gathers around to view the annual lights creates a wonderful nostalgic feeling. It makes for a beautiful evening walk, especially with a cup of hot chocolate to warm up your winter hands.



## Toys for Tots

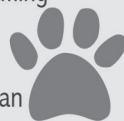
Toys for Tots is a charitable program that collects new and gently used toys and donates them to children from low-income families. For many children this time of year they expect gifts from 'Santa' or their parents. There is no better time to help with that and bring a smile to their faces. There are many companies that accept donations for this organization, but the default drop-off spot is any Canadian Tire location.



You don't need to be rich to make the most of your winter break! Make it your goal to create lovely memories this holiday season. The rewards of treating yourself and others right in times of need are immeasurable.

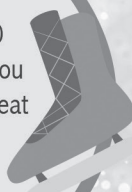
## Humane Society London & Middlesex (624 Clarke Rd.)

The holidays are a very busy time for pet shelters as they want to get their animals looking their best for upcoming adoptions. Volunteers are needed to help clean and prepare the animals. Sometimes they will need people with creative skills to help sew and knit gifts for them. Animals can sense the increased energy in the air during the holidays when everyone has a bit more spring to their step. Including them during this time makes their wait for a forever home a bit more enjoyable.



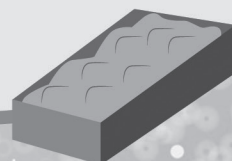
## Free Ice Skating Victoria Park

When the weather permits, a skating rink is open daily beside the bandshell. It is free to use and is open from 10 a.m. to 10 p.m. You can either rent skates for \$7 a pair or you can bring your own and get them sharpened for \$6. It's a great way to get into a new hobby if you've never tried skating before. Don't be shy, the family-friendly atmosphere will encourage you and perhaps an experienced skater would be willing to teach you a thing or two.



## The Shoebox Project

Every year multiple businesses participate in the Shoebox Project which collects necessities and small gifts to donate to women's shelters. Often women who are at risk of homelessness cannot access basic needs such as shampoo or a toothbrush. The Shoebox Project wants to provide these things to make their holiday season as stress-free as possible. Information on how to put together your shoebox gifts and where to donate can be found at [shooboxproject.com](http://shooboxproject.com).





# HIP-HOP HOLIDAY MUSIC

## to spice up your bland festivities

Haydn Rooth | Interrobang

The holidays are upon us once again, and the collective groan of holiday music-haters can be heard over silent nights. But amongst the endless sea of Mariah Carey, Justin Bieber, Michael Bublé and Frank Sinatra holiday albums lie some diamonds in the rough. If you are tired of the same old Mariah Carey holiday hits, this is the playlist for you. Tune into this playlist for frosty flows, a blizzard of beats and jolly jams that'll get you singing jiggy-bells.

### HIP-HOP HOLIDAY PLAYLIST:

1. **"Player's Ball"** (Christmas Day) by OutKast - Single
2. **"MF Grinch"** by MF Doom and Cookin Soul - MFChristmas
3. **"Christmas in Hollis"** by RUN DMC - Tougher than Leather-Expanded Edition
4. **"Merry Muthaf\*\*\*in Christmas"** by Eazy-E - 5150 Home 4 Tha Sick
5. **"Santa Baby"** by RUN DMC, Mase, Diddy, Snoop Dogg, Salt-N-Pepa, Onyx and Keith Murray - A Very Special Christmas 3
6. **"Ghostface Xmas"** by Ghostface Killah - GhostDeini the Great (Bonus Tracks)
7. **"You're a Mean One, Mr. Grinch"** by Tyler, the Creator - Dr. Seuss' The Grinch OST
8. **"Light's On"** by Tyler, the Creator, Santigold and Ryan Beatty - Music Inspired by Illumination & Dr. Seuss' The Grinch
9. **"Christmas Rappin'"** by Kurtis Blow - Kurtis Blow
10. **"Christmas in Harlem"** by Kanye West, Prynce Cy Hi and Teyana Taylor - Single
11. **"Ballin' on Christmas"** by Jim Jones - A Dipset Christmas
12. **"A Christmas F\*\*\*ing Miracle"** by Run the Jewels - Run the Jewels
13. **"A Pimp's Christmas Song"** by Snoop Dogg, Jake the Flake and Magic Juan - Christmas in the Dogghouse

Each of these songs have been chosen to inspire you in creating your own hip-hop holiday playlist. Every album except for *DOOM XMAS* and the song, "Player's Ball" can be found on Spotify. The other songs and albums can be found on either bandcamp or YouTube. Explore the albums that each of these songs are from, as this playlist was created out of pure opinion and other great tracks were left out for you to discover.

If you are looking for icy bars about the holidays, look no further than MF Christmas. MF Doom is no stranger to rhyming and gives us the greatest gift of all on 2018's MF Christmas. This is a personal choice for a favourite Christmas rap album and a strong recommendation to lyric lovers.

Of course, many great hip-hop holiday albums exist today; the prior list was simply a taste of what rap has to offer the holidays. If you are not a rap fan, a good alternative to the typical holiday music would be to look toward the works of Otis Redding and Stevie Wonder — beautiful, soulful music. Below are seven more full albums to cure your holiday blues:

1. *MF Christmas by MF Doom & Cookin Soul*
2. *Christmas in the Dogghouse by Snoop Dogg*
3. *A Dipset Christmas by Jim Jones*
4. *Music Inspired by Illumination & Dr. Seuss' The Grinch by Tyler, the Creator*
5. *Christmas on Death Row by Various Death Row Records Recording Artists*
6. *Christmas Rap by RUN DMC, Dana Dane, Spyder D and other artists*
7. *Badd Santa presented by Peanut Butter Wolf, performed by Peanut Butter Wolf, James Brown, Coco Tea and more*



# Holiday Gift Guide for Coffee Lovers

Hannah Theodore | Interrobang

Dark roast, light roast, espressos, decaf; coffee lovers know what they like, which means it may be hard to know what to buy these curators of caffeine. Don't worry — if you're struggling to pick something out for the coffee lover in your life, we've got you covered with some unique ideas to give your friends the jitters!

## 1 Death Wish Coffee Beans

This “deadly” brew is small batch roasted in America using only fair trade and organic beans. The name is no joke though; this intensely dark roast has 200 per cent more caffeine than your average cup of joe. On the bright side, the taste is still smooth and enjoyable, with hints of chocolate and cherry. The best part: it's available on Amazon.ca for \$29.99/lb.

## 2 Chocosol Rustico Pack

Chocosol is a Toronto-based chocolate trader specializing in fair trade and organic chocolate. Chocolate and coffee go hand-in-hand and supporting a local Canadian company is the cocoa on top of delicious gift idea. The Rustico pack is a \$50 assortment of seven different dark chocolate bars. Order online from Chocosol's website or find it at one of their four London retailers.

## 3 Specialty Mugs

Anyone who loves coffee has that one special mug that makes their first cup of the day that much better. For unique and novelty mugs, try your local thrift store. Many custom T-shirt shops will also custom-make coffee mugs with anything you can imagine for less than \$20. This is a super simple gift idea that is cost effective and easy to find.

## 4 Breville Barista Express

Okay, it's not cheap. But hey, neither is buying a \$6 latte from Starbucks every day. Give the coffee-lover in your life the chance to make their own delicious espresso at home with this top of the line home coffee machine. Available at Hudson's Bay for the generous price of \$679.99, this machine has everything your home barista needs.

## 5 CoffeeSock

As the world moves towards more sustainable forms of food production, give your coffee lover the gift of zero-waste this year. The CoffeeSock is a reusable coffee filter made from 100 percent organic cotton. Get it locally from Reimagine Co. on King Street for only \$17.

## 6 Bodum French Press

Bodum has a wide range of coffee making devices, but their classic Chambord is easily their best seller (and with good reason). They've been making this model the same way since the '50s, only now they come in a variety of colours and are reinforced with chrome plating. The one-litre press is available direct from Bodum's website for \$54.99.

## 7 Trip to Las Chicas Del Café

Take your coffee-obsessed pal on a daytrip to the historic Canadian Southern Railway Station in St. Thomas, where local roasters Las Chicas prepare their many fair trade, organic roasts. To learn more go to [laschicasdelcafe.com](http://laschicasdelcafe.com).

## 8 Contigo Travel Mug

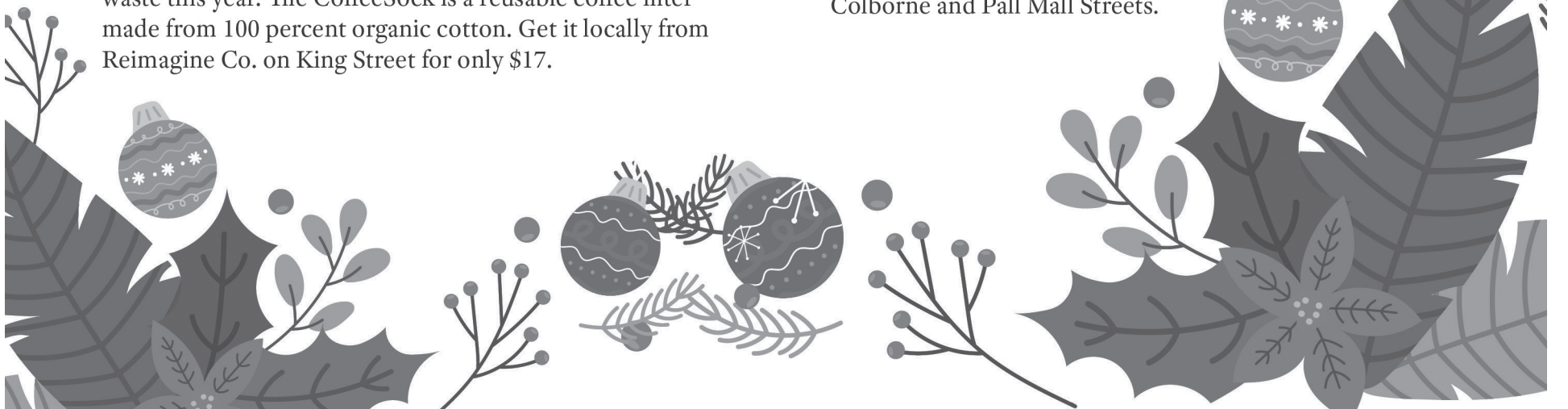
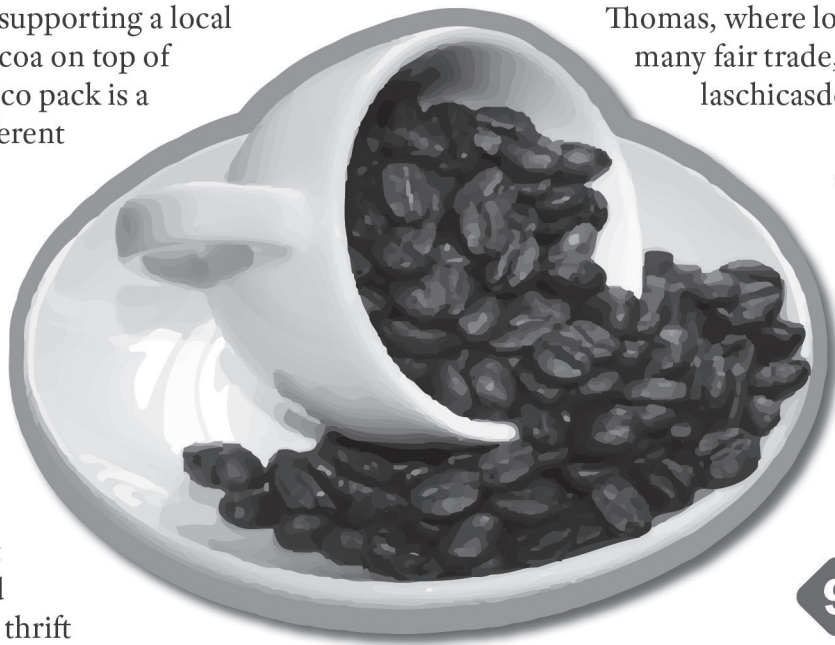
A hasty commute is no match for these infallible travel mugs, which always seal automatically and keep coffee hot for up to seven hours. They come in every possible colour you can imagine and are available at most Shoppers Drug Mart locations or on Amazon.ca for around \$20.

## 9 Krups Coffee Grinder GX5000

Give the gift of professionally ground coffee at home with this reasonably priced home grinder. It's adjustable to any grind, promising the perfect brew every time. Available direct from Krups.ca for \$49.99, give your gifted friend the chance to grind all the beans they please.

## 10 Department of Brewology Pins

Department of Brewology is an online merch store that was founded by a “recovering barista”. Choose from a variety of pin options like one reading “decaf espresso” written in the familiar *Stranger Things* font. Buy direct from their online store or find \$10 pins at local London coffee shop, Locomotive Espresso, located at the corner of Colborne and Pall Mall Streets.





# GIFT GUIDE FOR PET OWNERS AND PETS

Emily Stewart / Interrobang

We all know someone who adores their pet to the point where they buy presents for them during the holidays. And why wouldn't they? Buying gifts for pets is the best because they will always appreciate the present. As for pet owners, buying them a gift that highlights their love for their pet will make their day. Below is a gift guide for pet owners and their pets.



## PET PHOTOS

*walmartphotocentre.ca, starting at 11 cents for a single photo*

Capture cuteness by printing off a pet photo, or as many as you'd like. Whether you frame the photo, put it in a photo book or album, or give the photo as is, the recipient will treasure it.



## PERSONALIZED PET ORNAMENT

*Rudolph and I, \$19.95*

A tree ornament comes with memories and sentimental value for years to come. Rudolph and I, a kiosk at CF Masonville Place during the holidays, has a selection has of pet-related ornaments you can personalize with the pet's name so they always have a spot on the Christmas tree.



## PET CALENDAR

*Calendar Club,*

*Prices vary*

With a wide selection of calendars ranging from *Star Wars* cats, underwater dogs, celebrity pets like Grumpy Cat (RIP), and different breeds of cats and dogs, every pet owner can get organized and mark important dates for 2020.



## 50 SHADES OF GREY PUG 2020 CALENDAR

*facebook.com/igorpugdog, \$15*

Perfect for pug fanatics! Local celebrity dogs Igor Pugdog and Zombie Pug are honouring senior dogs with their 2020 calendar and raising money for the Pugalug Pug Rescue. Calendars can be ordered either email ([igorpugdog@gmail.com](mailto:igorpugdog@gmail.com)) or through a direct message on their Facebook page, which also has information on where calendars are being sold in store and during pop-up events.



## TOYS

*PetSmart, Prices vary*

The best toy for the pet depends on the pet, but toys are the easiest way to spoil pets.



## HUMANE SOCIETY HOLIDAY GIFTS

*The Humane Society of London and Middlesex, Prices Vary*

Give a gift that gives back. The Humane Society of London and Middlesex sells catnip mice and bags of toys for pets, a dog treat advent calendar, and socks and hoodies for humans. All proceeds support the organization and you can visit [hslm.ca/holiday-pet-gifts](http://hslm.ca/holiday-pet-gifts) to find out when they'll have their pop-up events selling items around the city. They're also selling their gifts at their 624 Clarke Rd. office until Dec. 31.



## BLANKET

*Pet Valu, \$15.99 for Spot dog blanket, \$6.99 to \$11.99 for Prevue Cozy Corner bird blankets*

Even pets enjoy curling up with a blanket when watching TV.



## GIFT BAGS AND BOXES

*Dollarama, starting at \$1*

Perfect for the cat or dog who doesn't care what's inside the package, as long as there is a package at all.

Be warned, though. Once my dog discovered he could stick his head into gift bags, he couldn't stop and now he thinks all gift bags are for him. I wouldn't be surprised if that was true for other pets, so if you're also using gift bags for everyone else on your list, keep the non-pet gift bags out of reach.





The holidays are so close to being here, and people are doing Christmas shopping. Here's my top five gifts for a gamer in your life, as recommended by a gamer.

SKLYAR MCCARTHY | INTERROBANG

## NINTENDO SWITCH



1

For \$399.99, the Nintendo Switch was released back in March of 2017, and ever since then, the product has been a massive success. Games like *Super Smash Bros. Ultimate*, *Super Mario Odyssey*, *Splatoon 2*, and *The Legend of Zelda: Breath of the Wild* are just some of the many classics coming from Nintendo.



2

## DUALSHOCK 4 ELECTRIC PURPLE CONTROLLER

For \$74.99 at EB Games, this controller looks so amazing. It is the most beautiful design in my opinion and perfect for any PlayStation gamers you have in your life.



4



## SEGA GENESIS MINI

For \$98.89 on Amazon.ca, you're basically getting 40+ old Sega Genesis titles like *Sonic the Hedgehog*, *Mega Man* and many more, along with a mini Sega Genesis console for all of you old Sega Fans out there.

3

## HANDHELD RETRO GAME CONSOLE PHONE CASE

For about \$30 on Amazon.ca, you get a retro Gameboy-style of phone case, but it has functional buttons on the back, and you can play retro games such as *Super Mario Bros.*, *Tetris* and *Pac-Man*.



5

## POKEBALL MOLDED COFFEE MUG

For \$37.99 on Amazon.ca, whenever your gamer needs to wake up and grab their coffee, this Pokeball mug will make sure the coffee will get you ready to go and chase the Pokémon.



**Perfect gift idea**

**PERSONALIZED WALL CALENDARS**

**\$12.99**



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# 12 DAYS OF GIVEAWAYS

**Retail Services is spreading some good cheer for the upcoming year!**

- One name drawn each day from Nov. 21 to Dec. 6 \*\*
- Ballot boxes located in the Campus Store, Variety Store, Red Zone and Print Shop
- No purchase necessary

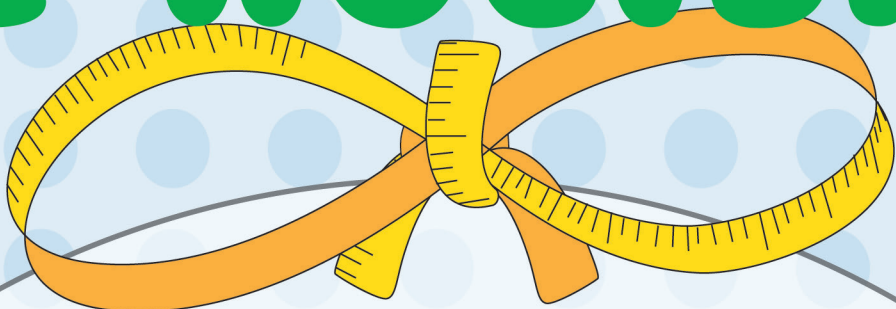


**FANSHAWE**  
Retail Services

\*\* excluding weekends



# HOW TO KEEP YOUR WAISTLINE IN CHECK OVER THE HOLIDAYS



**Marlon Francis** | Interrobang

One of the truest idioms I've heard in my life is that people gain weight over the holiday season. With the anticipation of holiday celebrations, many of us experience a high degree of stress over staying on top of our work responsibilities, ensuring we're prepared for exams and hoping we haven't overlooked anything. Couple those concerns with making sure you get the right gifts for the right people, your home is tidy and decorated with holiday cheer and hoping that you don't miss anyone on your holiday list to visit.

With all that go-go-go, we can find ourselves snacking on the run. Often those things are potentially higher in fat and sugars than the regular foods we consume. Now marry our eating habits out of stress with the eating habits we take on during the holidays. Holiday parties abound, familial and friend get-togethers, a dinner here, a dinner there, food everywhere.

It is a difficult thing to control oneself around a delicious array of food put on display, with the instruction to eat what you want. So rather than add further to your already stressful season, here are some recommendations as to how you can enjoy all you eat during your holidays without bursting at the seams.

## WORK FOR WHAT YOU EAT

Ever heard of a cheat day? It's what people who are disciplined with nutrition and exercise refer to as a day in which all of their hard work is rewarded. On these days, individuals will abandon their stringent nutritional regiment and allow themselves to indulge in foods heavier in fats and sugars than their typical Monday through Saturday dietary plans.

Approach your holiday season with the same kind of mentality. If you know you have a big dinner or two coming up, with all of the devilishly rich and savoury food you adore, but are concerned that your waistline may burst, then condition yourself for the big event. On the days in which the dinner doesn't fall, try to eat a little lighter or even healthier to offset the reckless abandon you intend to unleash the day of the dinner. It may shrink your stomach a bit, thus minimizing your capacity for total stomach expansion.

## MAKE SURE TO STAY HYDRATED

Hydration is key to keeping our mental acuity sharp, but it is also a potent little helper when it comes to digestion. Staying properly hydrated helps the intestines to stay

smooth and flexible, thus maintaining good digestion as well as helping to rid your body of waste. Now to be clear, the reference to hydration here is exclusively water.

When hydration is lacking the body reacts by hardening waste, making it much more difficult to pass through the body to be disposed of. So make sure you help to keep that train moving, and keep your station clear so that more trains can stay on schedule during your holiday season. If the process of drinking many glasses or bottles of water seems overwhelming, you can add some variety into how you consume it. Vegetables are high in water content, so indulging in these as an alternative to your eight glasses a day can be a good way to guarantee that you're getting enough water.

## STAY ON YOUR FEET OR GO FOR A WALK

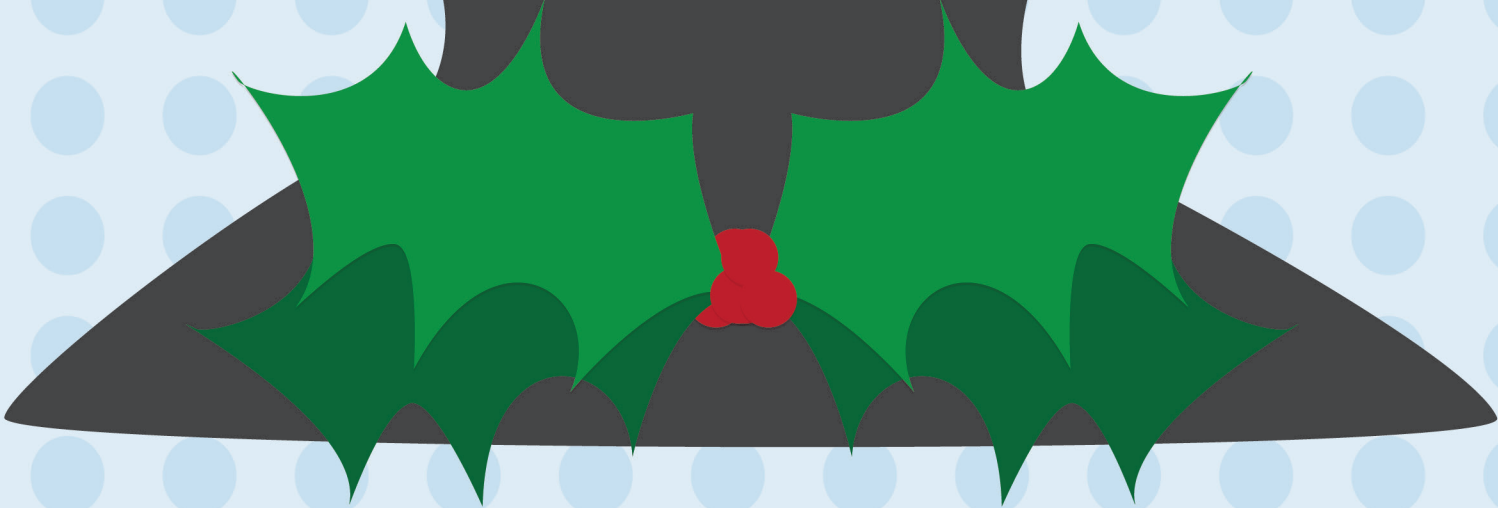
Immobility is a huge contributor to the growing waistlines of the holiday season. Inactivity, especially after a large feeding, can slow down your metabolism's ability to burn fat. Try staying on your feet, or after a time of letting your food digest, take a stroll around the block and burn some of those calories off.

Help out your host with the cleanup, or if you are the one hosting, get an early jump on it yourself. One of the most sought after experiences in my home is the 'eat and lie down' phenomenon which always makes an appearance. If keeping the lbs from spilling over my belt is my intention, I make sure not to answer the door when lethargy comes a knocking.

## MODERATION

Moderation and balance are the keys to maintaining a relatively unchanging landscape. If food discipline isn't a huge concern for you then you can always try the ever-satisfying approach of moderation. Instead of loading your plate up like a college student home for the first time in two months, try getting an appropriate serving that doesn't generate food envy.

Try limiting your trips back to the buffet table as well. You know there will likely be dessert, as well as drinks, both of the alcoholic and non-alcoholic variety, that will be high in sugars that you will want to partake in later. With that knowledge in hand leave room for the good stuff so that you're not trying to cram things where there is no more room to cram.







# SEASONAL TRADITIONS AROUND THE WORLD

Cynthia Kaczala | Interrobang

Ever wonder what holiday traditions are like in different parts of the world? After some research you can find that there are some rather interesting ones. Here are some examples of these types of traditions.

## **JAPAN: KFC FRIED CHICKEN DINNER**

Back in 1974, KFC (Kentucky Fried Chicken) restaurants in Japan marketed their fried chicken meals to resemble a traditional holiday dinner that became extremely popular as a meal to have on December 25. To this day, 45 years later, people still form huge lines outside their local KFCs to get their chicken for the holidays. The chicken is so popular that the KFC chain stores ask customers to place their orders at least two months in advance.

## **VENEZUELA: ROLLER SKATE MASS**

In Caracas, Venezuela, people head to Christmas morning mass in an unusual way. Large groups of residents make their way to churches while wearing roller skates. The tradition is so well-established that most streets are closed to traffic so people can safely arrive to their masses.

## **UKRAINE: A COBWEB CHRISTMAS**

If you are afraid of spiders, don't plan a trip to Ukraine during the Christmas holiday season. Instead of seeing baubles, tinsel and stars on the trees, you will mainly see spider webs. Ukrainians will try to mimic a spider web's natural formation while decorating the tree. The art replicates a folktale where a group of spiders spin beautiful webs all over a poor family's Christmas tree, when the family couldn't afford to decorate the tree themselves.

## **FINLAND: FESTIVE SAUNA**

A lot of homes in Finland have saunas in them, and Christmas is when spirits of ancestors come out and use them too. On Christmas Eve, the family strips naked and takes a long and respectful stay in the sauna. Afterwards they leave to head to evening celebrations, allowing the spirits to go into the sauna and take their place. Oh, and apparently saunas are the home of legendary sauna 'elves' too.

## **AUSTRIA: BAD SANTA**

A mixture of Halloween and Christmas people go around in ghoulish costumes of Krampus, the evil accomplice of St. Nicholas that wanders the streets in search of bad children. In December you can expect to see terrifying masked people outside, roaming the streets, scaring kids and adults with ghastly pranks.

## **NORWAY: HIDE ALL BROOMS**

It is believed in Norway that Christmas Eve is when mischievous spirits and witches come out and take to the skies to create mischief and general pranking. As brooms are usually associated with helping witches fly, it's tradition to hide any cleaning supplies that have sticks attached to them, so witches won't be able to find them and fly off.

## **SAN FRANCISCO: SANTA CON**

Literally the gathering of the Santa Clauses, men and women dressed as Santa all across the world gather together. The website has all the guidelines to be considered a 'true' Santa Claus since one cannot show up in only a Santa hat. A very interesting rule is that every single participant must address each other as Santa.

## **WALES: CAROLLING WITH DEAD HORSES**

There's no set date for this Welsh custom, which can take place sometime from Christmas to late January. A group of people go house to house singing in the hopes of being rewarded with food. It's basically carolling, however one jarring difference is that one person accompanying the group has to dress up as a horse, using a real horse skull. It's an old ritual said to bring good luck, also called Mari Lwyd.

## **NEWFOUNDLAND: MUMMERING**

An old tradition where people dubbed mummers will disguise themselves in elaborate costumes and try to change their voices to hide who they are to their neighbours, in which they go to visit. Mummers will sing, dance and sometimes perform short dance skits to remain anonymous to others. Homeowners guess who's in the costume and if they get it right, they are gifted with food and drink.







# INTERNATIONAL HOLIDAYS IN DECEMBER

Marlon Francis | Interrobang

December is a month of cold, snow, and most importantly, holidays. Out come the decorations, the calls to friends and family to arrange visits, and of course presents and food. December has many holidays and festivals, like Christmas, that are celebrated by different cultures throughout the world. Below we identify a few of them and look a little deeper at their origins and traditions.

## ST. LUCIA DAY (SWEDEN)

The lore of this holiday follows a young Christian woman who was martyred and killed for her faith in early 2nd century Sweden. She would secretly smuggle food into the catacombs of Rome for the persecuted citizens of the city. She would wear candles on her head to illuminate her way, a custom that is carried forward in today's traditions.

The celebrations see young girls adorning a similar crown of candles on their head, wearing long white dresses and red sashes as they begin the morning of St. Lucia Day by singing and bringing coffee and saffron buns called 'Lucia Cats' to their parents for breakfast. This holiday is celebrated on December 13, and is observed in Denmark, Norway, Finland, Bosnia and Croatia, to name a few.

## HANUKKAH (JUDAISM)

This holiday commemorates the re-dedication of the holy temple in Jerusalem following the victory of the Jewish rebel army (Maccabees) over a tyrannical king in 165 BCE. Its celebrations begin on the 25th day of the Jewish month of Kislev, which is roughly around late November, early December.

Because this holiday is based on a lunar calendar, every year the beginning of Hanukkah has a different start date. The celebrations last for eight days, commemorating the eight-day miracle of Hanukkah. Oil used to light the menorah inside of the temple, for the re-dedication of the temple, was limited and suspected of only being enough for a day's use. Miraculously, the Maccabees were able to maintain the torch of the menorah for eight days, and thus the Hanukkah miracle was born. Some of the traditions of this holiday include the lighting of the menorah, the spinning of the dreidel and the consumption of fried foods like latkes and jelly-fried donuts called Sufganiyot.

## KWANZAA (AFRICAN AMERICAN AND PAN-AFRICAN)

Created in the '60s by a black nationalist, Kwanzaa celebrates the African heritage in African-American and Pan-African culture. Kwanzaa lasts seven days running from December 26 to January 1. A holiday feast and gift-giving occur on the final day of the holiday week.

The holiday celebrates the seven principles of African heritage in an attempt to reconnect African descendants to their African culture. One of each of the seven principles is celebrated correspondingly to each day of the holiday. The different principles are unity, self-determination, collective work and responsibility, purpose, cooperative economics, creativity and faith.

## OMISOKA (JAPAN)

Celebrated on December 31, Omisoka consists of actions that help to rid individuals and families of things they don't want to carry over into the New Year. The repayment of debts, house cleaning, the driving of evil spirits and bad luck from their homes, as well as bathing in the final hours of the day, are all activities done on Omisoka. People also celebrate at parties with friends and families, and often partake in viewing a four-hour television show called "Red/White Singing Battle Show".

At midnight many families attend a temple to witness the ringing of a Buddhist bell that is struck 108 times to signify each of the 108 earthly temptations believed to cause human suffering. This is done to rid us of the temptations of the passing year, cleaning the slate, and allowing us to enter the New Year on a fresh note. Another tradition of the holiday is to stay awake all night to await the onset of the first sunrise of the New Year.

## BODHI DAY (BUDDHISM)

Celebrated on December 8, this holiday reflects upon the period when the Buddha sat underneath the Bodhi tree and attained enlightenment. Followers are encouraged to reflect upon Buddhist principles, realigning themselves with the journey of enlightenment, and broadening their appreciation for the world at large and how their religion works within the modern world. It is celebrated by hanging connected coloured lights throughout their homes, representing the many different paths to enlightenment that there are.

The lights are hung for 30 days beginning on December 8. People also display a ficus tree in their homes, similar to the Christmas tree, and decorate it with three coloured ornaments that represent the Buddha, the dharma and the sangha, also referred to as the three jewels. A traditional meal of milk and rice can also be indulged in as a reminder of the first meal that the Buddha ate after his eight days under the Bodhi tree.





# FIVE INEXPENSIVE HOLIDAY GIFTS FOR YOUR BOYFRIEND/GIRLFRIEND

Emma Fairgrieve | Interrobang

With the holidays around the corner comes the stress of finding a gift for that special someone in your life (while on a student budget). For all stages of your relationship there are inexpensive options available. Interrobang has put together a list of five inexpensive items your girlfriend or boyfriend will love.

## 1 A Belt

You would be surprised how inexpensive some good quality belts can be. There are many different styles and colours in belts, making them a useful gift. Black Friday and Cyber Monday are a great time to get deals on high quality leather belts.

## 2 An Ornament

For the more traditional soul, a thoughtful ornament to decorate the tree or house is great option. There is a wide variety of ornaments available to purchase. Many stores and pop-up stores offer nerdy or traditional ornaments, while Etsy and other retailers offer custom ornaments that can be geared more towards your specific relationship.

## 3 A Stuffed Stocking

Yet another festive and traditional gift, a stuffed stocking can be as inexpensive as you want. Cheap stockings can be found online, or in stores like Walmart and Dollarama. Stuff a stocking with both useful items (i.e., deodorant, body wash, razors, etc.) and pleasure items (i.e., chocolates, gift cards, etc.). Wrapping each individual item in tissue paper or wrapping paper adds a bit more pizzazz to the look.

## 4 Headphones

If you have a boyfriend who is into gaming, inexpensive gaming headphones can easily be found on Amazon.ca. However, be sure to read reviews before purchasing. Remember, you want inexpensive options, not a cheaply made gift. The same rules apply to headphones for music or any other electronics found online. Best Buy, Walmart, and Costco also have deals on high-quality headphones, however they can still be considered a bit expensive depending on the brand and specific product.

## 5 A Watch

Cyber Monday is a goldmine for finding expensive products for a more reasonable price. Although a watch can still be a splurge, a high-quality watch is gift that he will most likely adore. Stores like Fossil are great option. They offer a variety of different styles, colours, watch faces, bands, etc. Fossil also offers free engraving on watches to make the gift that much more special.

## 1 Hat, Mittens, and/or Scarf Set

Winter weather sucks (most of the time). A matching set of a hat, mittens and maybe even a scarf is a traditional but often needed gift. These sets can be found at any mall and stores like Costco and Walmart. The price range depends on the brand and what material the set is made out of. Wool sets tend to be the warmest and best in quality. If you have the time and want to make it a personalized as possible, there are many tutorials online on how to crochet or knit these items from scratch.

## 2 Personalized Tumbler

On websites like Esty you can find many items that are reasonably priced and custom-made. A useful item for the coffee or tea drinker in your life is a tumbler with their name on it. This reusable item is both a thoughtful and useful gift. If you want add a bit more to the gift, stuff the tumbler with tissue paper and add in a Starbucks or Tim Hortons gift card or other related goodies.

## 3 Stuffed Makeup Bag

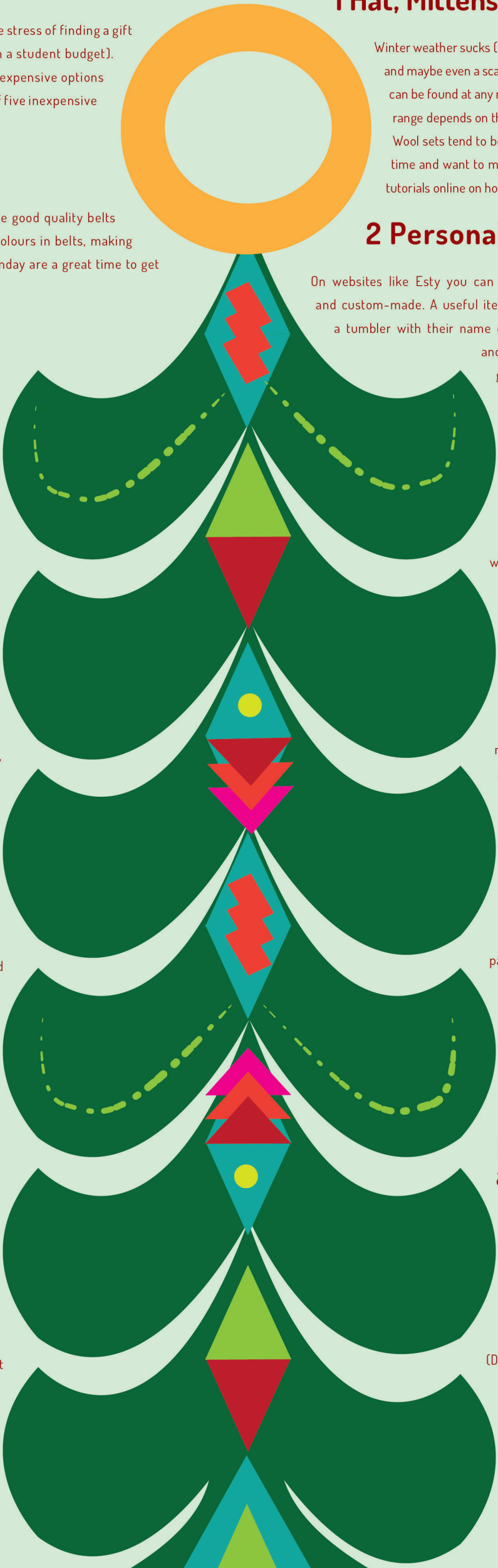
For the beauty queen in your life, this is a great way to get a lot of small items together to make a present she will love. Inexpensive makeup bags can be found anywhere online or in stores. Avoid buying makeup products unless you are aware of the exact product and shades your significant other uses or wants. A great alternative is to buy small makeup brush sets, makeup sponges, makeup wipes, sheet face masks, hair ties, scrunches and/or a Sephora gift card. Stores like Marshalls have discounted brand products that can be a great addition to her collection. Wrap each item with tissue paper or wrapping paper and put into the makeup bag.

## 4 PJ Set with Socks

In a similar vein as the hats, mittens and scarfs, pajamas and socks are a useful traditional gift. During the holidays, stores like Aerie, Victoria's Secret, and La Senza have sales on pajamas and sexy sleep-wear (depending where you're at in your relationship). For a less expensive option, many online stores have sales just before the holidays.

## 5 Splurge on a Necklace

The key to getting a deal on Pandora, Michael Hill, and other jewelry is to shop in advance. Although Black Friday deals are a great way to save on jewelry, the lines and crowds are too stressful and you may not even get the item you want. The key is to wait until Cyber Monday (December 2, 2019) to get a deal on high-end jewelry.







# Delicious Holiday Foods From around the WORLD

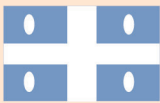
Haydn Rooth | Interrobang

The holidays are filled with different traditions from around the world that are joyously celebrated year after year. Despite many differences in these traditions, the unity of food seems to hold some common ground. All around the world people are celebrating with their families and are enjoying delicious holiday delicacies prepared specifically for that special day. Even if you do not celebrate any holidays there are still amazing seasonal dishes to be had at international restaurants, so take a chance and try something new.

Here is a delicious list of holiday delights:

## Tourtière

A Canadian holiday dish that is also a New Year's tradition in Quebec. These tasty meat pies are filled with spices and meat prepared to taste. Most pies like this are imitation mince pies from England. A common trait amongst Tourtière is decorative dough often in the shape of mistletoe leaves.



## Lutefisk

A dish that many people may find repugnant, however Nordic countries swear by. Lutefisk, or lutfisk, is usually whitefish (cod) that has been salted and seeped in lye. That's right, lye, the chemical found in soap. The lye renders the fish a gelatinous texture. Love it or hate it, this stinky fish is here for the holidays.



## Tamales

A food so tasty and in such high demand that a word was invented just to describe the time required to make them, 'tamalada'. Holiday time in Mexico means tamale time. A simple food involving corn husks rolled with a corn-based dough called 'masa'. Inside can be any variety of meats, cheeses, veggies and fruits.



## Bibingka

This sweet breakfast dish comes from the Philippines. These delectable dishes are baked in a terracotta pot that has been lined with banana leaves. This dish consists of coconut milk and rice flour that is topped with coconut shavings, white cheese or an egg before it is fully ready.



## Devil's Curry

Traditional western leftovers after the holidays usually consists of dry turkey, dry potatoes and dry stuffing that has been nuked in the microwave. Singapore does things very differently and for a great reason. All the leftovers from a traditional Singaporean Christmas are thrown into a pot and cooked with spicy Singaporean gravy. Devil's Curry usually has chicken, sausage, cabbage and any other leftover dishes from the last dinner.



## Babka

Not just a classic Seinfeld reference, babka is a deliciously sweet Polish cake that is a staple at any holiday meal. This sweet and spongy cake is served through every holiday season, as it is a staple at Polish dinner tables.



## KFC

Yep, Kentucky Fried Chicken. Due to the genius marketing of the Christmas party bucket at KFC restaurants in Japan, a tradition was born. Year after year, orders are placed months in advance securing a delicious fried chicken dinner for Christmas Eve.



All around the world people are celebrating the holidays through food expression. Traditional foods are hitting tables everywhere and happy faces are lighting up. Happy holidays and happy eating.





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**“What do I do next year?”**

**“What's a good study break idea?”**



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# GUY FRIEND

SALMA HUSSEIN | INTERROBANG

## GIFT GUIDE

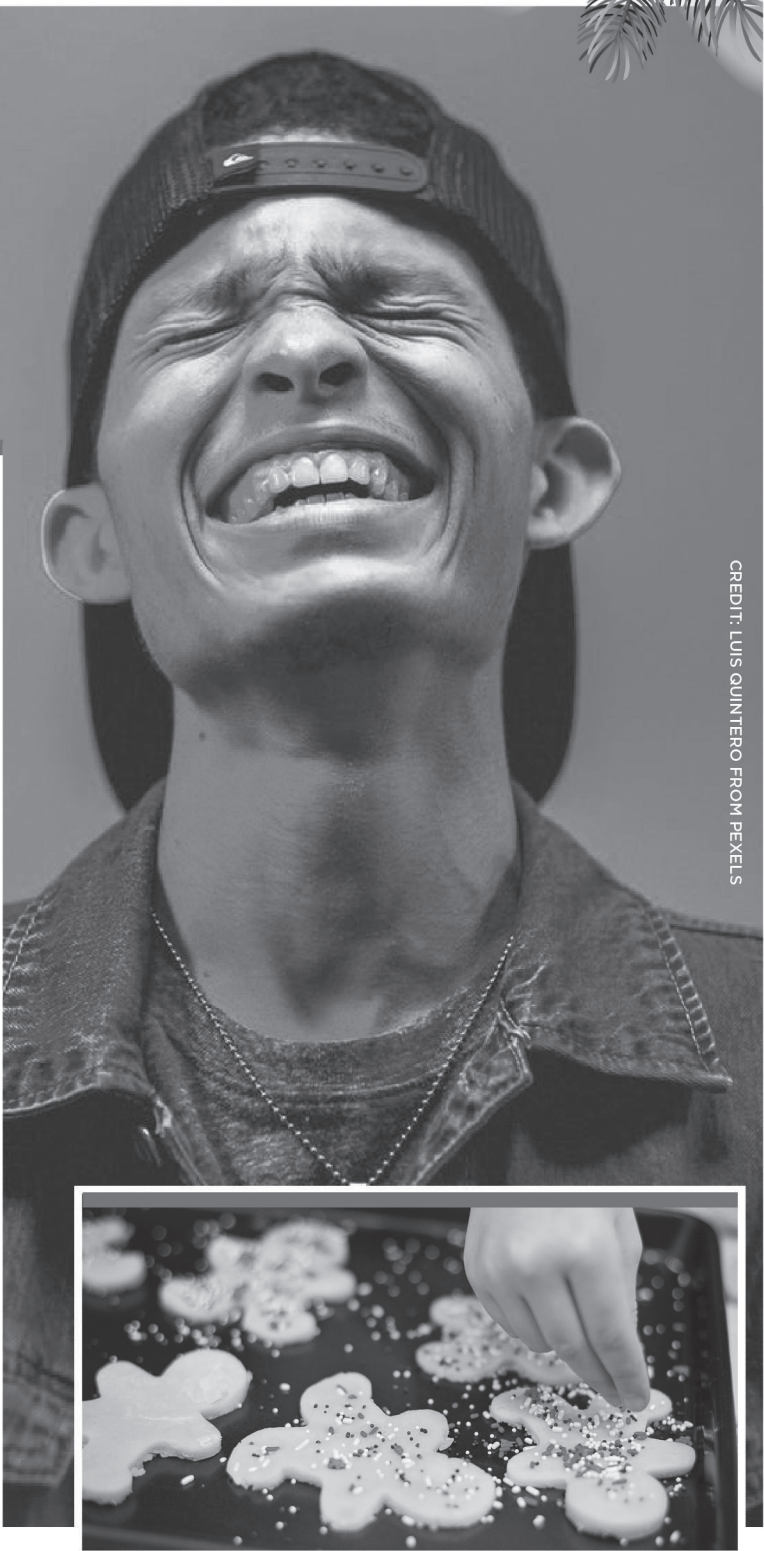


**It's** that time of year again: the time of gift-giving. One might think that this is a happy time, because what can go wrong with gifts? They're the best part of the holidays! Think again. Unfortunately, when you receive a gift from a loved one, friend, or that cousin you never knew you had, you are expected, out of common courtesy, to reciprocate the gesture. This is where the hard part comes in — deciding what I get my guy friend who isn't my boyfriend, but is also close enough that I can't just pretend that you forgot about Christmas this year. The struggle is real ladies, but this guide to buying gifts for guy friends can help ease the upcoming burden.

### Look to inside jokes for inspiration

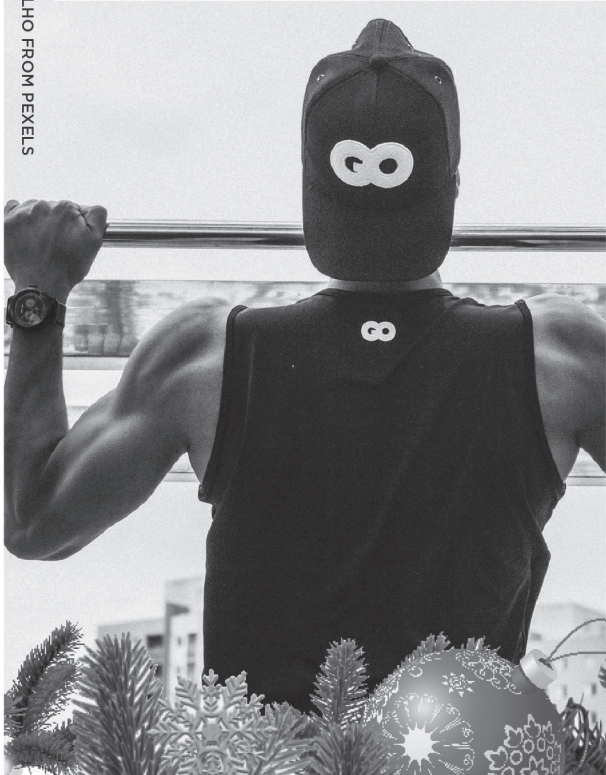
After discussing with some friends, looking back at my past guy friends, and present ones — only one — I have come to the conclusion that getting gifts for guys has become a daunting task for me and most of my girlfriends. The first step to conquering what has now become a quest is to really think about him and what makes him, well, him. What does he do on a daily basis? What does he enjoy? His interests? And most of all, what makes him laugh? Because ladies, when you end up just as clueless for a present as when you started, you'll resolve to find something that makes him laugh and call it a holiday. From my experience, limited as it may be, he will appreciate a good laugh over a \$10 Adidas perfume bottle from the Walmart Christmas gift sale boxes. Yes, I tried that once — no, twice — on two different occasions, and both times the gift was discarded. You'd think I would learn after the first time. Anyway, after learning

from my repeated mistake, I eventually discovered the success of funny gifts. Simple, and guaranteed to get a laugh out of your guy friend. It was my guy friend's birthday three weeks ago, and I found myself in the same position you will probably be in come Christmas. We're friends, and not getting him a birthday present would be noticeable. Many thoughts went in my mind, I was walking on thin ice because you don't want to give the wrong impression with these things. It came to me when I went through his daily routine: chocolate milk. This guy drinks a two-litre carton of chocolate milk before and after every class, and God only knows how many he indulges in when he's alone. So, I went to No Frills, Food Basics, and Walmart to buy every type of chocolate milk known to man, and even got him a milk crate to serve as a "giftbag". Did he like it? Yes, yes, he did. Or at least that's what he told me.



CREDIT: LUIS QUINTERO FROM PEXELS

### Encourage his active lifestyle



CREDIT: MURILLO BOTEIHO FROM PEXELS

The fine art of athletics, exercise, and sports is something I have less than limited experience in. It is true that I may never dabble in exerted movements, but your buddy might. You can't buy him a sport or the skills to be good at them, but you can buy the sport wear and accessories to either encourage them to keep at it, or guilt trip them into hitting the gym. Ball caps so they can wear them the wrong way, socks so that they're worn over their pants, and those water bottles that squirt when you squeeze them so they can imagine they look cool when the water "accidentally" splashes their face. The types of sportwear accessories are boundless, it really depends on what type of an athlete your BGF (best guy friend) is.

### When in doubt, there's always food

They say that best way to get to a guy's heart is through his stomach, and what guy friend of yours has ever rejected food? This is a perfect gift if you're on a budget and have most of the ingredients at home already. Cookies, cakes, cupcakes, or more cookies; anything you think you can make will satisfy their constantly hungry stomach. A present made from your blood sweat and tears can also open doors to get you out of the friend zone. If you want your best

guy friend to be your boyfriend, start learning some recipes because he might melt from all the passion and hard work you put in his baked goods. In all honesty, your guy friend is still a friend. His gender is the only difference, what makes you guys friends is what you should be focusing on. Think about your friendship and unique bond and decide from there how you want to go about getting him that holiday gift. Good luck and happy holidays!



# FIVE MUST SEE ICONIC CHRISTMAS MOVIES

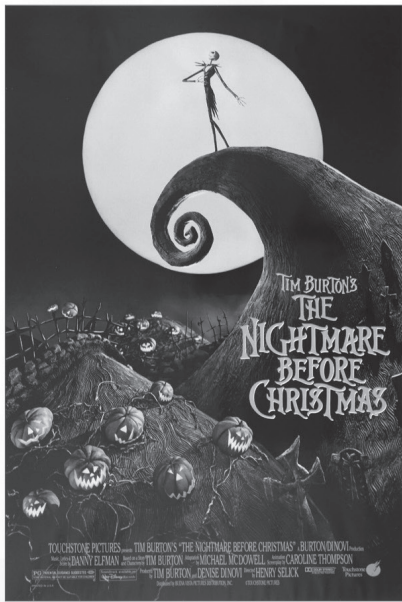
Emma Fairgrieve | Interrobang

There are countless Christmas movies that have been made. Although some may seem generic, there are plenty of genuinely enjoyable ones. In many households, families have a tradition of watching a specific movie or two. Here are just a few movies that are iconic and a tradition for some to see at this time of year.



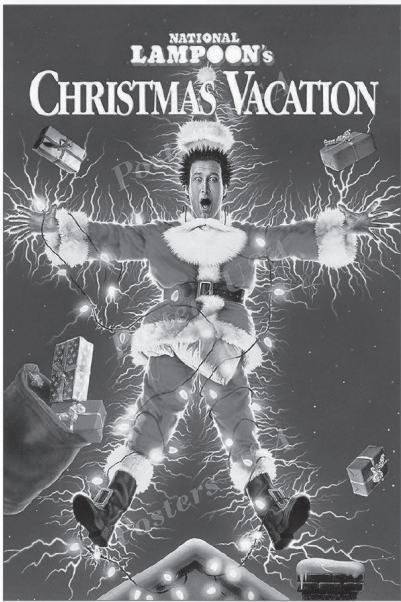
**Home Alone: (Comedy/Family)**

When eight-year-old Kevin McCallist gets in trouble at home the night before a family trip to Paris, his mother makes him sleep in the attic as punishment. He wishes that his family would disappear. After the McCallisters accidentally leave for the airport in a rush without Kevin, he wakes up to an empty house and assumes his wish to have no family has come true. But when he soon realizes that two con men plan to rob the house and that he alone must protect the family home. In an effort to protect his home he creates a plan with creative ways to scare away the intruders.



**The Nightmare Before Christmas: (Fantasy/Musical)**

Jack Skellington, Halloween Town's pumpkin king, has become bored with the same annual routine of frightening people in the "real-world.". Jack accidentally stumbles into a forest that has doors to all the other holiday towns. He enters Christmas Town where he comes up with a plan to bring Christmas under his control by kidnapping Santa Claus and taking over the role. But Jack soon discovers what a mistake he has made.



**Christmas Vacation: (Comedy)**

Clark Griswold wants to have a perfect family Christmas. His obsession leads him to annoying his wife, Ellen and two children, as he tries to make sure everything is perfect, including the tree and house decorations. However, everything quickly begins to go wrong. With his parents and in-laws staying at his place he struggles to decorate and much more. His hick cousin, Eddie and his family show up unplanned and start living in their camper on the Griswold property. Many more shenanigans ensue which lead to one of the most problematic Christmas stories ever presented on film.



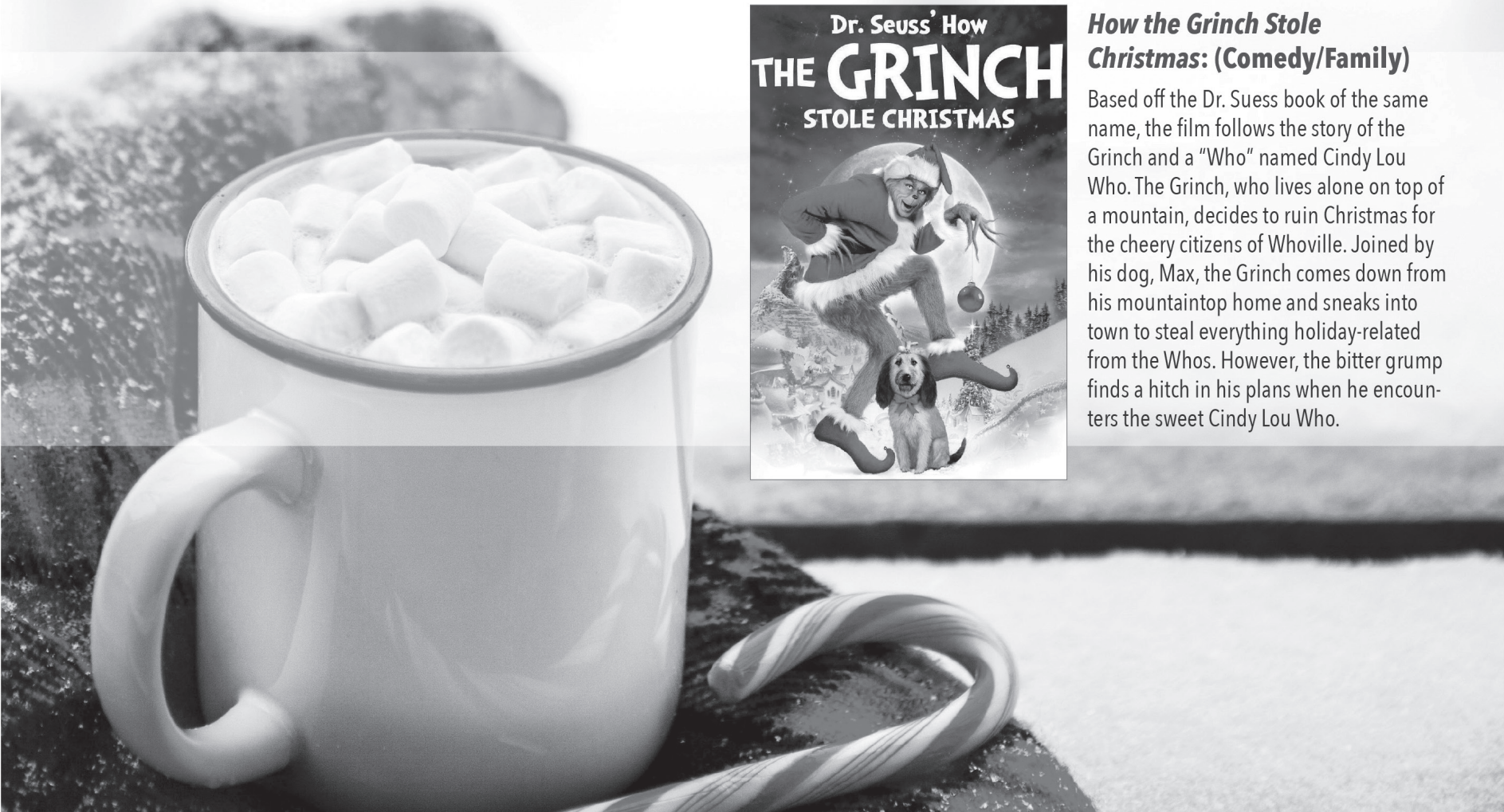
**Love Actually: (Romance/Drama)**

The British film presents different stories taking place at the same time. They all centre around the idea of love and how difficult and wonderful it can be. From falling in love for the first time to having affairs and the pain it causes those around, this film covers many different types of relationships. Almost all (if not most) of the stories connect in one way or another.



**How the Grinch Stole Christmas: (Comedy/Family)**

Based off the Dr. Suess book of the same name, the film follows the story of the Grinch and a "Who" named Cindy Lou Who. The Grinch, who lives alone on top of a mountain, decides to ruin Christmas for the cheery citizens of Whoville. Joined by his dog, Max, the Grinch comes down from his mountaintop home and sneaks into town to steal everything holiday-related from the Whos. However, the bitter grump finds a hitch in his plans when he encounters the sweet Cindy Lou Who.







CREDIT: SVETIKO

Spending the holidays alone can be a lot of fun, with the right attitude and some creativity.

# How to spend Christmas alone and still enjoy it

Lubna Shaikh  
INTERROBANG

The festive season is almost here and the preparations have already begun. Some of you are lucky enough to go home and spend the holidays with your family, but there are also some who cannot make the trip back home and will probably have to spend Christmas alone. Fret not, because we know a few ways you could spend Christmas alone and still have a great time. It might even turn out to be the best Christmas ever. Let's begin.

### Sort out your Christmas Playlist

There are two types of people in the world: those who love to create their own personalized playlist and those who would prefer to let Apple Music or Spotify do the job for them. Whoever you may be, get grooving to the songs already.

### Pamper Yourself

This can mean putting on face masks and giving yourself a ma-

ni-pedi, getting your hair did and buying a new outfit or heading outside for a run around the neighborhood. Whatever you typically do to make you feel your best, plan for it and do it.

### Buy Yourself a Gift or Two

It's Christmas, so you definitely need to buy yourself a gift or two. But don't go to crazy — keep it within a reasonable budget. And you know the best part? You can open it whenever you'd like!

### Start a New Tradition

Take full advantage of the opportunity to start a new tradition that you can take with you for years to come. Whether it's eating breakfast for dinner or dessert for starters, it's up to YOU to decide. Go bonkers!

### Cook a feast, or have it delivered.

If cooking relaxes you, then make a feast for two...for one. And eat it all. If cooking stresses you out, then hop on to any of the delivery apps available and pay someone else to prepare and deliver your feast.

### Have a Movie Marathon

Your fall semester is almost coming to an end and so are your exams. Christmas break is your time to catch up on all the shows you've been waiting to watch. This is a judgement-free binge zone, so embrace the comfort your TV can provide, and snack on.

### Video Call your Friends and Family

Just because you can't be with them in person doesn't mean you can't send them love. Call, text, email — do whatever you need to do in order to exchange some holiday cheer with your 'faves.

### Decorate your home away from home

Dorm rooms can be dull but you could change that by bringing some Christmas spirit with holiday decor. This could be as simple as cutting out paper snowflakes, setting up lights or picking up a small tree. Dollarama has some amazing Christmas decorations that are well within the budget.

## Netflix Fix of the Week: *The Knight Before Christmas*



CREDIT: NETFLIX

Netflix's *The Knight Before Christmas* is another Christmas movie to add to your list of sugary-sweet holiday rom-coms.

Lubna Shaikh  
INTERROBANG

It's (almost) the most wonderful time of the year!

Trees and houses are being decorated, holiday music is being played all around, sales have started and gifts are being bought. And of course, Christmas movies, new and old, are being played and Netflix has its own series of Christmas movies to contribute to your list.

After *Let It Snow* earlier this month, *The Knight Before Christmas* has arrived to give you some yuletide joy along with some time-travelling. The film's plot sees an old crone send medieval knight Sir Cole (Josh Whitehouse) from Norwich, England in 1334 to Bracebridge, Ohio in 2019 to fulfill an unknown quest that involves his heart. With just a few days until Christmas, the old crone tells Cole he must fulfill his quest before midnight on Christmas Eve or he'll be stuck in the future.

On his time-travelling journey, Sir Cole meets a science teacher named Brooke (Vanessa Hudgens) who has become disillusioned with love after her ex cheated on her (perfect timing, right?).

Sounds a tad bit ridiculous? Well, it is. But let's be real — Christmas movies, quite often, make absolute-

ly no sense. The love stories are unrealistic, the people are absolutely cheesy, and the plotlines are totally ridiculous. Netflix's *The Knight Before Christmas* follows that tradition very, very well. However, a certain amount of ridiculousness is acceptable when it comes to Christmas movies.

Brooke accompanies Sir Cole on his quest that will make him a true knight. Though Brooke is unconvinced by Cole's story that he's a 14th century knight, she endeavors to give him a place to live and help him in his quest. Over time they grow close and...you know what comes next. Voila, they're in love! What a surprise.

Honestly, *The Knight Before Christmas* is a very average movie that lazily recycles every cliché in the book but it hits the spot for a holiday movie. You know exactly what to expect, but you're going to hit play anyway. We all do it and it's completely understandable.

Everybody needs something silly to take their mind off things. So, to all the cynics out there, do not even bother with this movie. However, if you're one of those viewers who hasn't already gotten a cavity from holiday treats (or other sugary sweet rom-coms), *The Knight Before Christmas* is sure to satisfy fans of the genre.

## A guide to making a bomb mac and cheese

Savannah Bisailon  
INTERROBANG

If you are a mac and cheese lover like me and love a really great mac and cheese recipe, I have just the thing. If you love creamy and cheesy textures this is the recipe for you.

**Step One:** First bring water to a boil at medium to high heat and then we add the macaroni noodles to the water. (You can add salt to the water if you prefer.)

**Step Two:** After the noodles are cooked proceed with straining them. Next we add one spoonful of margarine and then add half a can of cheddar soup and mix well.

**Step Three:** Next we add two types of shredded cheese. I typically use nacho blend and medium but you can add whatever type of cheese you prefer. Then we mix until cheese is well melted.

**Step Four:** Next we add some

milk and then mix it until it's creamy. For extra flavour, I typically add two spoonfuls of sour cream and mix well.

**Step Five:** I put it on a low heat while I steam up some broccoli, or if I am feeling extra, I will grill up some of those preheated chicken breast strips and then add them into my mac and cheese.

**Step Six:** I scoop the desired amount of mac and cheese on my plate and turn on some Netflix and enjoy my meal. Serve with your drink of choice and enjoy.

This meal is perfect for the days where you are on the go and don't have much time to cook a full meal. It is also great for a potluck or just a simple night in with your friends or family. I started making this recipe one day when I got really tired of the typical Kraft Dinner and wanted to try something new and since then it stuck. Turns out, it is one of the most delicious dishes I have created.



CREDIT: LAURIPATTERSON

Try out this recipe when you're in the mood for some comfort food.



# Taylor Swift, *Lover*

Savannah Bisailon  
INTERROBANG

This summer, Taylor Swift dropped her seventh album, *Lover*. I was a little late to the party and only just started listening to the album in September, but I am now officially obsessed. Since releasing her album in August, Swift has been busy working on a Christmas album that is supposed to drop in December. This is exciting because both this album and *Lover* belongs to her and not the record labels that signed her. Earlier this year she announced that she was leaving Big Machine Records because the owner sold the company and sold all her rights to her previous music, therefore making all her past music not hers anymore.

*Lover* is made up of 18 songs that all have a unique tone behind them. This album was self-produced by Taylor Swift Productions with the help of Republic Records.

The title song “Lover” is a powerful song in the first half of the album. The song itself is a soft ballad which tells the story of her and her boyfriend of three years. I interpreted this song as a person learning how to love again after being through a lot. This, along with the first track “I Forgot That You Existed”, are probably two of my most played songs on Spotify.

The second song on the album is called “Cruel Summer” which is a pretty upbeat song followed by another upbeat song called “The Man”.

Next we have “The Archer” which is a song about overcoming the loss of friends and finding your own self-worth. I resonate with the lyrics to this song because of my own life experiences and feeling worthless. The definition of the word “archer” is a person who shoots arrows at targets for sports. For Swift, this is a metaphor for all



CREDIT: REPUBLIC RECORDS

After a few months of listening and relating, *Lover* has won a place in this Interrobang reviewer’s heart.

she has been through with the battle of trying to get the rights to her old music, along with all the other challenges she has faced and the backlash she has received over the years. There are 14 more songs on this album, which all tell different stories about different experiences in Swift’s life. But the album mainly focuses on her story and her relationship with her boyfriend.

One of the most popular songs on this album is called “You Need to Calm Down”, which she wrote as a reference towards the pass of the Equality Act. Swift is a huge advocate for the LGBTQ+ community and she uses her platform to promote a cause that was very meaningful to her and many others.

The music video to this song all-stars members of the LGBTQ+ community including Ellen DeGeneres and the cast from *Queer Eye* and *RuPaul’s Drag Race*. With the

release of this song Swift created a petition to pass the Equality Act, an act that would protect LGBTQ+ people from discrimination.

I personally love an album where I can get up and dance to every song and this one delivers. Whether it is a slow song or an upbeat one this album gets me on my feet every time. I have been a fan of Swift since her country music days, I never really had a favourite album by her because the past six have been great, but *Lover* has definitely won a place in my heart.

With over 2.2 million copies sold, *Lover* has topped multiple charts since its initial release. Upon its debut, the album hit number one on Billboard charts with in the first 24 hours. This is a pretty big deal seeing as this was the first self-produced album of hers. I am very excited to see what the next year has in store for Swift.

# Get to know your FSU clubs: Spectrum Fanshawe

Chelsea Bancroft  
INTERROBANG

**President:** Fraser Brown (He/Him/His) (with Spectrum 2018 – present)

**Vice President:** Amber Cowan (She/Her/Hers) (2019 – present)

**Established:** Early 2000’s

**Email:** spectrumfanshawe@gmail.com / f\_brown@fanshawec.ca

**Social Media:** Facebook – Spectrum Fanshawe (open to public), Spectrum Fanshawe 2019-2020 (open to members)

Spectrum Fanshawe was established by Richard MacDonagh (currently employed by London Inter-Community Health Center [LIHC]) in the early 2000’s as a safe space for Fanshawe’s LGBTQAI2S+ students to gather and meet each other. “We advocate for the rights of students, in addition to providing social programs for students,” said Spectrum president Fraser Brown.

“The club provides a safe space and fosters community for LGBTQAI2S+ here at Fanshawe College,” added Spectrum vice-president Amber Cowan. “It also connects students to community resources they can access in London



CREDIT: SPECTRUM FANSHAWE

Consider joining Spectrum Fanshawe to make new LGBTQAI2S+ friends and find support during and after your studies.

once they are no longer a student.”

Both Cowan and Brown said they have been able to enjoy making new friends, connections and being able to find a support system within the Spectrum community here at Fanshawe.

Chelsea Bancroft is the Fanshawe Student Union’s (FSU) advocacy & communications coordinator. If you have any questions about Spectrum or other FSU clubs, you can contact her at 519.452.4109 ext. 6341 or c\_bancroft68524@fanshawec.ca.

## SUSTAINABILITY BULLETIN

Donna Philip



CREDIT: NORTONRSX

Save money for Christmas and give the environment a break by creating your own gifts and decorations.

## Don’t go broke trying to impress others this Christmas

The wreaths are up, the icicle lights are hanging and the shopping time bomb has started its countdown.

Love it, like it or dread it, Christmas is right around the corner. While many people relish making shopping lists, baking delicious treats, decorating the house and preparing overall for the big day, others wish they could hide under a rock until the festivities are over. Face it — the Christmas season has morphed into a consumer’s paradise or nightmare, depending on your perspective.

For many, the holiday season triggers panic, confusion and a flurry of other heightened emotions fuelled by thoughts of ‘what am I going to get for them?’ or ‘will I be alone again?’ Students in particular often fall victim to these feelings since they’re usually on a tight budget and away from their loved ones. Fortunately, there are events one can attend to feel included and lots of pocket-friendly ways to treat your friends and family, without going broke.

One of these lovely gatherings is Friends for Dinner, Christmas 2019. It’s a free program, aimed at connecting international students with kind, Canadian families and bonding over a delicious, holiday meal. Students are not required to take a traditional dish, but they can if they so desire. The dinner date will be scheduled sometime during the week of Christmas and interested parties should visit friendsfordinner.ca and sign up before Dec. 3, in order to take part.

Volunteering goes a long way, especially at Christmas, and helps you to realize how truly blessed you are no matter how much you think otherwise. Visit shelters for homeless families, retirement homes, hospitals and other members of your community who you may not have seen in a while.

Another big focus of the festive season is gift-giving and the questions of what to buy and how much to spend. The truth is you don’t have to spend much, if anything at all, to show someone you care. The phrase “it’s the thought that counts” is a familiar one, but one that carries with it some truth.

While we would all love to

spend bundles on our friends and families, the fact remains that most of us can’t. Nevertheless, warm feelings can still be conveyed and in a sustainable manner. We all have our unique talents that we may showcase occasionally, and there’s no better time than the present to do just that.

Those who enjoy baking can whip up some tasty delicacies such as cookies, tarts or cakes and decorate them nicely. Wrapping need not be a headache. Coloured kite paper, tied with ribbon, along with a hand made card, works perfectly and shows the recipient that you put a lot of thought and effort into a unique gift.

For music lovers, you can recycle your old vinyl records, and create a journal or notebook cover from them. You can also try painting a notebook cover and personalizing it with glitter paints.

Homemade, fruit infused, scented candles, soaps and body butter are literally sweet tokens as well. Design your own necklaces using pieces of crystal, stone or old jewellery. Let Photoshop or your mobile editing apps be your friend by creating fun pictures with you and your besties or family, and sharing them for Christmas. Let your imagination run wild.

Christmas tree ornaments and other decorations are easy to make by recycling items around your home. Wooden bottle corks can be transformed to miniature nativity characters, by painting faces on the top and dressing them accordingly. Glass bottles can be used similarly, or painted and used as vases for your poinsettia flowers and twigs.

Clay can be moulded, dried, painted and hung, or personalized and gifted as well. When you’re finished with your wrapping paper, don’t forget to place them in recycle bins, or save them for next year’s festivities.

Kindness is free and it takes absolutely nothing to make someone feel special, be it a compliment, a hug, friendship, or sharing your blessings with them. Everyone wants to feel included, regardless of age, gender, ethnicity or background. For 2019 and onwards, make Christmas about love and include your heart in the giving.



# Stop helping cybercriminals

**Marlon Francis**  
INTERROBANG

How do you fight against something that consumes and preoccupies much of your time?

Handheld devices, computers, televisions, Wi-Fi accessible technology is run amok with predators whose aim is to confuse, manipulate, take advantage and rob you. Although the number one recommendation for the battle against cybercrime is the use of antivirus software, the truth is that this software, on its own, is not nearly enough to properly equip you against the evolution of cybercrime.

Today's landscape bears the poisoned fruit of phishing, ransomware attacks, business email compromise and card-not-present (CNP) fraud, to name a few.

Ransomware attacks pressure the victims to pay a ransom to retrieve personal data that has been hijacked and encrypted by malware and held hostage by the perpetrator.

CNP fraud is exactly as it sounds. A victim's financial information, mainly from credit cards, is obtained and used for purchasing merchandise online where customer verification is harder to prove.

Phishing is the main tool of cybercriminals, albeit, not a new tool but evolved, nonetheless. Often personal and banking information as well as password transparency are often divulged during these scams that are disguised as correspondence from large, reputable and recognizable companies.

Viruses, trojans and malware continue to grow at alarming rates, changing their DNA at such quick

intervals that it creates challenges for antivirus software. The list of issues includes recognizing normal files and programs as malicious, potentially causing harm to the way your programs operate on your device, the ineffectiveness of expired software that leaves programs vulnerable to new strains of viruses and malware disguised as antivirus software.

Despite antivirus software's challenges with keeping up with quickly changing viruses, trojans and malware, it is still a necessity for the battle on cybercrime. Partnering this software up with diligent monitoring of your online accounts, strong passwords, double access authentication and the segregation of online financial access from other online activities will strengthen your armory and greatly decrease your vulnerability to malicious attacks.

It is easy to think that this type of thing won't happen to you, until it does. If you are of the variety who loves the thrill and convenience of online shopping, downloading of music or excessive email use, you may or may not be surprised to hear that you are at greatest risk of being attacked.

With higher and higher internet user traffic, commerce has become a thing that is done behind the veil of a screen. We live in a time where divulging our personal information, ultimately, for instant gratification, whether merchandise, sustenance or other vices, is normal. The economic landscape has changed with the buildings that once held the daily operations of multi-billion dollar corporations quickly becoming artifacts of a simpler time.



CREDIT: ANGELA MCINNES

Our reliance on technology makes us all vulnerable to cybercrime.

Trust amongst strangers has become the norm regarding our blind cooperation to volunteer our personal information along digital lines. But it's the way of the world, right? We cannot escape how ingrained in our society this system of commerce and sharing is, but we can do a better job of protecting ourselves against unsavoury ne'er-do-well's looking to take advantage.

Most people have multiple devices that are typically clones of each other. We enjoy the centralization of all our interests on these devices,

but maybe a migration from those behaviours might serve our security interests better. It is recommended that a separation of online financial access from other online activities would greatly assist in eliminating some vulnerabilities, closing channels that hackers may use to access financial information.

Double authentication is another way in which you can strengthen your cyber security. This process requires the owner of the information to verify their identity by coupling a PIN number, fingerprint scan, security question or one-time

passwords, normally sent via text, as a way of making attacks for your information less desirable. Lastly, be sure to stay on top of your software updates, as they often contain information that will help to battle newer strains of viruses.

Convenience makes navigating our busy lives a little easier to manage, but at what cost? As is true for most things in life, be attentive and watch your six, because just hoping all will be well will do you no good when you're out of pocket for thousands.

Happy Holidays

AND

Good Luck on Your Exams

FROM THE FANSHAWE STUDENT UNION

Adopt - a - Family

HELP TO DONATE A PERFECT Christmas

The FSU is adopting a family this Christmas.

Cash donation boxes can be found at the following locations:

For more information contact:  
Darby Deline - 519 452 4109 Ext 6321 ddeline@fanshawec.ca



# Healthcare students disregard their own self-care

Salma Hussein  
INTERROBANG

When we decided we would choose to service the health of others, we neglected to take care of our own well-being.

Self-care has become a luxury instead of a priority for many nursing and health science students in particular. As a student nurse, I can attest to the rising disregard for me and my fellow peers' mental wellbeing. We are in a rigorous routine of lectures, studying, tests, and no time to even glance in the mirror.

If I took the time to look at the mirror in between midterms, test and assignments, I would have noticed the dark bags under my eyes, or the loss of colour in my cheeks that usually would be brimmed with warmth. We walk the halls of the school with our minds constantly consumed with worry over how well we can do, and if we can pass. The thought of grabbing a healthy meal or sleeping early for a change seemed like a luxury.

After the October midterm showers, I spoke to my peers Natalie Piatek and Taylor Addison, first year nursing students from the Western-Fanshawe collaborative nursing program. Both explained the impact of the sudden workload.

"[I was] overwhelmed, and being fresh out of high school, I doubted if my studying techniques would work for university midterms," Piatek said.

Addison agreed.

"Getting proper sleep was an issue, and I would feel guilty sleeping because I thought I could use the time to study instead," she said.

The abrupt midterm season took the nursing students by surprise and they weren't prepared, so self-care did not seem like a necessity amongst the accumulating tasks.

There was a blatant flaw with our mentalities when we went into midterms, and with exams around the corner, the vitality to prepare ourselves mentally is crucial. The Western-Fanshawe nursing students were assigned a self-care contract, and the objective was to promise to take care of themselves when times of anxiety or stress appear. Each student needed to come up with three strategies that would help them relax and conquer the se-

mester with reduced stress.

Herleen Mudher, another student from the Western-Fanshawe collaborative nursing program, shared her thoughts on the effectiveness of the self-care contract.

"The self-care contract helped me initiate contemplative practices that would help me forget about the stress," Mudher said, adding that going home once a month to visit family and friends reminded her that she has a life outside of school. The nursing students took the opportunity with this contract to develop good contemplative habits and take care of their health. According to Elizabeth Ann Fiske's (PhD, RN, CNE) scholarly journal on contemplative activities, contemplation is focusing on something intently and requires deep thought and reflection. Taking the time to ponder on your thoughts and reflect on your feelings helps clear the burden you carry as a student.

Consider the various types of contemplative practices and incorporate them into your daily routine. There are numerous activities such as meditation, writing, exercise, meeting with friends or even taking a walk for a bit of fresh air to gain perspective. Slowly but surely, you will be able to prioritize your self-care and do well in your studies. These habits are not exclusively for nursing and health science students, the contemplative approach is open to anyone who wants to improve their well-being.

As we step into the healthcare workforce, we are licenced to take care of our patients. Their well-being is placed into the palms of our hands. An article from the University of Texas, "Why Self-care Is Vital for Your Nursing Career", explains the implications on nurses and patients if self-care is neglected.

The article emphasizes the importance for nurses to recognize their personal needs and finding ways to adhere to them. In the long run, nurses are expected to work long hours during day or night, which comes with discomfort and possible development of health problems. If good self-care habits are not implemented earlier on as a student, you are more likely to burn out very early in your career, and even leave your job. Explore what makes you happy and find some-



CREDIT: SALMA HUSSEIN

When nurses are taking care of others, they often forget to take care of themselves.

thing that will help you alleviate your burdens.

Take the time to meditate, reflect, socialize, or simply do something you love. Any of these activities will help you release your anxieties and let you focus on the good parts of life. Take advantage of the services that Fanshawe offers for students, like the Wellness Centre:

dedicated to your wellness! If you need to release bottled thoughts, consider counselling offered by Counselling and Accessibility services in F Building room 2010.

As much as we hate stress, it's going to be a part of our lives, and even more so if we let it consume us. As nurses and healthcare workers, we are going to look over oth-

ers and guide them towards healthy lifestyles. Does it not then make sense for us to set a good example? We can only give care if we have it ourselves. Strive to be compassionate to yourself before you seek to steer others to wellness.

Good luck for the upcoming exams and remember to practise loving yourselves!



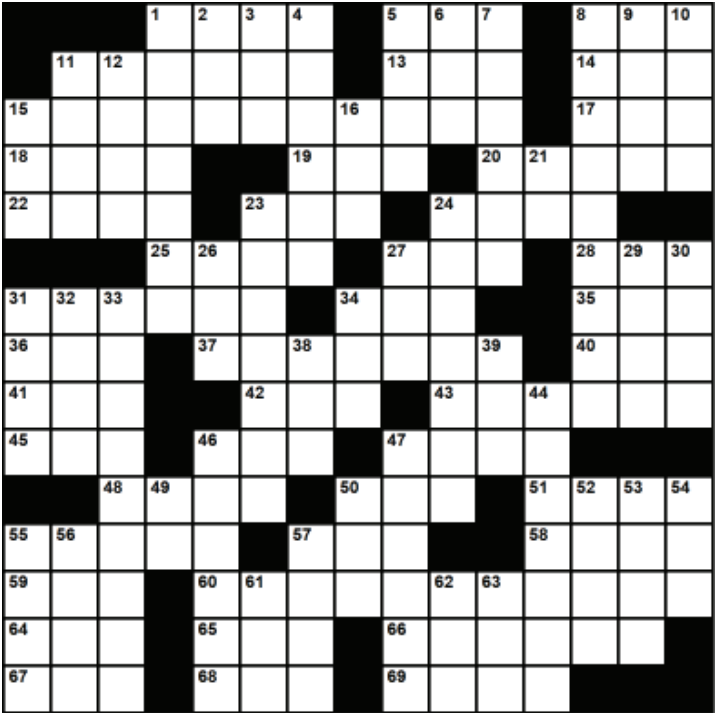
Comic by Dylan Charette



CROSSWORD

ACROSS

1. Short shot  
5. Nafta's overseas counterpart  
8. "East" on a grandfather clock  
11. Dance energetically  
13. Put on a black coat?  
14. "\_\_\_ Doubtfire"  
15. Result from being fired?  
17. Hawaiian dish  
18. Lunch in a shell  
19. Modern form of address  
20. Mountain lakes  
22. Wing shaped.  
23. Pork Place?  
24. Dry sherry  
25. Football Hall of Fame locale  
27. "My boy"  
28. Kind of shot?  
31. Give the cold shoulder to  
34. Whistle blower?  
35. Determined beginning?  
36. Old French coin  
37. Expressed derision  
40. Soft metal  
41. Varnish base  
42. Waldorf salad ingredient  
43. Break down and then draw in  
45. Add-on  
46. Propel, in a way  
47. Indian bovine  
48. A long, long time  
50. "Fancy that!"  
51. "Roots," e.g.  
55. Adhesive  
57. PC "brain"  
58. Boris Godunov, for one  
59. Dried legumes  
60. Process of using light to reproduce an image  
64. Letters from your parents?  
65. Baseball stat  
66. Asian peninsula  
67. Above, in odes  
68. Japanese currency  
69. Opposed to, in dialect



DOWN

1. Small, ratlike kangaroo  
2. "That's disgusting!"  
3. 20-20, e.g.  
4. Staccato's opposite  
5. And others, for short  
6. Ring bearer, maybe  
7. Stupid person  
8. Unrehearsed  
9. Press agent?  
10. Egyptian fertility goddess  
11. Phoenician god  
12. Boat in "Jaws"  
15. Airport listing, for short  
16. Crooked  
21. Indefinite article  
23. Some Toyota models  
24. Prognosticate  
26. Fractions of a day (Abbr.)  
27. Order given to a four-legged animal  
29. Type of acid linked to gout  
30. Character builder?  
31. "Cast Away" setting  
32. Good shot  
33. Net gain?  
34. Public hangings?  
38. Not yours alone  
39. Center of a ball?  
44. One involved in a sweeping gesture?  
46. Colorful quartz varieties  
47. Poetic term for what the Rolling Stones lyric "she blew my nose and then she blew my mind" contains  
49. Beast of burden  
50. World's largest publisher (Abbr.)  
52. Far from ruddy  
53. The earth, when viewed as a self-regulating organism  
54. Circle segment  
55. Edible taro root  
56. "Canvas" for Jack Frost  
57. \_\_\_-apple juice  
61. Before, in poetry  
62. Dust collector?  
63. Lord of the ring?

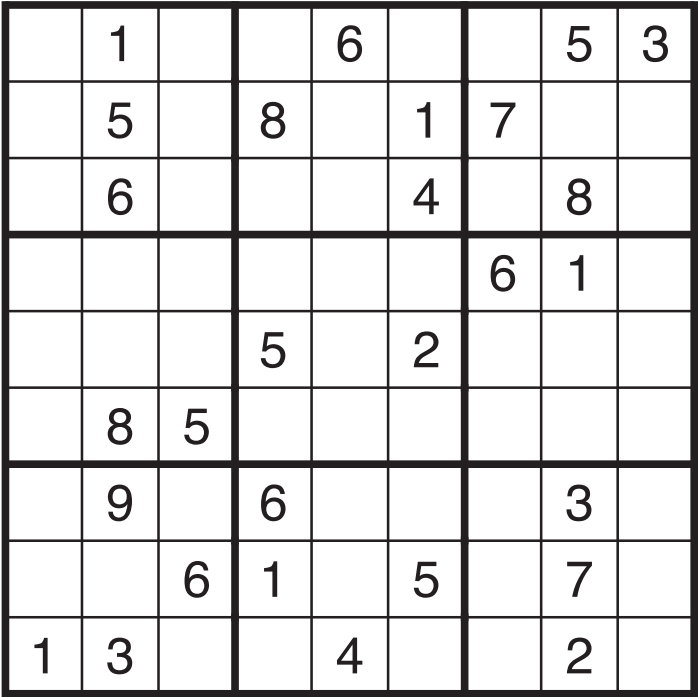
WORD SEARCH



SIGNS OF THE SEASON

- |           |           |          |            |
|-----------|-----------|----------|------------|
| Ornaments | Wreath    | Tree     | Cards      |
| Garland   | Eggnog    | Hanukkah | Presents   |
| Santa     | Mistletoe | Snow     | Carols     |
| Tinsel    | Holly     | Turkey   | Fruit Cake |

SUDOKU



Puzzle rating: Medium

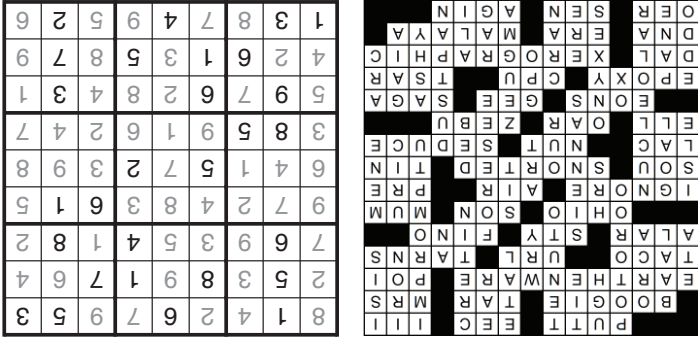
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box.

CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16												12					17						4		

3 22 11    14 23 18 17 11'    10 1 11    12 1  
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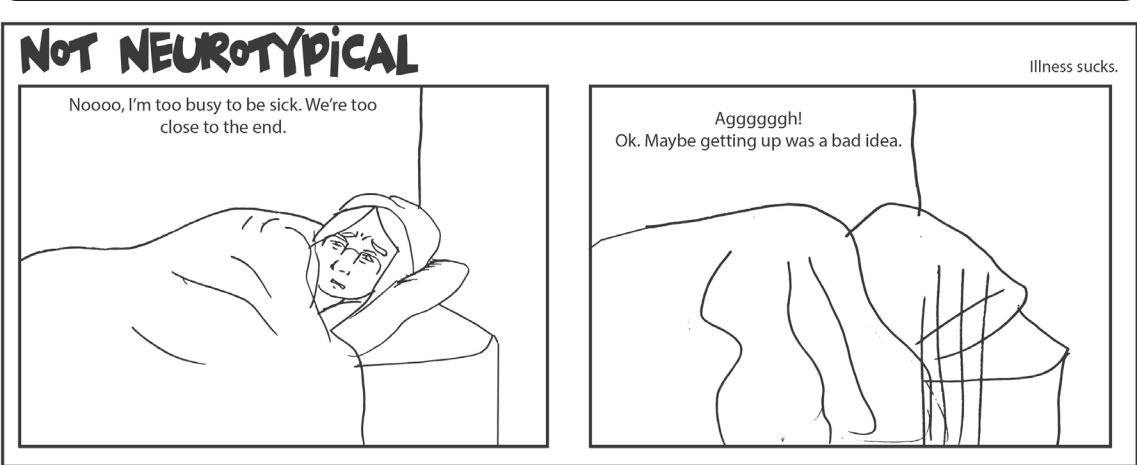
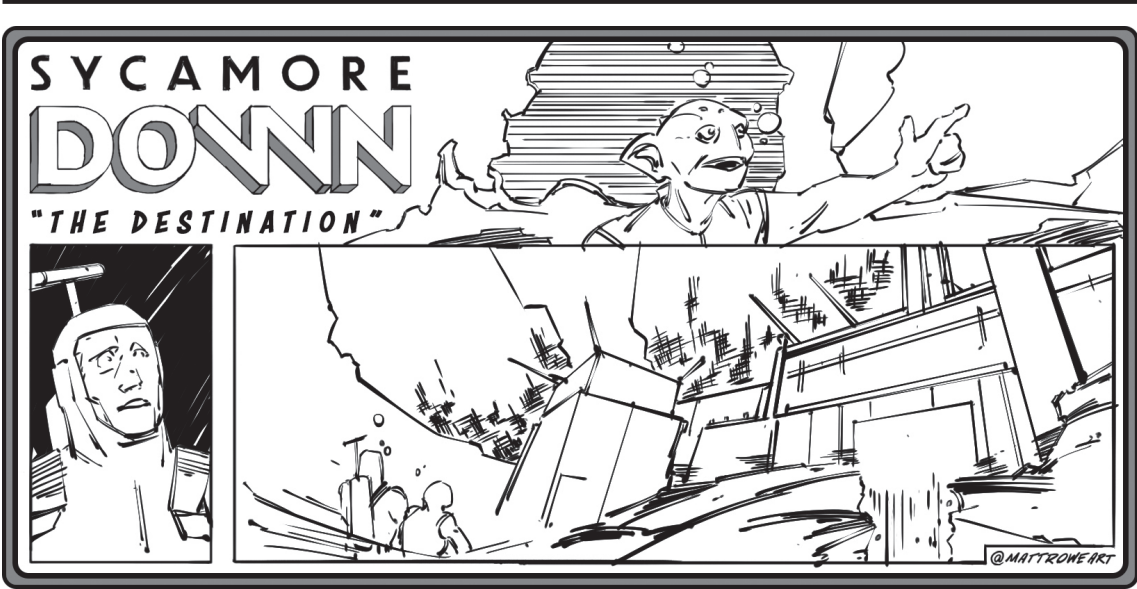
"THE MOST WONDERFUL TIME OF THE YEAR"

By Alan Dungo



dumb kitties

L.GUMB



# Horoscopes

## Aries

Hone your skills, fix up your resume, explore your options and get ready to take on a new challenge. Personal improvements can be made that will give you a new lease on life. Consider a lifestyle change as the new year approaches. Where you'd like to reside and what you'd like to focus your time doing will dictate the type of community or environment you want to call home.

## Taurus

Take a serious look at family dynamics during the holiday season. Take note of what everyone is doing and saying, and it will be insightful when you want to make a suggestion. A physical change will improve your health and your appeal. Refuse to let an outsider disrupt your personal life. Emotional manipulation for the sake of money will leave you short of cash. Don't donate to something you know little about.

## Gemini

Keep a level head, a calm outlook and a goal in mind. Observe partnerships, and consider what you can do to enhance your relationship with someone you love. Don't believe everything you hear. If you act on an assumption, you will end up making a mistake. Go directly to the source and find out what happened. Partnerships need to be handled with care. Concentrate on financial and health issues. A joint venture will tempt you. Don't take an unnecessary risk.

## Cancer

Take on tasks that encourage you to implement changes to the way you do things. Look for unique solutions, and share your ideas with people who are just as eager to make a difference. Sign up for a challenge that will require you to put your experience and intuition to work. What you come up with will leave a lasting impression on someone who will become instrumental in helping you get ahead.

## Leo

You may have to step outside your comfort zone when dealing with sensitive issues. Listen to what's being said, and do your best to compromise to keep the peace. Be open to networking opportunities that will give you different perspectives regarding some of the ideas and interests you have been mulling over. Check the cost involved before making a purchase that has the potential to have additional fees or hidden costs.

## Virgo

Speak up and be honest about the way you feel. Dealing with matters concerning family or friends will help you ward off a problem with someone who tends to be excessive. Emotions will rise to the surface during the holidays. An intervention can lead to a bright new start. Act responsibly, and you will come out on top. Take good care of your health and of those you love. Traveling, learning and exploring new avenues should be priorities.

## Libra

Discuss the past if it will help you move forward. Making adjustments to the way you live, how you earn your living or the people you associate with will make a difference in the way you move forward. A positive attitude will encourage a brighter future. Share your plans with a friend or relative. The suggestions made and the help offered will make moving forward much more accessible. Learn from someone who has more experience.

## Scorpio

Discuss what's on your mind and you can resolve any issues that are sensitive or holding you back. Someone older or who has more experience will offer a noteworthy suggestion. Be careful who you trust. Someone will try to mislead you. Don't forget what's transpired in the past if you want to avoid making the same mistake twice. Let your intuition guide you, not someone who is trying to manipulate you.

## Sagittarius

Stick to the truth, question whatever appears to be fabricated and concentrate on personal improvements and moderation. Don't buy into the hype, risky investments or purchases that promise the impossible. Emotional matters will surface if you get into a debate over religious or political beliefs. Keep your thoughts to yourself and work on personal growth, honesty and maintaining stability at work and home.

## Capricorn

Don't fight change, it's going to happen sooner than later. Listen to what others have to say, and you'll recognize the benefits that come with staying informed. Secrets will be revealed over the holidays. Pay attention. It's best to be honest so that you can move forward without feeling stressed, guilty or being faced with opposition from someone trying to make you look bad.

## Aquarius

Pay more attention to what you are doing and how best to use your time during the holidays. Don't feel the need to make a move or decision because someone else does. Look at the big picture, and do what feels right to you. Update your resume and check out online job postings. Add skills that will help qualify you for a position of interest. Mull over the possibilities and you will discover a unique presentation that will impress someone who can influence your future.

## Pisces

Mix and mingle over the holidays. The information you gather will be valuable when it comes to money matters, as well as how best to help others. Look at the possibilities, and don't hesitate to make a move. Someone will play emotional mind games with you if you mix business with pleasure. Don't let compliments lead to taking on responsibilities that don't belong to you.



WEEKLY STANDINGS



Women's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	8	8	0	16
Mohawk	8	6	2	12
St. Clair	7	5	2	10
Niagara	7	5	2	10
Humber	6	4	2	8
Redeemer	7	3	4	6
Cambrian	7	2	5	4
Conestoga	8	2	6	4
Sheridan	7	1	6	2
Boreal	7	0	7	0

Men's Volleyball  
OCAA West Division Standings

Team	GP	W	L	PTS
Humber	6	6	0	12
Redeemer	7	6	1	12
Conestoga	8	6	2	12
Niagara	7	5	2	10
Fanshawe	8	4	4	8
Mohawk	8	4	4	8
St. Clair	7	3	4	6
Sheridan	7	1	6	2
Boreal	7	1	6	2
Cambrian	7	0	7	0

Women's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	9	8	1	16
Humber	7	7	0	14
St. Clair	8	6	2	12
Conestoga	7	5	2	10
Lambton	9	5	4	10
Sheridan	7	4	3	8
Mohawk	7	2	5	4
Niagara	7	1	6	2
Redeemer	7	0	7	0
Sault	8	0	8	0

Men's Basketball  
OCAA West Division Standings

Team	GP	W	L	PTS
Fanshawe	10	8	2	16
Sheridan	8	7	1	14
St. Clair	9	7	2	14
Redeemer	8	6	2	12
Lambton	10	5	5	10
Humber	8	4	4	8
Mohawk	7	3	4	6
Conestoga	8	3	5	6
Niagara	8	3	5	6
Sault	9	1	8	2
Canadore	9	0	9	0

Printed standings are reflective of November 25, 2019.

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

Han Pham setting sights on returning to Nationals

Emily Stewart  
INTERROBANG

For Fanshawe Falcons badminton star Han Pham (culinary management), the sport has been part of much of her life.

She started back in her home country of Vietnam around 12 years ago. She left home when her parents sent her to live abroad.

“I chose Canada and London’s pretty nice too,” she said. “That’s why I chose Fanshawe.”

Pham started her first year of college in October 2018, so she missed the tryouts that ran a month before. She joined the team after another athlete dropped out and asked her to join to play for the rest of the 2018/2019 season.

She finished her first year on the women’s badminton team on a high note, as she and former teammate Helen Ngu won the Canadian Collegiate Athletic Association (CCAA) National Bronze Medal for women’s doubles. Pham said her win was unbelievable because she wasn’t even part of the team for half a year when she went to Nationals. It’s also unique from playing badminton in Vietnam.

“We don’t have regional, provincial [or] national, so I didn’t really believe that I can make it,” she said. “But it’s pretty cool and [a] great opportunity.”

Pham added that badminton is quite popular in Asia, and she considered herself an amateur compared to other players back home.

“I just played for fun,” she said. “Here, it becomes serious.”



CREDIT: FANSHAWE ATHLETICS

After a successful first year on the Fanshawe Falcons’ women’s badminton team, Han Pham plans to return to the Canadian Collegiate Athletic Association (CCAA) National Championships.

The Falcons kicked off their season by heading to Toronto for the Humber Tournament from Oct. 11 to 12. Pham was unable to attend, so she was feeling nervous heading into the Fanshawe Tournament from Nov. 15 to 17. However, she felt better once she knew who she was up against.

Pham tied for third in women’s singles with Humber Hawk Susanna Quach during the Falcons’ host tournament. Pham and Maeyen Chua (hospitality and tourism management) placed second in women’s doubles with a 3-1 record.

“I just try my best every single game, but I went to National(s) last year so I keep the same goal for this year, too.”

She wasn’t sure of her strategy to get to Nationals, as that’s more of the coaching staff’s role, but said

that since she made it to Nationals last season, she thinks they’ll follow the previous season’s plan.

Fanshawe Athletics announced on Nov. 19 that the Falcons are the top 13th badminton team in the CCAA rankings. Sports information officer Nicole Carriere also told Interrobang that out of all of the Ontario Colleges Athletic Association (OCAA) teams, the Falcons are the top fifth. Pham was happy the results, but acknowledged it’s from a team effort.

“I just feel I contribute a little bit in it because the whole team [is] working on it too,” she said. “But it’s good.”

The men’s and women’s badminton teams return to Toronto for the George Brown Tournament on Dec. 7 and 8, which will be their last tournament before the New Year.

Falcons’ men’s basketball dominate November

Skylar McCarthy  
INTERROBANG

The Fanshawe Falcons’ men’s basketball team has won every single game in the month of November.

They’ve dominated at home with wins against Canadore (88-75), Redeemer (106-84), and Lambton (96-90). However, they’ve been more dominant on the road, with wins against Humber (94-88), Mohawk (90-83) and Sault (82-69 and 74-59).

The team has been playing so well that in the Ontario Colleges Athletic Association (OCAA) rankings, they are currently first in the West Division.

One of their key main players has been 6-foot-6 forward Alfred Johnson (human resources management), who has been averaging a double-double.

Johnson has been the leading scorer for the team with 20.6 points per game and leading the team in rebounds with 12.3 rebounds per game.

Head coach Tony Marcotullio told Interrobang he believed that rebounding will be the deciding factor to winning games at times.



CREDIT: FANSHAWE ATHLETICS

Members of the Fanshawe men’s basketball squad and supporters celebrate victory against the Lambton Lions on Nov. 13.

“The deciding factor [is] more rebounds equal more possessions in the game. Even on our good nights, we may only need 12, but on our bad nights, we get 20 and still win,” Marcotullio said.

Marcotullio discussed the team’s offensive technique as well, considering that they’re also second in point per game.

“We practise every night, we do a lot of completive drills every night, work on our offensive technique, but last year our offensive wasn’t that good, but our guys are doing good,” he said. “Student athletes do better than students most of the time, but we try to get the guys to

workout two days a week. We also want them to go shootaround everyday, but our guys work hard.”

This team is looking to go into a big playoff push in late February and hopefully into early March, and in order to do that, they need to continue to be a top rated offence and be able to win on the rebounding department. Interrobang wishes nothing but the very best for all of our student athletes.

This male basketball team will be great this season, so continue to expect dominance from this team after the holidays.

NOTE: This article was written on Nov. 24.



# The 2019 Hyundai Palisade: A Luxury SUV from Korea



**Nauman Farooq**  
AUTOMOTIVE AFFAIRS

Remember the Hyundai Veracruz? Of course not, it wasn't very good and hardly anybody bought one.

It was followed by the Hyundai Santa Fe XL, which was quite good and sold in fairly decent numbers. But when time came to replace it, Hyundai decided to go further up-market, and introduce a name the public had not heard before.

I'm talking here about the first-ever Hyundai Palisade — the most premium luxury SUV ever offered by the South Koreans.

But, how is it? Read on to find out.

**Styling:** From an aesthetic point of view I wouldn't call it pretty, but it sure commands attention wherever it goes. Whereas previous Hyundai SUVs had sleek styling, the Palisade is upright and butch, and partly thanks to its LED lights it looks like something that competes with the likes of the Lincoln Navigator or the Cadillac Escalade, rather than the Mazda CX-9 or the Honda Pilot — which are its competition based on price.

So, good job Hyundai design team. The Palisade manages to stand out in its price segment, and looks far more expensive than it actually is.



The Palisade isn't perfect, but it does have some practical benefits.

**Interior:** If the exterior impressed some of you, the interior will impress all of you!

The Palisade has one of the nicest interiors I have come across in a long time. Open the door and you'll see luxury touches everywhere — this is very much a premium environment. It almost feels like this vehicle was being developed for the Genesis brand, but near completion it was re-branded for Hyundai and Kia (yes, the Telluride is a sister vehicle to the Palisade); it really is that good.

All the buttons, knobs and general touch areas have a premium look and feel, plus the seats are fantastic, and so is the stereo and infotainment system — this is very much a complete package.

Those seats I mentioned have full power adjustment, plus are heated and cooled (on the Luxury and Ultimate trim, the base Essential and Preferred trim just gets heated seats) and are very comfortable. I spent a long day in the Palisade, where I covered a lot of distance, and from a comfort point of view



CREDIT: NAUMAN FAROOQ

it was simply fantastic. The only thing I can think of to make the Palisade even more comfortable would be to add a massaging function to the front seats.

Other than that, the Palisade excels in pretty much every area. For instance, if you're looking for space, it has plenty — the Palisade can be optioned as either a seven-passenger or an eight-passenger vehicle. The infotainment system offers a large screen (10.25 inches in the Luxury and Ultimate trim) which is fairly easy to use — although I wish it wasn't a touchscreen system.

No complaints about its harman/kardon sound system (Luxury and Ultimate trim); this 630-watt stereo has the ability to turn this vehicle into a concert hall — very well done.

So, if you're looking for a SUV that ticks all the luxury boxes, the Palisade is among the best in the business.

**Powertrain:** The powertrain is where Hyundai seems to have dropped the ball. Not that it's bad, just that it hasn't improved much at all compared to its predecessor — in fact, it might just be a step in the wrong direction.

You see, the Santa Fe XL used to come with a 3.3-litre V6 engine that produced 290 horsepower and 252 pound-feet of torque. The engine in the Palisade is half a litre larger, displacing at 3.8-litre, still a V6, and yet it produces just "one" extra horsepower and just 10 extra pound-feet of torque (if you haven't done the math, it equates to 291 horsepower and 262 pound-feet of torque).

That's not what you call progress, and if you look at the horsepower/displacement figure, it is actually a step backwards for the Palisade.

Given that this 3.8-litre V6 can be found in other Hyundai/Kia/Genesis products, we know it is capable of more power, so why was the Palisade handicapped in this area? I have no idea.

The transmission is a step in the right direction; the Santa Fe XL used a six-speed automatic, whereas the Palisade gets a new eight-speed automatic. The extra gearing does help in fuel consumption — more on that later.

**Performance & Driving Dynamics:** As you'd expect from something as large and heavy as the

Palisade, it won't be a dynamically engaging vehicle to drive, and it isn't. This is not the sort of vehicle that'll encourage you to take the longer or twistier route home.

However, it does cosset you on long drives. For instance, many vehicles nowadays have adaptive cruise control, and so does this, but in the Palisade, if you set the cruise control at the speed limit, it'll then adjust the speed based on your route, so if the speed limit drops from 100 kilometres per hour to 80 km/h, the car will do it for you, so you'll never have to worry about getting a speeding ticket. It also has lane keep assist, and does a very good job of keeping you in your lane — better than most such systems.

So, if you're looking for a stress-free commute, especially when going out of town, the Palisade is about as good as vehicles get.

**Fuel Economy:** I didn't get to conduct my usual fuel economy test, as I did more highway driving than city driving during my test week, but I did notice that on the highway, it averaged about 9.0L/100 kilometres. According to Hyundai, the Palisade will average out at 10.5-litres per 100 kilometres on a city and highway test. While in the real world, the numbers might be slightly higher, I think it'll be fairly close.

Compared to its predecessor, the Palisade is more efficient — and that's especially impressive given its girth.

**Pricing:** The Palisade range starts from \$38,499 — but that just gives you a front wheel drive model called "Essential". If you want all the bells and whistles, then you'd be interested in the "Ultimate" model which starts from \$53,999. Compared to its competition, the Palisade is priced really well.

**Verdict:** The Palisade isn't perfect. It could have benefitted from a more powerful motor, and it surely isn't exciting to drive. However, if you're looking for a large SUV for the family, and value comfort and tech over driving dynamics, than the Palisade will serve you very well indeed.

For additional car related content, please look up: Automotive Affairs on YouTube - youtube.com/c/automotiveaffairs and on Instagram at @automotive\_affairs.

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