



Volume 47 Issue No. 15 December 1, 2014 theinterrobang.ca

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GO NE COUNTRY
JULY 15-16, 2013.
HARRIS PARK, LONDON.
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DUSTIN LYNCH
JESS MOSKALUK

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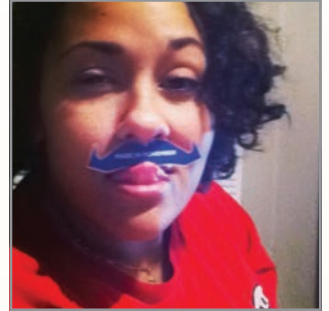
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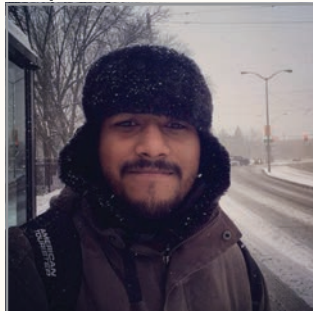
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‡FREE LUNCH: Contest only open to full-time Fanshawe College students. Offer consists of a \$10 gift card, given out monthly, that can only be redeemed at Oasis or The Out Back Shack during business hours at Fanshawe College in London, Ontario.

CALLING ALL RESEARCH PROJECTS

Research & Innovation Day is Wednesday, March 18th, 2015

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Third Prize
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Entrepreneurship Award of \$1,000!



For more info and to register:

fanshawec.ca/research



FANSHAWE

Former college president honoured with Lifetime Achievement Award

FRANCIS SIEBERT
INTERROBANG

Former Fanshawe College president Howard Rundle was awarded the 2015 Lifetime Achievement Award on November 25 by the Ontario Ministry of Training, Colleges and Universities.

The award is presented each year to someone who has “demonstrated exceptional leadership and promoted excellence within the province’s college system,” according to the Ontario government website.

“Special – I felt quite honoured,” Rundle said about his achievement. “As a president, there’s nothing you do all by yourself. It’s always other people that are really doing most of the work, and so ... if you have people that are dedicated as we do at Fanshawe, then it’s not that hard to accomplish things.”

Rundle started his career at Fanshawe in 1972 as director of planning and development. Trained in physical chemistry – he holds a PhD from the University of Toronto – Rundle was looking for a teaching job.

He worked at the University of Pittsburgh and York University, but he says universities back then were more interested in research than teaching.

“I saw an ad for a job at Fanshawe College, and I applied for it,” he said. “I was in the United States when the community colleges were created in 1967. So when I saw this ad, I didn’t know what they were, but I knew I really liked teaching.”

Local women’s agencies might consider merge

SHANNON BRADBURY
INTERROBANG

Two women’s agencies in London are considering merging together.

The Sexual Assault Centre London and the Women’s Community House are reviewing the possibility they may offer their services as one.

Manager of Residential Services at the Wellington Road Shelter, Katarina Fernandez says, conversations are being had at the executive level around services that each agency provides.

The questions arose whether those seeking support around violence and assault could benefit from one place to go to instead of two, Fernandez said.

The Women’s Community House provides abused women and children housing and support, and the Sexual Assault Centre London gives any needed outreach and counselling for those who have suffered from sexual violence.

Fernandez says there is no deadline for the decision; however, she feels the result will hopefully be made within the fiscal period to benefit the agencies.

They are seeking input from clients and the public, Fernandez said.

Those who would like to express their opinion on the possible merge can either stop by the individual agencies or fill out a form online. For more information on Women’s Community House, visit shelterlondon.org and to find out more on the Sexual Assault Centre London, visit sacl.ca.



CREDIT: COURTESY OF FANSHAWE COLLEGE

From left: David Agnew, Chair of Council of Presidents and President of Seneca; Dr. Howard Rundle, Fanshawe College President Emeritus; Hon. Reza Moridi, Minister of Training, Colleges and Universities and Linda Franklin, CEO of Colleges Ontario.

Rundle didn’t get the job he applied for, which was for chair of the math and science department.

But he got a call from Fanshawe the next week to meet with the president – would he instead be interested in being the director of planning and development, he asked Rundle.

Oh, and the job would allow him to teach along with his duties as director of planning and development.

“That sounded pretty interesting,” Rundle said. “I wasn’t sure exactly what it was, but I did it, and I found that because it was a new job, I was able to kind of shape the job myself, which was a lot of fun.”

Since then, Rundle’s held vari-

ous posts at Fanshawe, including director of student learning resources, dean of health sciences and vice-president of academic.

He became president in late 1995 until his retirement in August of last year, making him the school’s longest-serving president.

“I really liked the vice-president of academic job,” he said. “I thought that was going to be my favourite job, and I’d just stay doing that until I retired.”

But the president went away on sabbatical one year and asked Rundle to fill in for him.

“The job of president was different,” he said. “I found I really enjoyed it. It takes you out into the

community a whole lot more ... I found I really enjoyed the London community and the people in London, and I got to meet them and work with them, and so I decided I did like that.”

He says one of his proudest achievements as president was the development of the downtown campus.

“I cannot think of a more deserving person than Howard Rundle for this award,” said current Fanshawe President Peter Devlin. “His leadership and commitment have helped shape Fanshawe College and the entire college system. We would not be where we are today without his vision.”



Sweet Tweets of the Week

What's your favourite holiday movie?

Sarahjei Campeau

@sarahjei
@fanshawesu
#FSUInterrobang the Santa Clause! I wanted to become one of those bad ass elves that break Santa out of jail
11:26 PM - 25 Nov 2014

Patricia Varanesi

@PatVaranesi
@fanshawesu
#FSUInterrobang probably Rudolph the Red Nose Reindeer (1964)
10:49 PM - 25 Nov 2014

Constantly Lost

@_altheaa
#FSUInterrobang Rudolph the Red-Nosed Reindeer (1964 version) love that the elf wanted to become a dentist
4:17 PM - 23 Nov 2014

madss

@madisonrath
@fanshawesu my favourite holiday movie: How The Grinch Stole Christmas with Jim Carrey #classic #FSUInterrobang
9:33 AM - 21 Nov 2014

From Facebook:

Rachel Deller

The Santa Clause !

Mariann Sawyer

National Lampoon's Christmas Vacation.

Larissa Campbell

Elf! or The Nightmare Before Christmas

Bailey Lowry

8 Crazy Nights... Or Elf!

Raluca England

How the Grinch Stole Christmas.

Michelle Foster

National lampoons Christmas hands down!!!

Brendan Beamish

Christmas Vacation is the objective choice. It's also my subjective.

Amy McDonald

The Christmas shoes

Alexandria Layne

Currah
Elf

Sofia 'G' Eidsath

The Santa Clause

Mike Simpson

Mixed Nuts

Happy Holidays from everyone at the Interrobang!

#FSUInterrobang

Students helps seniors cope with holiday stress

STEPHANIE LAI
INTERROBANG

A group of six nursing students and a dog presented their final project at 190 Cherryhill Circle on November 25.

The students – who have been working with seniors all semester – were tasked with presenting to seniors ways to cope with holiday stress.

“We’re talking about depression, stress and financial stress all around the holidays, because we know it affects them more than the younger people,” said Rachel Cole.

The second-year student says despite the cold, the group appreciates the seniors who came out.

“We appreciate that they’re coming back ... and they’re coming to watch us and we’re giving a bunch of tips,” Cole said. “We finally get to talk to [seniors we haven’t talked to] and let them know what’s going on in Cherryhill. That way, they can get out there and use the resources.”

Cole’s group mate Maranda Welsh hopes the seminar helped those who came.

“We’re hoping we bring a lot of resources to them because through the coffee hour we discussed and they said a lot about how it’s difficult for a lot of them to attain the resources,” she said. “Sometimes they don’t know about things, so we’re really hoping they get a lot of education out of our seminar, because we do have a lot of information.”

Both students confessed that before starting their placement at Cherryhill, neither of them had considered working in geriatrics.

“I wanted in the beginning to work with kids – pediatric nurse or in maternity, because I’ve never had experience with seniors, but it’s so rewarding,” Welsh said. “The grat-



CREDIT: STEPHANIE LAI

(From left) Emily Newman, Maranda Welsh, Jacob Gingrich, Lyndsay McPherson, Jessica Blum, Lola the dog and Rachel Cole presented their final project to seniors in Cherryhill – how to cope with stress around the holidays.

itude they would give us – it’s just awesome. We had a sense of how rewarding it would be to be in the nursing profession.”

Cole echoed her classmate’s sentiment, as she too wanted to work with youngsters.

“I was a little skeptical,” she said. “I wasn’t sure how they would take to us, if they would like us – and they loved us, and we love them.”

“We built up a great relationship. Now that we’ve done it, I’m actually considering it. I would be open to geriatrics and pediatrics – I’m open-minded now.”

Kim Jordan, their instructor, says the experience of working with seniors will help the students down the road in their careers.

“Building on experiences and learning to communicate with people,” Jordan said. “Resources [are] a big part of it – knowing what’s out

there. I think we’re all still learning what’s here in Cherryhill.”

“There’s so many resources that even I was unaware of, and I’ve been a nurse for a long time. Just knowing those things and in your career down the road, those are great things to have.”

Both Welsh and Cole will miss the people after finishing placement.

“We’re going to miss coming here every morning and talking to people,” Cole said. “People just have ball here. We’re going to miss each other and working on our projects.”

“We learned so much about therapeutic relationships and working as a team,” Welsh said. “We got to finally implement learning about a therapeutic relationship and how it works.”

The students will be focusing on the more medical side of the field next semester.

Santa Claus is comin’ to help the Sharing Shop

STEPHANIE LAI
INTERROBANG

The Fanshawe Student Union will be welcoming Santa Claus to the Oasis and is encouraging students to meet Santa, take photos and donate food or cash in an effort to support the Sharing Shop.

The Sharing Shop has been under the FSU’s umbrella since fall and organizer Amy Romao is asking for a little support from the college community.

“Students are invited to come and bring a canned good or pocket change to donate to other students that are in need,” Romao said.

Romao says the Sharing Shop has been doing well this year – in all aspects.

“It’s been good, I’ve gotten a lot of support here [at the FSU],” she said. “We’re a good team at the FSU. There’s a lot of resources and support.”

“It’s been successful as in there’s more support with volunteers; more availability; a larger pool base of students.”

The Sharing Shop is often stocked with hygiene products as well as perishable and non-perishable foods.

“We have toiletries; daily es-

entials like deodorant, shampoo, toothpaste,” Romao said. “Sometimes we’ll have apples after the Thursday[s] where there’s the farmer’s market in F-Hallway. Sometimes we’ll get donations there or we’ll purchase some of the items so they don’t have to pack it up and take it with them and we take it back to the Sharing Shop.”

Romao says four to six students use the Sharing Shop and that it’s important to have services like this on campus.

“There are students that are in need and they go by quietly,” she said. “You wouldn’t know the person to the left of you or to the right of you are using the Sharing Shop.”

Romao hopes students will be open to giving to others.

“I don’t think necessarily students think that other people have what they have,” she said. “At this time of year especially, it’s easier to shine that light and realize, hey maybe there’s others out there that don’t the same thing.”

“It’s extremely easy and kind and there’s the opportunity to give – so why not?”

The Sharing Shop is located in B1050 and is open Monday to Friday from 10 a.m. to 4 p.m.

It’s time to put that phone down

FRANCIS SIEBERT
INTERROBANG

Shortly after 6 p.m. on June 3, 2009, Kathryn Field got a phone call. She was expecting it to be her son Josh, telling her he was with friends and that he’d be home later.

But it was a London Police Services officer. Josh had been in an accident – he’d pull out his mobile phone while driving, and seconds later, the vehicle was in the ditch. Josh never made it home.

LPS issued 56 offence notices during a one-day blitz on distracted drivers called Buckle Up, Phone Down on November 24. The event was part of the London Road Safety Strategy, whose goal is to reduce fatal and injury collisions in the area by 10 per cent by 2019.

Police issued 56 offence notices that day.

“Distracted driving can be anything that takes your attention away from the task at hand, which is driving,” said Traffic Management Unit Sgt. Amanda Pfeffer.

Examples include using mobile phones, GPS devices, eating and reading while driving.

“Your attention should be focused on the roadway at all times,” she said.

One in three students between Grade 10 and 12 admitted to using their phones while driving, Pfeffer

said.

“This is a very concerning statistic in that those individuals are also our most inexperienced drivers,” she said.

Drivers who text while driving are 23 times more likely to be in a collision than those who don’t, according to a pamphlet for the event. Last year, distracted driving caused 78 deaths in Ontario.

The Ontario government introduced legislation in 2009 that banned the use of hand-held devices while driving. Fines range from \$60 to \$500.

A proposed legislation by the Ontario government plans to increase fines for distracted driving to between \$300 and \$1,000. If convicted, distracted drivers would also lose three demerit points.

“If Josh had more knowledge about the outcome of answering that cell phone, maybe he wouldn’t have,” Kathryn said in a video posted on the London Health Sciences Centre website about distracted driving.

“Maybe he would’ve just left it. So, for us to try and promote distracted driving awareness and to make sure that somebody doesn’t go do the same thing – doesn’t try and answer that phone – if it would save just one person’s life then it’s worth it to us.”

*See www.fanshawec.ca/yourstory for full contest details.



CREDIT: JUSTYN SMITH

Fanshawe students came out to the Fanshawe Student Union’s last Trivia Night of 2014, which was hosted at The Out Back Shack.

Councillor pushes to cancel Bill Cosby event

SHANNON BRADBURY
INTERROBANG

Ward 3 councillor Mohamed “MO” Salih is encouraging Budweiser Gardens to review its options with cancelling the Bill Cosby show this January.

The comedian has faced allegations of sexually assaulting multiple women, and at the time of print, the centre has not yet cancelled the show on January 8.

Salih says because Crosby is a public figure it is his responsibility to thoroughly think about whether visiting London for a comedy performance is appropriate.

He adds whether it is true or not the nature behind a comedy show is to bring people out to laugh, Salih

says because of this maybe it is best to let things take course, so there are no misconceptions.

Salih says Budweiser Gardens and Londoners can explore their options, however he thinks the issue is much bigger than this.

He feels it’s about the perception and image that is being sent out to children and women, and to victims that are in a particular situation and have not come forward.

Salih is reaching out to the community to show that he supports them, and assures there are more people behind you willing to support you as well.

Salih says he encourages anyone who has suffered from any kind of sexual abuse to come forward.

Plans for policy on campus sexual assaults

FRANCIS SIEBERT
INTERROBANG

The presidents of Ontario’s 24 public colleges, including Fanshawe College’s Peter Devlin, have voted unanimously at the Colleges Ontario conference in favour of a province-wide policy concerning campus sexual assaults.

According to Fanshawe spokesperson Elaine Gamble, each college will have a distinct policy on sexual assault that must be accessible to students and the public.

She says there is no word on when the policy will be implemented.

“Along with all the other Ontario colleges, Fanshawe will review the draft province-wide policy to determine whether it would be helpful to the college and could be adapted to local circumstances,” Gamble said in an email.

In an on-going investigation, the *Toronto Star* found that none of Ontario’s 24 public colleges had special policies designed to deal with sexual violence. Of 78 Canadian

universities, only nine had implemented such policies, including Western University, which implemented its policy in September.

While Fanshawe does not have a policy specifically targeting sexual assaults, Gamble says the college already has policies dealing with the matter in the Student Code of Conduct and the Safe College Campus.

“We definitely understand that this is a rising problem on campuses around Ontario, and we are being proactive to ensure the safety within Fanshawe,” said Fanshawe Student Union president Matt Stewart in an email.

Victims of sexual assault on campus should contact Campus Security Services at 519-452-4400. Campus Security Services will get in touch with London Police Services, and they will devise a safety plan with the victim.

“We’ll make any reasonable accommodation we can to ensure your safety,” said Special Const. Brent Arseneault.



CREDIT: JOHN SING

The memorial on December 5 will be an opportunity to remember victims of gender-based violence.

Fanshawe to pay respects to victims of the Montreal Massacre

STEPHANIE LAI
INTERROBANG

Though the National Day of Remembrance and Action on Violence Against Women falls on a Saturday this year, Fanshawe will commemorate victims of violence with a memorial ceremony on December 5 – and the college is looking for volunteers to help at the event.

The memorial commemorates the events that happened December 6, 1989, where 14 women were murdered at École polytechnique de Montréal at the hands of Marc Lépine, who targeted women that day.

Corporate communications officer Dayan Boyce says the college wants to see the community taking steps to end violence.

“We’d like to get enough volunteers to have one representative student on behalf of each of the victims,” Boyce said. “These would be the people who would light the candles and lay the roses on behalf of the victims to commemorate each

of the 14 women.”

The call for volunteers has no gender or age restriction.

“Violence against women really does affect, and people don’t realize that per say – it affects everybody,” Boyce said. “We’re inviting women and men to participate and we have had excellent participation from students in the past.”

“December 6 is an opportunity to acknowledge the voice to the victims and to reflect on ways we can take action.”

Though the memorial ceremony is to remember and reflect, Boyce says it’s also a day to encourage everyone.

“We’re a pretty diverse community at the college ... we are not drawing lines against each other, but we’re considering concrete actions that we can take to eliminate all forms of violence.”

The hour-long memorial service will involve a speaker and 14 volunteers, but one of the most poignant parts of the service includes a drum.

“We have a heartbeat being laid down on a drum ... during which, people are invited to speak out loud the names of anyone they know who has been a victim of gender-based violence,” Boyce said. “It’s probably one of the most moving and powerful parts of the vigil.”

The National Day of Remembrance and Action on Violence Against Women may reflect on the killings of women, but it opens up conversation about the issue as a whole.

“Although it was 14 women who were murdered at École polytechnique, we are approaching this in saying violence against women is not just a women’s issue,” Boyce said. “It’s a people issue. It’s a culture issue and a social issue.”

The service will take place in Alumni Lounge (SC2013) at 1 p.m. on December 5.

People who are interested in volunteering to partake in the service can contact Boyce at dboyce@fanshawec.ca.

Are you an excellent young woman?

STEPHANIE LAI
INTERROBANG

The YMCA of Western Ontario will put on its annual Women of Excellence gala on May 7 and there’s an opportunity for ladies of Fanshawe College to get involved.

Under the Women of Excellence umbrella is the Young Women of Excellence Mentorship Program, where 80 high school-aged mentees from London are paired up with 20 college- and university-aged mentors to participate in a mentorship program with a focus on female empowerment and leadership.

“It’s very much about talking about the different paths they’ve taken in life,” said co-director Rachel Macaulay. “[It’s an opportunity] to interact with women their same age who may or may not have similar interests but are all looking towards becoming exemplary figures in their community.”

Macaulay says women at Fanshawe would be great candidates to take part in the program.

“Anyone from Fanshawe would be a good example, because they’re hardworking people,” she said.

“They’re women who are investing [in] their futures. We’d like people with diverse interests because that is more relatable to the mentees.”

“People who would like to witness powerful women in their community and celebrate that ... Young women who have an interest in learning more about what women in our community are capable of and are contributing.”

Macaulay herself has attended the gala but says it’s hard to articulate the value of the experience.

“You have no idea,” she said. “I had no idea such amazing things were being done in our community.”

“These are just amazing, amazing people, and they’ve touched so many lives. A lot of them have gone through so much adversity. To say that they’ve come out on top is an [understatement].”

Western University alumna Agnes Chick had a profound experience as a mentor.

“It was an incredible experience being able to tell my story to women who may have faced similar challenges maybe I had faced,” Chick said. “It was a rewarding

time just to be able to talk to them and give them my advice of how my high school to university experience happened.”

Chick encourages all women to consider applying, even if some don’t see themselves as potential mentors.

“We could surprise ourselves with how much we’re able to offer younger people,” she said. “Initially I thought maybe I was too young for this – I just started my career – but I realized once I started talking to the young mentees that a lot of them had similar questions that I had in high school.”

“It’s something I wish I had when I was in high school. To be on the other side and give advice to people – there’s no words to describe it. It’s rewarding.”

Mentors and mentees attend the gala free of charge. Those who wish to attend the gala can do so for \$150.

If you are interested in becoming a mentor, visit tinyurl.com/excellentwomen for more information. Applications will be accepted in January.

The Fanshawe Student Union would like to thank the following Business's for making a difference with their donation to our Christmas fundraiser, "Adopt-A-Family"

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CREDIT: STEPHANIE LAI

What's more eco-friendly? Cutting down a real one every year or reusing a fake tree?

Fir real: Christmas tree debate settled



AMY VAN ES

As the holidays approach, the debate between artificial and real Christmas trees spreads like wildfire. Which is better for the environment? This year, you can save politics and religion to discuss with your offbeat uncle, because a conclusion has finally been reached.

With environmentalism and a more grass-roots mentality experiencing a major jolt in popularity, this debate has gotten so much publicity that industry bigwigs like David Suzuki, Ellipsos and other news outlets are weighing in on the subject.

"Both sides have made valid points: advocates of artificial trees take issue with the practice of cutting down trees in the name of festivity, whereas proponents of real trees argue that it's pretty much impossible for a plastic alternative to be green," addressed Suzuki, a world renowned environmentalist, on his blog *Queen of Green*.

Ellipsos is a Canadian consulting firm concerned with sustainability.

"From an environmental perspective, this question raises many passions, since both type of trees seem to have advantages and drawbacks," wrote an Ellipsos representative in an introduction to their French study, *Au secours! La planète se meurt et mon boss s'en fout*, that aims to answer the question.

Ellipsos used a method of research called a Life Cycle Assessment, where a product's environmental aspects are studied from the moment of its conception through its disposal and eventual destruction.

Although it may initially seem like an artificial tree is better for the environment because you're not directly chopping one down – something that understandably has a more visceral feel of affecting the environment – they have their drawbacks as well.

It is beneficial that they can be used year af-

ter year, but manufacturing and transportation should also be considered.

Some Christmas trees are made of PVC, a potent emitter of greenhouse gases. Not only does the substance expend the gasses during production, but it also slow-releases for years to come, impacting your home and the landfill that they're put into once they've been discarded.

They are also often made in a different country or even continent than their retailers, resulting in significant travel pollution.

According to Ellipsos, artificial Christmas trees negatively impacts the environment at least three times as much as a real one.

Cutting a tree down strictly for ornamental purposes as an environmental practice may seem contradictory, but it has proven to be the best solution to the debate.

There is very little environmental impact in the way of actually growing the trees given that the main manufacturer is the sun. Fir trees – the most common Christmas tree variety – don't require a lot of fertilizer or pesticides, rendering that part of the argument void.

Also, when the holiday season is over, Christmas tree farms have quite an effective way to dispose of the unused trees. Akin to the trend of repurposing items for your home, the remaining Christmas trees are turned into mulch and redistributed into the soil.

"Regardless of whether you choose real or artificial, there are ways to make sure your evergreen is truly green," wrote Suzuki.

If you opt for a real tree, be educated on where you're getting it from and what practices are in place to reduce the environmental impact.

If you do decide to go with an artificial tree, search for one that isn't made of PVC, and make it last as long as you can before buying a new one. It'll save you money and account for some of the toll it took on the environment from the time it was made to when it landed in your home.

When it comes to the holidays, every family does things differently. But this year, after you decide if it's going to be ham or turkey, give some thought to if it'll be real or artificial.



CREDIT: ADRIENNE SUPINSKI

Let's stop debating about "the war on Christmas" and enjoy the holiday season.

Opening our arms

 PRESTON LOBZUN
 INTERROBANG

A sacred tradition, an ambiguous holiday or an archaic celebration is how some people view the winter holidays. The yellow journalists of our time have ran with the phrase "The war on Christmas" to tag onto the discussion of this culturally-sensitive topic in the hopes that each share on Facebook will attribute to more page traffic and thus more ad revenue.

The debate over Christmas is surprisingly older than we think. As the holiday descends from the pagan holiday of Yule, the fundamentalist Puritans of England in 1647 effectively banned the celebration of Christmas on the grounds that it was an immoral celebration with no biblical justification. Rioting broke out in cities all across the country though the ban remained in place until the restoration of King Charles in 1660. Puritan thought dominated the United States for some time after that, though the holiday remained commonplace among Catholics, Episcopalians and Lutherans. Fast-forward to 21st century North America and the now commonplace celebration is supposedly under fire from a mysterious enemy at bay.

But who is this enemy that the media keeps referring to? It really seems like obvious finger pointing but anybody who believes that this "war on Christmas" is a thing; appears to have a hard time explaining who.

Often, I have found that most of the blame is placed on immigrants and people from non-Christian faiths. There are reports out there on a number of news sites that like to hype up the marginal examples of what they see as political correctness gone too far. Whether it's someone who merely suggests that the word "holiday" be used in place of "Christmas" or public institutions making more efforts to not only educate about non-European traditions but to also be more inclusive, the cases where Christmas is effectively a dirty word are pretty slim if not non-existent.

The mentality is that if you're not of a European descended culture, you should not be allowed to suggest any alternatives to an otherwise ambiguous holiday that is more about consuming than real tradition. The reality is that it is not and will never be illegal to celebrate or publicly voice your holiday preference. We can update our language to be more inclusive, and there is no harm in it.

Unless of course you're Sarah Palin who

claims that the "angry atheists with lawyers and the politically-correct police want to take Christ out of Christmas," then maybe there is something to be concerned about. Are we changing something that isn't broken? She claims it is deeper than that by saying, "there is a war on that traditional Judeo-Christian foundation of America, not just at Christmas time, but those who are intolerant of the Christian faith, who want to take it away from the rest of us."

The battleground for this appears to be centered on schools and retail outlets, two prime focuses for the middle class. Many school boards have adopted policies to use the word 'holiday' and furthermore will occasionally choose more faith-neutral Christmas carols or try to pay attention to the celebrations held by other cultures that are relevant to the community.

As parents from older generations are concerned that their children are going to be taught that Christmas is a bad thing, they should note that there has been no reduction in how Christmas is celebrated. Nor from my perspective have I seen a stark change in my years of schooling. To most kids, Christmas is an exciting time to sing carols, get gifts, see family and so on.

Unless you're brought up in a religious household, you're not really going to notice the difference or perceive the word change as being equal to the vilification of an old one. Likewise, do you think retail decisions are going to affect them much? I still see trees, Santa, bells, carols and everything else I remember. I don't really see much cultural inclusion on a public level unless I'm in a larger city.

So, can we say that Christmas is to be defended? Well yes, it is fully within one's right to celebrate what they wish. In my opinion, it's not a negative holiday despite having a large base in capitalism and the problems associated with that.

I see Christmas as being a time to relax from a hard semester of school, forget about work, forget about money and ultimately allow my body the chance to reset and prepare for the upcoming year. My decision to not partake in religious traditions are my own and my own they will stay just as someone who would do the opposite.

Once we recognize that everyone's culture is valid and appreciated, we can move on from these media buzzwords and start having a more relaxing holiday season.



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Fork in the Road: Bodily politica


FORK IN THE ROAD
 ROSE CORA PERRY

A friend of mine recently shared photos of her amazing personal journey and physical transformation on Facebook. She looks incredible.

She dedicated herself to getting into shape the right way: she restructured her eating habits, detoxified her lifestyle and followed an exercise regime prescribed by an expert in the field.

Upon sharing her photos, there were numerous expected “woo hoos” and “wows” about how far she has come, but I couldn’t help but notice a stab taken at her appearance by whom I’m sure was a well-meaning friend. This friend cautioned her to be careful because she looked to be too skinny.

I’d like to address a cultural phenomenon known as “skinny shaming” and explore the concept of criticism.

There has been a massive upsurge in self-esteem campaigns on behalf of the full-figured population. As heavier set people have become the norm, so too has their desire for social acceptance.

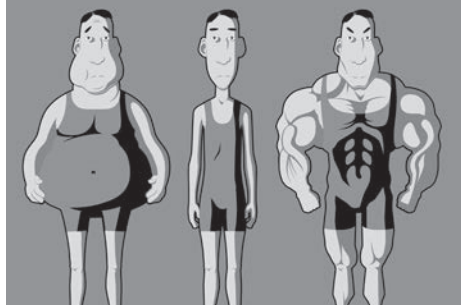
Now frankly it is neither my business nor anyone else’s how you choose to live your life. If you’re fat and sassy – all the power to you. My issue is that somehow in this mix of trying to promote positive self-image among a group that has been subjected to discrimination, we have lost the very concept of what a healthy body truly is.

I’ve found that instead of doing what campaign pieces aim to do – that is build self-esteem within a socially marginalized group – they’re aimed at attacking those of a slender disposition, which in turn makes these campaign pieces nothing more than reverse discrimination propaganda.

Let me just state for the record in no uncertain terms that: no group is empowered if their empowerment relies upon the belittling of their opposing party.

In other words, all of these “this is what real women look like” attempts are nothing more than a thinly veiled attack on all women, in general. They reflect patriarchal ideals of beauty and femininity. If you subscribe to such campaigns, you are actively subjugating yourself and your fellow sisters.

The second agenda item this experience has inspired me to write on is criticism. As I don’t personally know my friend’s naysayer, it’s difficult for me to fully assess the motivation behind her comment and so I’m going to give her the benefit of the doubt. She likely was well intentioned. Well-intentioned as she



CREDIT: NOVEMBER_SEVENTEEN/THINKS

Healthy is not a one-size-fits-all definition.

may be, however, unfortunately her comment was based on misinformation.

Despite our untethered access to knowledge via the web, because of the normalization of obesity combined with the recent craze of slamming anyone with a waist sized under double digits, it would seem that few people, these days, actually have a firm understanding of what a healthy body looks like or for that matter an understanding of the concept of health in general.

I don’t have a PhD in the field but I believe my personal definition of health sums things up nicely without getting into complicated terms: health is living optimally and in harmony with one’s physical, mental, emotional and social needs. This, of course, means there is no one-size-fits-all definition but certainly extremes on either side of the equation are not recommended by me, or health and wellness professionals.

I happen to know for a fact that my friend’s progress was sharply supervised by a nutrition and fitness expert who has over three decades in the business. And so, unless this naysayer has a comparable background, she really shouldn’t feel she’s entitled to an opinion on the matter.

I don’t mean to pick on her but I can’t help but wonder, is she living optimally and in harmony with one’s physical, mental, emotional and social needs? In other words, is she healthy? If not, was her comment actually motivated by the very same impetus behind the “this is what real women” look like campaigns?

So here’s the thing, if you feel insecure, unloved, unattractive, un-anything, that is your problem and therefore only you can produce the solution. While you may derive temporary self-satisfaction from high school bullying tactics, a more permanent way to feel happy is to actually celebrate the successes of those around you.

Should you feel the green-eyed monster starting to rear its ugly head, instead of lashing out against others, look within. Recognize that it’s actually you who is making yourself feel this way. We all have flaws, but being able to recognize them comes only with maturity.



CREDIT: BIZOO_N/THINKSTOCK

The dip in gas prices is about to end, but what’s the reasoning behind price fluctuations?

Politics at the pumps: Expect higher gas prices

VICTOR DE JONG
 INTERROBANG

The world of gas prices is a mysterious one. For seemingly no reason, the price will skyrocket for a couple weeks before coming back down to average. The price goes up on the weekends, up during the summer, but it always returns to hover between \$1.10 and \$1.20 per litre. Doesn’t that seem a little odd?

Meet OPEC. The Organization of Petrol Exporting Countries was founded in 1960 by Iran, Iraq, Kuwait, Saudi Arabia and Venezuela, but it now includes an additional six countries that also produce large quantities of crude oil. OPEC is the group that makes sure that your gas prices don’t get too low.

Companies have spent billions of dollars to develop the most efficient methods possible for sucking every drop of crude oil out of the ground. Unfortunately, extraction is often an environmental nightmare, and the resulting methods can be enormously expensive.

The principle is that if it costs the company \$20/barrel to get the crude out of the ground, it needs to sell for at least \$60/barrel for them to make a profit. Crude oil production is one of the most profitable industries on the planet, so it stands to reason that it would be manipulated to favour the players within the system.

OPEC is responsible for telling its member countries to scale back oil extraction to limit the amount of crude oil available and drive the price back up.

Business is about supply and demand. Don’t let that deter you from pursuing your

studies in business because it gets a lot more complicated than that, but supply and demand isn’t a bad place to start.

The demand for oil is on a fairly constant incline – not many people are trading in their Hummer for a mountain bike just because of gas prices. The threshold of affordable gas seems to be around \$1.20.

When it becomes more expensive, people start to scale back their consumption. The primary job of OPEC is to ensure that a balance is met where the least oil possible is sold at the highest possible price.

The worst-case scenario for OPEC and the oil industry in general is a culture that embraces sustainability. The combustion engine is a technology that despite having been improved on for 100 years is still just setting stuff on fire.

New technologies are combining for some revolutionary approaches to building consumer grade electric cars that could eliminate our dependence on fossil fuels. Although eliminating it would require a titanic shift in our current methods of power-generation, that might be for the best in light of the objectively unsustainable nature of the North-American lifestyle.

Our government tries to keep a firm grip on the industries that are within their power to influence, but energy is not one of them. The atrocities that have been committed across the globe to literally fuel our society are well-documented and widely ignored. The price at the pump could never be high enough to pay for them.

ARTiculation: Slam poetry – The role of competition in art


ARTiculation
 AMY VAN ES

Sitting with our desks in a semicircle in Grade 11 art class, we all looked around the room. Some into their laps; at the ceiling; others were fiddling with their charcoal, but all of us were anxious. The door creaked open, and whatever small amount of noise there was dissipated as everyone looked to see her walk in. She was wearing a white cloth and nothing else. As she walked into the centre of the room and dropped the sheet, we all picked up our pencils, nervously looked at one another and began to draw.

After some time, the teacher would get out of her chair and start circling the desks, sur-

veying everyone’s work. It was the same routine every week. She’d hover over each student’s shoulder and make a comment about contrast or composition. And as she judged each piece of work, the other students would sit quietly and pray she liked theirs better.

Competition is surely bound to arise when you get a group of people together who share an interest. We see it everyday. Even in regular conversation, we often stop listening to the other person while they’re speaking or telling a story, thinking of what we can say to one-up them.

But in art – a practice some would consider sacred – should there be competition?

A few weeks ago I wrote about poetry slams – how they came to be and how much the scene has flourished even here in London. But one of the major criticisms poetry slams have always faced is how heavily it emphasizes poetry for the sake of victory. At a poet-

ry slam, participants are rated on content and performance by an applause-meter of sorts, and the winner gets to go on to compete in the next round. At the end of the year, the leading slammers then get to represent their city in a larger competition.

“I don’t like the idea of competition and art being put together,” said renowned spoken word poet and professor Kip Fulbeck in an interview with Santa Barbara’s Independent. “I think it often distills the quality of work down to a caricature of itself. Seeing poetry slams often reminds me of watching *American Idol*.”

I remember reading somewhere once that competition causes the artist to create a caricature of what the piece would have been.

There’s no doubt that in the case of poetry slams, the element of competition does affect the artist’s content. It is common for poets to write about hyperemotional experiences.

Art is an emotional labour, so sensitive subject matter is inevitable. But I’ve found that they’re more inclined to go overboard with the dramatics at slams to get a reaction out of the audience, their judges in the contest. It detracts from the authenticity of the performance.

What I find most impactful is when somebody steps up to the mic and delivers the poem by embodying how they actually feel about what they’re saying rather than one-upping the last person on stage.

Considering the role of competition in art is an interesting and often taboo subject to approach. Art is notoriously subjective. How many times have you walked into a gallery and said, “I don’t get it.”

Poetry slams have an interesting dynamic and certainly push the boundaries of this subject, often to their own detriment.



CREDIT: LIONSGATE

Jennifer Lawrence reprises her role as Katniss Everdeen in the November blockbuster *The Hunger Games: Mockingjay – Part 1*.

No one can stop her

PAM-MARIE GUZZO
INTERROBANG

Katniss Everdeen. The Mockingjay. A human and a symbol, desperately trying to save those she loves in a world full of injustice, cruelty and manipulation.

The third installment in *The Hunger Games* saga *The Hunger Games: Mockingjay – Part 1* shows a new side of Katniss and of Panem. Finally outside of the games, the movie moves on to the greater political struggle between President Coin, leader of District 13 and the rebellion – played by Julianne Moore – and President Snow (Donald Sutherland), leader of Panem and the Capitol.

From beginning to end, this is a different style of movie than the previous two, focusing far more on the propaganda, psychological manipulation and subtle social tactics needed to keep a people complacent or stoke them into rebellion.

This is a fight between two vastly uneven forces, with almost everyone becoming little more than pawns desperate to survive. Despite the intellectual leanings of the movie, there are still a number of action-packed scenes, often followed by the most touching moments.

Jennifer Lawrence remains iconic in her role as Katniss, drawing the audience in with her simple desire to just put down the sword – or bow – and let other people handle the world-changing decisions.

Her emotional range and ability to fill the viewer at turns with hope and despair is a marvel. The other actors play their parts amazingly well, with Josh Hutcherson (as Peeta Mellark) standing out the most, portraying incredibly subtle shifts in personality and health as the movie progresses.

Elizabeth Banks, who plays Ef-

fie Trinket, does an excellent job in a role that is expanded from the books, again demonstrating compassion while maintaining a vain and frivolous front.

Natalie Dormer, in her role as the director Cressida, finally gets away from her type-casting of sexy ambitious lady – Margaery Tyrell in *Game of Thrones* and Anne Boleyn in *Tudors* – and becomes a callous, determined idealist with her eye on the perfect shot.

The only character one might complain about is Gale Hawthorne – played by Thor’s younger brother Liam Hemsworth – who has the least interesting personality of any character in the entire franchise and is constantly burdening Katniss with his “why don’t you like me” teen drama and comes across as being unnecessary and slightly annoying.

It’s easy to feel bad for Hemsworth, who was stuck playing the worst character in the entire series and the fact that Jennifer Lawrence ate tuna and garlic before any kissing scenes likely made the entire experience terrible for the poor man.

Even this is just nitpicking, however, as there is very little to say that’s negative. There are beautifully clever allusions to the Soviet Union and Nazi Germany, all of the fighting and explosions are realistic, and even the nameless peripheral characters manage to tug on heartstrings.

For what can seem at times like yet another retelling of the old Alliance versus Rebellion story, *Mockingjay – Part 1* manages to add a human element without forgetting the bigger picture.

This movie holds its own in an incredible series, and there’s nothing to do now but wait with bated breath for the finale.

WHAT TO WATCH DURING WINTER BREAK

Well, the term is almost over, and time once filled with assignments and procrastination will now be free. For those looking to avoid family and enjoy a cinematic adventure, there is no shortage of new movies coming out this holiday season to fill up the hours.

Corner Gas: The Movie
December 3

Serena
December 5

Wild
December 5

Exodus: Gods and Kings
December 12

The Imitation Game
December 12

Top Five
December 12

The Hobbit: The Battle of the Five Armies
December 17

Annie
December 19

Night at the Museum: Secret of the Tomb
December 19

The Gambler
December 19

American Sniper
December 25

Big Eyes
December 25

Into the Woods
December 25

Inherent Vice
December 25

Mr. Turner
December 25

The Interview
December 25

Unbroken
December 25

The Woman in Black 2: Angel of Death
January 2

A very merry vegan holiday

ALYSSA MARTIN
INTERROBANG

Holiday time is approaching fast, and you know what that means. Food, food and more food. Holidays are a time of cheer, delicious treats and mouth-watering turkey. But wait, what happens if you’re vegan? What do they eat? Do they just skip holiday dinner?

Being vegan is no reason to skip the best meal of the year. It’s an opportunity to make the traditional holiday meal different and unique. Veganism is a very hip diet these days. People go vegan for many reasons, but what people don’t know is that going vegan can actually protect you from harmful diseases.

Position of the American Dietetic Association: Vegetarian Diets states that adapting a vegetarian or vegan lifestyle can actually lower your risk of getting cancer, heart disease and diabetes. The main reason for this perk is because vegetarians and vegans tend to have a lower body mass index.

So where do you find delicious vegan friendly recipes? Well look no further. The blog Hot For Food (hotforfoodblog.com) is exactly what you’re searching for. Hot For Food is a blog written by couple Lauren Toyota and John Diemer. Their blog includes some delicious recipes, DIYs and vegan friendly events.

Toyota and Diemer shared some of their thoughts about veganism and why it’s an important topic people should be educated about. The Hot For Food couple said, “We think it’s important because we’re so common now. There are lots of people who eat vegan and it’s becoming a bigger movement. If you’re having guests over for the holiday season and someone is vegan, don’t make them feel bad or look at it as a set back. Think of it as a challenge to your culinary abilities.”

The pair also shared that they love to bring a vegan cheese ball and crackers to gatherings as the perfect pre-feast snack.

Toyota and Diemer were nice enough to share some of their holiday themed recipes to get our holiday meals started. Follow Hot For Food on Instagram (@hotforfood) for more.

Roasted Corn Salad with Fresh Herbs

2 cups roasted corn kernels (approx. 3 cobs)
2 tbsp red onion, finely chopped
2 tbsp each chives, mint, basil, parsley, all finely chopped
1/8 tsp sea salt
1 tbsp white wine vinegar
Ground pepper to taste

Cut the corn kernels off the cobs and break up the pieces into a medium sized bowl. Add other ingre-

dients and mix with a spoon until everything is well coated and combined.

Vegan Lasagna

Layers ingredients:

1 pack of ready bake brown rice lasagna noodles
1/2 zucchini, thinly sliced
1 carrot, shredded
2 cups baby spinach
Tomato Sauce Ingredients:
1-15 oz can crush tomatoes
2 tbsp tomato paste
1/2 onion, chopped
2 garlic cloves, minced
2 tbsp each of fresh chopped basil & parsley

1 tbsp fresh or dried oregano
Salt and pepper

Sauté onion in some olive oil until soft. Add garlic and cook for a couple more minutes. Add tomato paste and herbs, then the crushed tomatoes. Add salt and pepper to taste. Simmer on low heat for 30 minutes or up to 1 hour.

Bechamel (white sauce) Ingredients:

1/2 cup silken tofu
1/2 cup unsweetened soymilk
2 tbsp tahini
2 tbsp nutritional yeast
2 tsp cornstarch
1/2 tsp seat salt

Put all these ingredients in a blender and combine. For the cheese on top you can use whatever you please. One option you could choose is Daiya Mozzarella shreds. Bake at 400 F covered with foil for 40 minutes. Then, a few minutes under the broiler to brown the top.

Raw Apple Crumble

Filling ingredients:

4 apples, peeled & thinly sliced
1/2 lemon, juice only
6 pitted dates
1/4 cup water
2 tsp melted coconut oil
1 tbsp ground cinnamon


Peel and slice apples and toss in lemon juice. In a blender or food processor combine the remaining filling ingredients. Pour over apples and toss to coat evenly. Evenly layer them on the bottom of an 8-inch baking dish or circular cake pan, or you can assemble these as individual desserts in bowls.

Crumble Ingredients:

1 cup raw walnuts
4 pitted dates
2 tbsp coconut butter, softened
2 tsp cinnamon
1 tsp nutmeg
1/4 tsp sea salt

To soften the coconut butter just use a spoon or your hand to work a little bit of a massage into it’s pliable. Combine the remaining crumble ingredients with the coconut butter in a foot processor. You should have a soft crumble. With your hands, crumble and spread the topping evenly over the apples.

KIOSK QUIZ



"CIDERFEST" AT THE WELCOME KIOSK!

Wednesday, December 16th
9:30 a.m. - 11:30 a.m.

Celebrate the holidays with hot apple cider and sugar cookies. Everybody welcome!

The Welcome Kiosk F1008 (between the Bookstore and the Library)
Mon, Tues, Thurs and Fri: 8 am - 4 pm Wed: 9:30 am - 4 pm

LAST WEEK'S ANSWER:

People who are afraid of Santa Claus are Claustrophobic!!!
Happy Holidays from the Welcome Kiosk.

Finding the perfect holiday dress



THE SHOPPING BAG
HAI HA NGUYEN
hhnguyen.77@gmail.com

The holiday season is upon us, so it's that time of year for all your exciting seasonal parties and events. Even if it is snowing, and the main intention this season is to keep warm with ugly sweater parties, the glitzy party dress will not be replaced this season.

It is most crucial at this time of year to get dolled up and remember and make ourselves feel beautiful to combat the winter weather. This is a very busy time of year, the month flies by with all these amazing festivities along with keeping up with our regular life events like work and school, so finding an outfit and putting it together can be difficult and a rush.

Here are some guidelines to help you pick something that is effortlessly chic, show stopping and will make you look amazing.

Pick glitz.

Sequins, glitz, gold, platinum and glam are the key worlds of dressing up this holiday season! The What Happens in Vegas dress featured embodies all these key words.

The silhouette of this dress will flatter any body type. It can be styled very flexibly and will just make you look like a style icon to every party you show up to. The deep V-neck captures your attention while the long sleeve balances the silhouette.

It is also a wrap dress with a tulip style hem to modernize this classic silhouette. You can pick from any of these three amazing colours, platinum, gold or black, whatever your favourite colour to wear is.



CREDIT: WWW.LOOKOFTHEDAY.COM AND JORDAN STEWART BOUTIQUE

The plunging neckline and tulip hemline on this glittery number help modernize this classic silhouette.

It is available at Jordan Stewart located at 533 Richmond St. and online at LookoftheDay.com. If you're not sure how to wear this piece or is not sure if it is the right one for you, Jordan Stewart stylists will absolutely help you get ready for your event, style you or find you the right dress.

If you choose to shop online for the dress, you'll find that a great statement necklace or plain body chain such as HAI-HA's Monita worn underneath the dress will showcase the deep V-neck nicely.

A blunt statement necklace that is either in gold and black, platinum and black or simply a metallic colour is best or else it will compete with the dress. This dress is sim-

plicity with an edge at its finest.

This is the season to be merry and share amazing moments with your loved ones, so it is really going to be that more special if you were wearing an amazing dress to capture those unforgettable moments.

Holiday seasons from now, you may be flipping through your pictures or your closet and remember this amazing dress and think about all the warm memories from this year.

It's called the What Happens in Vegas dress but maybe for you it will be the What Happened on Christmas or New Year's Eve dress.

It is definitely versatile, easily styled and a closet staple that can be worn again and again.



CREDIT: "EATON CENTER BOXING DAY" BY AXIO, FLICKR.COM/AXIO IS LICENSED UNDER CC BY 2.0

Holiday shopping is almost unavoidable, but if you're going to venture through malls during the holidays, try to be more courteous.

Holiday shopping mishaps: A dangerous growing trend

ALLY JOL
INTERROBANG

Thanksgiving and Christmas is a time for friends and family to come together, celebrate and appreciate one another along with everything else we have to be grateful for, but this may no longer be the case for our neighbours across the border.

In the United States, the public lines up, claws and pushes their way through crowds during the annual Black Friday sales to purchase materialistic objects at discounted prices with no regard for anyone else but themselves.

The idea that such a humble time of year has been turned into something so selfish is not very surprising, but Canada has been lucky not to adopt the new found traditions of violence – yet.

Not to overlook previous Boxing Day-related incidents across Canada, but in comparison to the U.S. and being the kind-hearted Canadians that most of us are, we are lucky to have less commotion in regards to the annual sales hosted by retail stores.

"The [American] crowds seem to be overwhelming to the store staff and the chaos of the perceived sales create some issues," said Terry Pimlitt, manager of Customer Service/Security and Life Safety at Masonville Mall.

"Boxing Day sees an increase in foot traffic from other days of the year which creates some parking issues, but there have been no injuries reported, nothing other than that."

If one thing is for sure it is that these sales have become virtually synonymous with violence. The reports of injuries have become so common that a website by the name of blackfridaydeathcount.com is now tracking the number of deaths and injuries in connection with the consumer turmoil.

Since 2006 there has been a reported seven deaths and 90 injuries due to Black Friday-related incidents. The following are real life tragic events that demonstrate some people's complete disregard towards others, for more information go to blackfridaydeathcount.com.

An incident occurred at a Walmart in Long Island back in 2008 when 34-year-old Jdimytai Damour was trampled to death.

The chaotic Black Friday stampede knocked over several employ-

ees while others scurried atop vending machines to avoid the flock.

When the madness ended, Damour was pronounced dead and four shoppers – including a pregnant woman – were injured.

Police officials claimed that the Walmart employee died due to a rampant mob of frenzied shoppers that smashed through the store's front doors. Even officers who arrived to perform CPR on the trampled worker were stepped on by crazed shoppers rushing inside.

Now, don't you remember when this time of year was celebrated by spending time with family, being kind, giving and sharing? I'm not saying that I don't enjoy the discounted prices that stores put out to the public during this time of year, but at what point do we put our morals behind getting a good deal?

In 2011, while shopping at a Target store in West Virginia Vance collapsed and went almost unnoticed as customers continued to hunt for bargain deals and later died in a hospital.

Yet this was not the only incident to taint America's biggest shopping day that year. In 2011, Huffington Post reported that one customer pepper sprayed shoppers over a video game while an exhausted Target worker accidentally drove her car into a canal after working the Black Friday midnight shift.

"We don't have many incidents as we hear from the state," said Const. Ken Steeves, media relations officer for London Police Services. "I'm not aware of anything in London that has even come close to that kind of thing. When we have our sales, of course it attracts larger numbers, but I don't ever remember an incident that resulted in trampling and pushing and shoving and that kind of thing."

...

Buy Nothing Day is a protest to the growing issue of overconsumption across the globe.

During Black Friday and Boxing Day sales, people have been urged to take a stand and restrain from buying anything in hopes to show people the benefits of a lower-consumption lifestyle.

If you are hitting up the sales this year, be courteous to those around you. Remember what time of year it is. Keep the peace and enjoy the holidays.

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ONE STUDENT AT A TIME



Do you know where your e-waste goes?

AMANDA RICHMAN
INTERROBANG

Amanda Richman is sustainability co-ordinator for Fanshawe College.

Cadmium, beryllium, hexavalent chromium and arsenic are just a few of the heavy metals that are found in the electronic items we use on a daily basis – like our smart phones or laptops.

Every year, 20 to 50 million tonnes of electronic waste are generated worldwide. Electronic waste or e-waste refers to just about anything that runs on an electrical current or battery and are known to contain toxins that can be harmful to both human health and our environment.

Approximately 13 per cent of e-waste is recycled in developing countries. Nearly half of that e-waste is shredded, burned and dismantled in informal recycling markets in China, India, Pakistan, and Vietnam where locals retrieve valuable components from items such as cellphones, televisions, computers, circuit boards, and copper wires. A large majority of this e-waste is imported from developed countries in Europe and North America. There are serious health implications when inadequately handling e-waste, particularly with open burning or unsafe smelting of e-waste that creates particulate matter linked to pulmonary and cardiovascular disease.

Guiyu, China is known as the largest e-waste recycling site in the world. Although it is difficult to isolate health implications due to other informal working conditions such as poverty and poor sanitation, residents in Guiyu have exhibited significant digestive, neurological, respiratory, and bone problems. Additionally, research shows that toxic particles emitted by open burning of e-waste to retrieve valuable materials can persist in the environment for long periods of time, increasing heavy metal exposure risk for humans.

The United Nations Environ-



CREDIT: ANRODPHOTO/THINKSTOCK

Fanshawe has an e-waste program to drop off small electronic items. Drop off your electronics at the Book Store or contact recycle@fanshawec.ca to arrange disposal for larger items.

ment Programme estimates that by 2020, domestic television e-waste will double, computer e-waste will increase fivefold, and there will be 18 times the current amount of cell phones.

So, what can you do about the problem?

First, you can reduce the amount of electronic waste that you purchase. Before swapping your devices for the latest technology, consider borrowing devices or buying used to meet your electronic needs.

You may also want to lobby for manufacturers of electronic items to make their products with less toxic materials and encourage them to

make products safer for recycling.

If you no longer require an electronic item, contact the manufacturer to see if they have a take back program. Ask them how they dispose of items responsibly and if they are able to take back your device for you. If this is not an option, look for an electronic waste-recycling program.

Last year, Fanshawe College generated 5,000 kg of e-waste. Fanshawe has an e-waste program in which you can drop off small electronic items at the Book Store. If you have larger electronic items, contact us at recycle@fanshawec.ca to arrange responsible disposal.



CREDIT: RANJINI CHAKRAVORTY

Hetvi Mehta and Ranjini Chakravorty enjoy the snow fall in London.

When the snow kissed them for the first time

RANJINI CHAKRAVORTY
INTERROBANG

“Canada changes its colour [three times] a year. I think that is something beautiful,” Hetvi Mehta said, when she first came to Canada this fall.

As the international students start getting cozy at their new home away from home, they experience cultural as well as climatic variations. Some smile, laugh and cheer as they write a brand new chapter in their journals, while some stick their noses at the climate.

I got to meet a few international students from China, Panama and India who were planning to make their first snowman in their backyard during the winter break. Some of them are also accepting snow fairy challenges.

Enith Evans from Panama saw snow for the first time in her life.

“It never snowed in my country,” she said. “I have been constantly keeping a check on the weather apps, awaiting the snow.”

“But one fine morning I wake up and look through the window. My porch was covering itself up in a white blanket. It was snowy, white

and perfect all around.”

The international students are shop hopping, finding the best outfit for the season. The winter gear they say makes them look bubbly.

“Stay warm” is a usual greeting they smile with these days.

Walking past the International Centre at Fanshawe, I met two sisters from India, and they are excited about the natural frost over their Christmas tree.

Nivedita explains that being from a tropical country they used to frost their Christmas trees with cotton, but it would be for the first time that snow would cover their Christmas tree, and they totally love it.

Weather experts have confirmed that it would be a milder winter this year. But don’t forget to be geared up. Warm boots, fleece jackets and colourful mittens are all you need when you make your way through the snow, throw snow balls at each other and have the lovely holiday making snowman.

Let it fall on your face. Let it kiss you. And when everything will go beneath the white blanket of snow enjoy the last colours of this picturesque country.

Human rights in Ontario: Housing



LAW TALK
Community Legal Services
& Pro Bono Students
Canada (UWO)
519-661-3352

In Canada, both provincial and federal regulations are in place to ensure that everyone has the right to equal treatment and freedom from discrimination. The importance of freedom from discrimination has been recognized as essential to promoting human dignity.

What regulates the protection of human rights in Ontario?

While the Canadian Human Rights Act requires that federally regulated businesses – for example banks or post offices – ensure they do not discriminate, the protection and promotion of human rights provincially falls under Ontario’s Human Rights Code. The Code governs all interactions between individuals and ensures that no one is discriminated against on the basis of a protected ground.

How does the protection of human rights impact housing?

The Code stipulates that every person has a right to equal treatment in relation to their housing – or occupancy of accommodation – free of discrimination because of

protected individual characteristics. The protected characteristics are as follows: race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sexual orientation, gender identity, gender expression, age, marital status, family status, disability or the receipt of public assistance.

In Ontario, a complaint in relation to housing may only be filed by someone 18 years of age or older, unless the applicant is over 16 and has legally withdrawn from their parents’ control.

Every person who occupies a residential unit has a right not to be harassed by his/her landlord, the landlord’s agent or by another occupant because he/she has a protected characteristic. Harassment is when one engages in conduct or commentary that they know or ought to have reasonably known would disturb another person. Typically the harassment must reflect a pattern of behaviour. A tenant who is gay or lesbian or bisexual should live without fear that his/her landlord will use derogatory terms when addressing him/her.

In order to avoid violating an individual’s human rights, a landlord must accommodate the occupant to the point of undue hardship with respect to the associated costs and

health and safety requirements. A landlord may not be required to remove one tenant so that a disabled occupant can have their unit because that would be too costly, however they may be required to ensure that the unit occupied by the disabled tenant is wheelchair accessible.

Are there situations where the Code does not apply?

There are some situations where the landlord may take what appear to be discriminatory actions under the Code. A female homeowner may refuse to rent a bedroom in her home to a man without violating the Code. Nor is the Code violated if the residence is a single sex occupancy building.

For more information on human rights law in Ontario, please visit the Ontario Human Rights Commission website at ohrc.on.ca and the Ontario Human Rights Tribunal website at hrto.ca.

This column is brought to you by Community Legal Services at Western University. It provides legal information only. The information is accurate as of the date of publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326.



www.fsu.ca



Help donate a **Perfect Christmas!**
The **FSU** is adopting a family this Christmas.
Cash donation boxes can be found at the following:



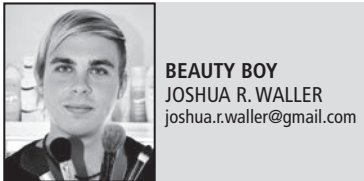
Contact: Darby Mousseau
dmousseau@fanshawec.ca – 519.453.3720 ext. 229



CREDIT: KORABKOVA/THINKSTOCK

A smoky eye and swipe of red lipstick will complete your perfect holiday look.

Achieving the perfect holiday look



BEAUTY BOY
JOSHUA R. WALLER
joshua.r.waller@gmail.com

The holidays are the best time of the year to experiment with your makeup looks because the trends tend to be more glamorous. By adding a bit of glitter, a red lip or a fierce smoky eye, these looks are sure to attract some attention at either your holiday cocktail party or the dreaded in-law holiday visit.

To easily achieve these looks, holiday collections come out every year from almost all cosmetic companies.

If you don't like focusing your makeup so much around your eyes, a bold red lip can instantly transform your daily look into festive makeup.

Start by applying a red lip liner to your entire lip; this will help prevent your lipstick from bleeding or smudging. Then apply your favour-

ite shade of red lipstick – Dior and Lancôme always come out with a beautiful holiday red.

Since red lips can be a bit tricky to wear due to noticeable smudging, you can create a really low maintenance look by following the lip liner with a either a lip stain – brands such as Revlon and Benefit make excellent stains – or a true matte lipstick – NARS or MAC.

Another way to create a beautiful holiday look is by adding a bit of glitter. Lise Watier makes a very convenient duo glitter product – glitter and cream shadow – that is easy to apply. Start by applying a small amount of cream eye shadow to your eyelid and then pat on finely milled glitter. Don't try and blend the glitter or you will end up with it all over your face.

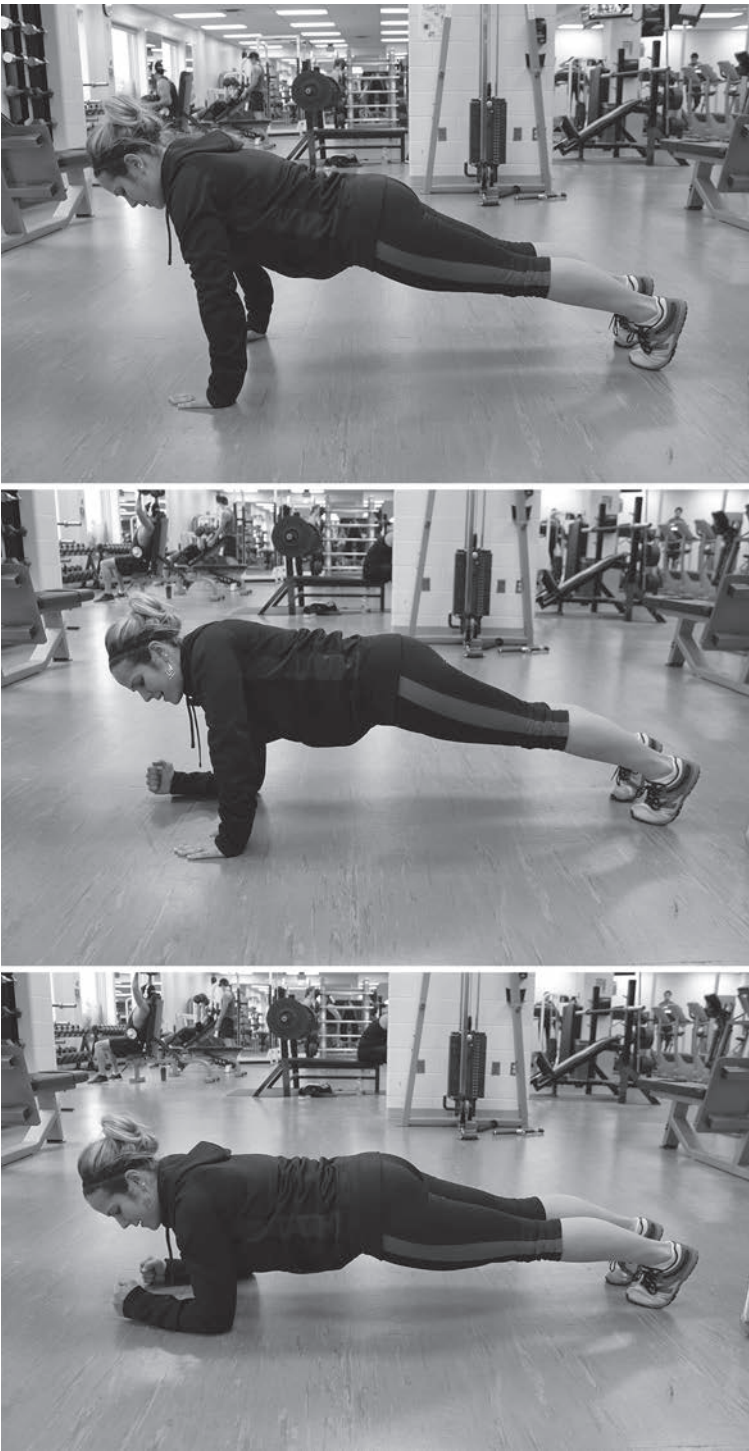
To finalize the look, add a bit of black eyeliner and mascara. This look truly is a showstopper.

Another classic holiday look is the sultry smoky eye with a nude lip. Make sure the eye is prepped

and primed and then start by applying a matter black eye shadow to the entire eyelid. Then taking a ponytail brush, start to blend a dark brown shadow through the crease and onto the black shadow. This is what creates the smoke effect. Then on the lower last line, apply black eye shadow – same intensity as the top – and blend the same brown shadow on top of it.

Apply a black liner to the upper lash line and lower waterline to give the look some definition. If you want to add a bit of shimmer to the look, pat on some shimmering silver or gold to the center of the eyelid. Next add a more matte white or vanilla highlighter to the brown bone. To finish off the eye makeup, add mascara or false lashes to really bring the glamour.

The holiday season is a perfect way to be experimental with your makeup and will allow you to brand out from your usual routine. Try wearing a bold lip or glitter and you will definitely see some heads turn.



CREDIT: STEPHANIE LAI

Karen Nixon-Carroll demonstrates the walking plank from her Holiday HIIT routine.

Stay fit during the holidays

KAREN NIXON-CARROLL
INTERROBANG

A change in your daily routine is a great time to charge up your workout routine. Your brain may be on mental overload from the fall semester, so I want to make it easy for you and give you Karen's Holiday HIIT routine.

You have five weeks from the start of this issue and the advantage this week to come and see me for clarification on any of these exercises. This workout does not require equipment, but if you have a stair or a low sturdy chair, it will help enhance a few of the exercises.

You can modify all of them to be less impact or work at a higher intensity. Do the lower amount of reps first and work up to more over the few weeks.

Warm up: Do each move for 20 seconds.

March or jog on the spot, step side to side, squat side to side, jog or high knees, side to side hop or skate, squat jacks or side to side squat with double hop, front flutter kicks, skate or leap side to side, squat jacks or low squat and double hop. Repeat last three moves two to three more times.

The moves:

Jog forward 4 times and squat, jog back and split alternating lunge, repeat 10-20 times

Vertical Squat hops, 10-15 times

Burpees, 5 times

Push ups, 5-15 times

Jacks, 40 times

Repeat above 2-3 more times.

Shuffle side to side, 4 large steps, add a touchdown squat at each end. Repeat 10-20 times.

Scissor Lunge, 20-40 times

Mountain climbers, 40-80 alternating knees

Tuck jumps (single or both legs), 8-20

Repeat above 2-3 more times.

Suicide x3 runs 20-30 foot distance, 18-30 turns

Box jumps (using step), 10-30 times

Walking plank, 8-12 times

Football jog side to side (3-4x) with alternating knee strike

Repeat above 2-3 more times.

Jog up and down step, 20-30 times left, then right foot

Lunge with knee lift (on step), 10-20 times left and right

Dips (step) or alternating side plank, 15-30 times

Squat with side-kick, 12-20 times left and right

Repeat above 2 more times.

Cool down and stretch.

Work from your legs or trunk and outward to your limbs (large muscles to small). Slow down with dynamic (moving) stretches and gradually work to more static stretches for each muscle group.

Karen Nixon-Carroll is the program manager at Fitness 101, Fanshawe College Professor, YMCA fitness course trainer and examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca.

Frugal fashionista: Dressing for a holiday party

LISA KELLY
INTERROBANG

There's no set formula to dressing for a holiday party, but the main element for any holiday outfit is sparkle. Some fashionistas may choose to go all out, with a dress made of sparkles and sequins. But from past experience – and many tiny battle wounds – you'll be more comfortable wearing a soft material dress and add in your sparkle elements with accessories and a glittery manicure. If you're planning on getting really glitzy with your accessories, wearing a basic little black dress creates a great contrast to your sparkle.

For fashionistas on a budget, buying new accessories or going to the salon to get a manicure may not be possible, however, you can easily DIY your own necklace and manicure for under ten dollars.

Here's how to do it:

DIY statement necklace

You will need:

Felt \$1

Ribbon \$1

Gemstones \$2 (you can also repurpose old jewellery)

Chalk

Hot glue gun

Nimble fingers

Total cost: \$4

Step 1: Determine what shape you'd like your statement necklace to be. If you need ideas, Pinterest is a great resource for this, or you can trace the outline of a statement necklace you already own. Once you have chosen a shape, use your chalk to create an outline. Fold the felt in half before cutting to ensure that your statement necklace is even.

Step 2: Once you have cut out your felt shape, it is time to pick a design for your gemstones. It is recommended to plan the layout of your gemstones before you start gluing to avoid possible mishaps. You can choose a parallel design, or something totally random; that's the beauty of a statement necklace.

Step 3: Once you have chosen a design, you can start gluing your gemstones. Be prepared to glue your fingers at least a couple times. Just remember, burnt fingertips are well worth the pain for a \$4 statement necklace!

Step 4: To complete your statement necklace, cut two equal pieces of ribbon for the ends of your necklace. Attach the ribbon to the top corner of your felt, and voila, you have a statement necklace. If you want to get fancy, you can also attach metal clasps to the end of your ribbon for easy wear. You can buy the metal clasps at Dollarama, or your local craft store.

Your DIY statement necklace also makes for a great DIY Christmas present.

Easy DIY Glitter Manicure

You will need:

Base coat

Black nail polish (Wet'n'Wild Black Crème) \$2

Glitter Nail Polish (Wet'n'Wild Sparked) \$1

Glitter nail polish (Sally Hanson Ice Queen) \$1

Top coat

Total cost: \$4

Step 1: Apply a basecoat. In this example, a coat of white nail polish was used. Allow for time to dry.

Step 2: Apply a thin coat of black



CREDIT: LISA KELLY

Save your money. These do-it-yourself options will go perfectly with the little black dress you already have in your closet. No need for any extra shopping this holiday season.

nail polish. As you are going to be layering glitter polish, you do not want to apply the polish too thick, or it will take an extremely long time to cure. Allow for time to dry.

Step 3: Apply a thin coat of red or pink glitter polish to three quarters of the nail. Allow for time to dry.

Step 4: Apply a thin coat of silver/blue nail glitter polish directly overtop the red glitter polish. It is best if the glitter is not as fine as the bottom coat. Continue to repeat steps 3 and 4 until the desired glitter look has been achieved.

Step 5: Seal with a top coat. To

create a cool, subdued look, try using a matte topcoat.

Buy creating your own accessories you can free up money for eggnog, and when someone compliments you on your wonderful accessories you can say, "Thanks, I made that."

CHECK YOUR GRADES on WEBADVISOR

Grades will be available on WebAdvisor December 17th after 6:00 pm.
(for programs ending December 12th)

It is important to check your grades and academic standing as soon as possible in case you have failed pre-requisite courses for the Winter Term and/or are required to reapply to your program.

If your academic standing is "Required to Reapply" you must contact your Academic School before noon December 24, 2013 or the week of January 5, 2015.

The college will be closed from December 24 at noon until January 2, 2015. Classes start for most programs on January 7, 2015. Advisors and Coordinators are available January 5 and 6 to support students who have progression issues.

More information regarding grades, academic standing and registration for the next term can be found on MyFanshawe under Office of the Registrar, Student Records, Transcripts and Grades. We wish you good luck on your exams and final assignments.

We're here to help you succeed.



How to re-gift stealthily

JESSICA KLAVER
INTERROBANG

'Twas the night before Christmas, when all through the house, not a dollar was spent on your father's new spouse. But how do you show your loved ones you care, when you have not even a cent to spare. "Why don't you re-gift a present?" I said, I'll show you the tips and tricks, don't worry your little head.

1. Be sensitive to feelings

You want to make sure that the person who gave you the gift will not notice that it is missing. If it is from someone whom you see often, you may want to consider stashing it away in your closet to pull out every now and then to wear or quickly put on display when they come over. Also, be sure to not re-gift to someone who may know the original gift giver.

2. Be aware of the condition

There are certain things that should never be re-gifted. Check the gift over to make sure that there hasn't been anything engraved on it or any other personalization such as gift tags. Also, don't re-gift something that is not in brand-new condition. Be sure that this is something that you would be proud to give to someone else. Don't give items away just because you don't like them; give them away because you know that the person receiving it will appreciate it.

3. Be generous with the gift-wrapping

Since you haven't had to spend any money on the gift, be sure to put effort and some money into the wrapping. Buy a new gift bag or wrapping paper and include a



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Spend some time wrapping if you didn't spend a dime on the gift.

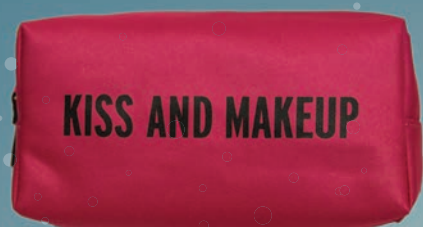
personal card with it. You want the person to remember your card more than they remember your gift.

4. Be careful how you store them

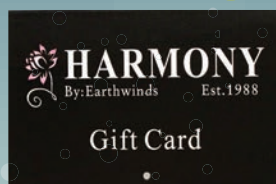
The key to re-gifting without getting caught is in the storage of the gifts. When you receive something that you know you are going to re-gift, place a note on the packaging with the name of the person who gave it to you. Doing this avoids the embarrassment of giving it back to the person who gave it to you. You should also make a list of the people who would have seen you open it and be sure to re-gift the present within a different social circle so no one catches on.

Re-gifting is not something to be ashamed of. As long as you are still giving thoughtfully then nothing else matters. Remember, the holiday season is about giving back to those who have given so much to us. By following these tips you will be able to save money while you do that.

1



3



6



2



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5



7



The Fashionista

GIFT GUIDE

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10



13



15



14



1 Kate Spade makeup pouch~\$55 Jordan Stewart 533 Richmond St. ~ Cute, colourful and compact for your makeup essentials. **2 Leather/cheetah gloves** ~ \$50 Jordan Stewart 533 Richmond St. ~ A stylish glove for any special lady in your life. **3 Gift card** ~ Harmony 525 Richmond St. ~ Give the gift of Harmony. **4 Pashmina** ~ \$30 Harmony 525 Richmond St. ~ A simple, warm accessory that's both stylish and functional. **5 Sterling lotus pendant and chain** ~ \$30 Harmony 525 Richmond St. ~ To help her find her inner ohm. **6 Rebecca Minkoff "Julian" leather backpack** ~ \$425 Accents ~ For the rocker chick who can't get enough of leather. **7 Stuart Weitzman "Nudist" sandal** ~ \$425 Accents ~ A celebrity favourite in 2014. **8 Kate Spade "Licorice" pumps** ~ \$325 Accents 515 Richmond St~ What better shoe to wear to a New Year's party. **9 Rag & Bone "Andover" motorcycle boots**~ \$850 Accents 15 Richmond St ~ The more wear the better with these badass boots. **10 Kate Spade watch**~ \$225 Accents 15 Richmond St ~ Who's got the time? **11 Kate Spade "Ryan" tote** ~ \$255 Accents 15 Richmond St ~ A chic and practical way to carry heavy books around. **12 Rebecca Minkoff "Mini Mac" bag** ~ \$250 Accents 15 Richmond St ~ One of the hottest bags around – it transitions well too. **13 dpms. City of Neighbourhoods toques** ~ \$38 dpms. Western Fair Farmers Market 900 King St ~ Show Forest City some love with a colourful, warm toque. **14 dpms. "Totem" 14k gold-filled arrowhead bracelet** – \$60 dpms ~ Western Fair Farmers Market 900 King St ~ Designed and handcrafted in London, get her one of these to add to her arm party. **15 dpms. "Forest City" heather green T-shirt** ~ \$35 dpms. ~ Western Fair Farmers Market 900 King St ~ Wear with some pants or tucked into a skirt and show some London pride.

WHAT TO BUY FOR YOUR HEAD

CANDIS BROSS | INTERROBANG

1. ADVENTURE TIME

Über Cool Stuff

Adventurers will love these cute character figures and plushies. Anything else is UNACCEPTABLE!

Gunter POP! Funko — \$14
BMO Plushie — \$15.95
Lemongrab Plushie — \$15.95

2. MINECRAFT

Heroes Comics

These top-Notch gift ideas are great for the real world crafter.

Snow Biome — \$17.99
Steve & Horse Figures — \$19.99
Creeper Figure — \$11.99
Foam Diamond Pickaxe — \$21.99

3. RETRO ARCADE

Über Cool Stuff

If you have a old-school gamer in your life, these arcade themed gifts are sure worth your quarters.

Tetris Light — \$49.95
Pac-man Heat Change Mug — \$14.95
Tetris Heat Change Mug — \$14.95

4. BRONIES

Heroes Comics

We have more than a few My Little Pony fans here on campus. Help a Bronie out with these great finds.

Vinyl Collectibles — \$14.99
Collectible Card Card — \$24.99
Booster Packs & Sticker Sheets

5. ARCHER

Über Cool Stuff

Have a hardcore Archer fan in your life? Give them some sweet glassware to keep them from getting a cumulative hangover.

Magnet Sheet — \$12.95
Mug — \$15.95
Shotglasses — \$24.95

6. RETRO COMICS

Heroes Comics

You probably can't afford the first appearance of Green Goblin, but your retro comic lover will still appreciate a classic issue from a powerhouse hero.

Retro Comics — \$5-20

7. FIREFLY

Über Cool Stuff

If you don't get your browncoat these great gifts, they might start cursing you and your sudden — but inevitable — betrayal.

Inevitable Betrayal Dinosaurs — \$39.95
Mal Plushies — \$18.95

8. THE WALKING DEAD

Heroes Comics

The more you take the more you owe, right? Pay your debts, or you just might end up like the walkers.

Daryl Dixon Figure — \$39.99
Issues 1-20 — 1/2 Price
Hard Covers 1-8 — 1/2 Price

9. STAR WARS

Über Cool Stuff

You might be looking in Alderaan places for some amazing Star Wars gift. Find these at Über Cool Stuff, you will.

Wind-up Figures — \$29.95
Metal Puzzle Kits — \$16.95
Print — \$19.95
Business Card Holder — \$34.95

10. COMIC LOVER

Heroes Comics

Image Comics is home to some of the best creator-owned comics. Buy a volume of *Sex Criminals*, *Saga*, *East of West*, or *Black Science*. These are just a few names your comic lover shouldn't miss out on.

Various Prices

11. BOARD GAMES

Über Cool Stuff

Board gamers have huge collections, but these new releases are sure to please.

King of New York — \$49.95
Camel Up — \$39.95
Steam Park — \$39.95

12. BLIND BOXES

Heroes Comics

Looking for something that won't break the bank? You can find a blind box for almost any fandom around \$10 or less. Each box contains a mystery figure.

Various Prices



1



4



7



10



STOCKING • STUFFERS

Assorted chocolates - Starts at \$2.50 The Chocolate Factory - 130 Dundas St. Locally handmade chocolates.

Tea steeper \$4
The Tea Haus - 130 King St
You'll need something to brew your loose leaf tea with.

Perfect tea spoon \$4
The Tea Haus - 130 King St
The perfect amount of tea, every time.

Hanky panky \$22
Jordan Stewart
One size fits all panties.

Earl grey supreme - Starting at \$4 The Tea Haus - 130 King St
The Tea Haus' best-selling black tea - for those who don't like green tea

Constant comet green - Starts at \$4 The Tea Haus - 130 King St
The Tea Haus' best-selling green tea.

Chocolate-caramel popcorn - \$6
Dundas St - You'll never have to choose between chocolate and popcorn again.

Gift card
Fire Roasted Company - 900 King St
Paid-for coffee from one of southern Ontario's best coffee shops.

Hot chocolate - \$10
Fire Roasted Company
For those cold winter nights.

Coffee beans - Starts at \$8
Fire Roasted Company
How else do you think you're going to last the semester?

Aeropress - \$42
Jill's Table - 115 King St
The fastest, easiest way to make a cup of coffee.

Chocolate bars - \$10
Habitual Chocolate
You need to reward yourself somehow after a long day of studying.

Staying SANE during the holidays

ERIKA FAUST AND JESSICA IRELAND | INTERROBANG

Happy Holidays! Or... not. We all know that drunken family members, awful gifts, living at home again and other holiday "traditions" can overshadow the magic of the season. However, you don't have to write off this time of year entirely. Here are some tips to prepare you for a hectic but still jolly - holiday break:

HEADING HOME FOR THE HOLIDAYS

Your holiday break will likely be the longest you've been home since leaving for school. One thing you may not realize about heading home: it's going to be weird. You're going to feel like you've matured and grown up a lot since you've been at college, making your own decisions and taking care of yourself. Your parents are still going to see you as a seven-year-old who needs a hand to hold to cross the street. This can cause a lot of stress.

"It doesn't matter whether you're in your 30's, 40's, 50's or 60's - if there's a parent around, they will still treat you like a child! It's a built-in nature," said trained professional organizer Heather Burke, owner of the Ottawa-based Smart Space Organizing.

Try talking to your family before you head home to discuss what each of you expects from the holiday, she advised.

And when tensions run high - as they always seem to during the holidays - it's okay to step out for a bit. "Go out to neutral territory," said Burke. Taking some time away from a tense or awkward situation can help diffuse anger and can make for a more peaceful holiday.

Just keep expectations realistic. Rather than focusing on the perfect decorations, the perfect table and the perfect meal, focus on having fun, out and time together - the reason for the season, isn't it?

GRACIOUSLY ACCEPTING A TERRIBLE GIFT

It'd be nice to think you're old enough to not get upset when you receive a gift that's less than stellar, but if you're still a pouter when it comes to presents, we say this in the nicest way possible: get over it. It's time to adopt an attitude of gratitude, friends.

"The focus should never be on the gift," said Louise Fox, owner of EtiquetteLadies.com and MannersTV.com. So suck it up, say how nice it was that the individual thought of you and deal with it later. Think about it: regardless of how silly the gift may seem, someone actually thought to get you something, so remember your manners.

MEETING YOUR SIGNIFICANT OTHER'S FAMILY

Maybe you've already met your partner's parents, but it may be time to meet everybody, and that can be overwhelming. Think of it as a job interview. Take steps to brush up on your table manners and get educated about the family you're about to meet. Are there any out-of-bounds topics? What's Aunt Ethel interested in? Who's the troublemaker? The more you know, the less interrogation you'll get because you'll be so busy asking wonderfully insightful questions.

"How you shine is by putting the spotlight on others," said Fox. Still get hit with an intrusive question? Call on your sense of humour and change the topic.

If you want to score some brownie points, remember to bring something for the host of the gathering - extra points if it relates to their interests, but a vase of flowers will be just as thoughtful.

DEALING WITH FAMILY FEUDS

If some of your Christmases have ended with holes in the wall or tears, you're not alone. There are also those great questions that family members always like to ask around this time of year, such as "When are you going to get a boyfriend/girlfriend?" and "What are you doing with your life?"

First, get prepared. You know this happens every year, so come up with appropriate but not offensive replies, said Fox. Answers like "Why do you ask?" or "Wouldn't you like to know?" coupled with a cheeky sense of humour can put the other person on the spot.

It doesn't hurt to look at your own attitude too, so check yourself before you wreck yourself. Avoid alcohol if it triggers confrontation, and if all else fails, remember you may have little nieces and nephews looking up to you, so set a good example. You can only control your behaviour, anyway.

MoM & DAd gift guide



Beard Oil • \$20 dpm's.
Let dad nourish and restore damaged beard hair. Mom can steal some for her own hair too.

SKRPr surface scraper • \$12
Kiss the Cook • 551 Richmond St
For the hard-to-get-off messes mom and dad might encounter.

Sterling Heart Locket and chain • \$27
Harmony • 525 Richmond St
Jewelry is always appreciated.

Browne dough scraper - \$5
Pies anyone?

Rolling pin - \$20
A heavy-weighted rolling pin will help with pastries of all kinds.



Sports team Man Cave plaque • \$34
The Big League
Dad can mark his territory with this Man Cave plaque.

Cutting board • \$50
Jill's Table • 115 King St
Locally made and durable. Mom and dad can chop anything on this thing.

OS training books • \$35
Mac Outpost
Did they upgrade to Mavericks or Yosemite? These books can teach them how to use the Operating Systems.

Pot cloth • \$3
Jill's Table • 115 King St
To help keep pots and pans scratchless.

Moss Berry Farm jams • \$3
Jill's Table • 115 King St
A fruity addition to a slice of morning toast.

Sports team travel mug • \$14
The Big League
Mom and dad can show support for their favourite teams with a travel mug.

Kenneth Cole briefcase • \$174
Every man needs a leather messenger bag in his life.



Le Creuset set of six espresso mugs • \$50
Kiss the Cook • 551 Richmond St
A notable French brand. These mugs can go in the oven as well.



Decorative pillowcase • \$33
Harmony • 525 Richmond St
Brighten up the living room at home with an accent pillow.



Hugo & Nate Kitchen-made caramels • \$12
Locally made caramels to satisfy mom and dad's sweet tooth.

Wooden iPad holder • \$79
Jill's Table • 115 King St
Mom and dad might want to take their iPads into the kitchen.



Spices - starting at \$4
Snack 'N Bake • 130 King Street
Spice up their lives.





Logiix Blue Piston \$59
Mac Outpost 2
 Kick out the jams with a Bluetooth speaker.



Kanex Mini DisplayPort to HDMI Cable - \$49 Mac Outpost 2
 I want to watch a film on a tiny 13-inch screen, said no one ever.

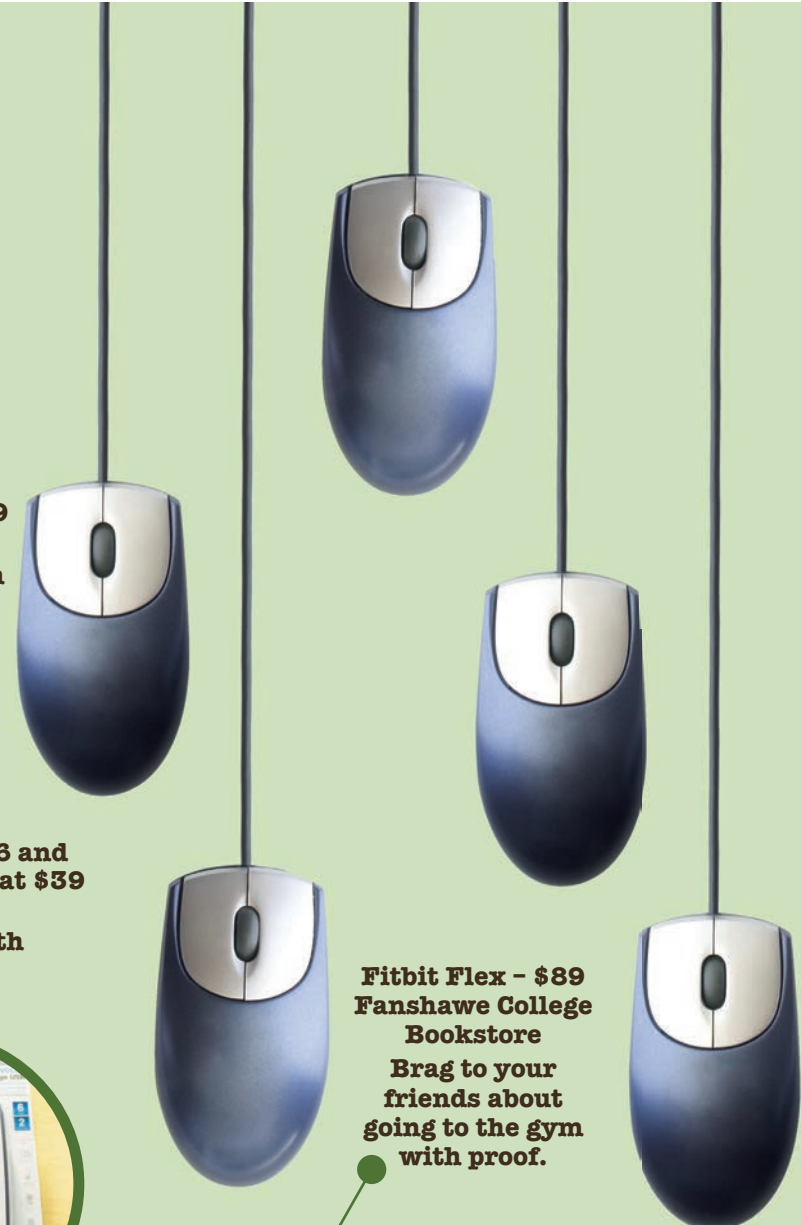
Otterbox for iPhone 4, 5, 6 and iPad Air and Mini - Starts at \$39 Mac Outpost 2
 Drop it like it's hot with no worries.



Belkin Advanced USB Charging \$19
Fanshawe College Bookstore
 No need for chargers anymore.



Razer Kraken Pro Starting at \$89
Mega Computer
 From Russia with love. Starting at \$8



Fitbit Flex - \$89
Fanshawe College Bookstore
 Brag to your friends about going to the gym with proof.

Logitech z906 surround sound speaker system - \$389
Mega Computer
 Sometimes you gotta fight for your right to party.

LaCie Porsche Mobile Drive 1 TB - \$105
Fanshawe College Bookstore
 You don't know what you got (till it's gone).



USB Bracelet \$19
Fanshawe College Bookstore
 Have a somewhat-trendy USB key on you all the time.

Logitech G710+ - \$139
Mega Computer
 Click, click boom!

Mega Computer
 231 Oxford St. E
Mac Outpost 2
 White Oaks Mall
 1105 Wellington Rd.
 Unit 417



Twittens gloves for texting - \$24
Mac Outpost 2
 What's the point of wearing a Canada Goose jacket if you have to take off your gloves to text?



Bluelounge CableDrop - \$9
Fanshawe College Bookstore
 No need to go cable hunting under the desk anymore.

Asus Geforce GTX 970 - \$449
Mega Computer
 You don't want Call of Duty to look like Super Mario Bros., do you?

Razer Imperator - \$89
Mac Outpost 2
 You'll be fraggin' more than ever with this mouse.



THE TECHIE Gift Guide

HAVE A *delicious holiday*



HOSTING A PARTY

Be the host with the most using
some of our favourite easy recipes

KIRSTEN ROSENKRANTZ AND ERIKA FAUST INTERROBANG

HOLIDAY APPETIZER WREATH

[pillsbury.com](#)

- 6 slices bacon
- 1/2 cup chive-and-onion cream cheese spread (from 8-oz container)
- 2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls
- 2 cups chopped and steamed broccoli
- 1/3 cup diced red bell pepper
- 1 egg, beaten
- Your own favourite ingredients

DIRECTIONS

1. Heat oven to 375°F. Cook bacon as desired until crisp, crumble and set aside.
2. Unroll both cans of dough; separate into 16 triangles. On ungreased large cookie sheet, arrange triangles with shortest sides toward center, overlapping in wreath shape and leaving 4-inch round circle open in center. Crescent dough points may overlap edge of cookie sheet. Press overlapping dough to flatten.
3. Spread cream cheese spread on dough to within 1 inch of points. In small bowl, mix crumbled bacon, broccoli and bell pepper; spoon onto widest part of dough. Pull end points of triangles over broccoli mixture and tuck under dough to form ring (filling will be visible). Carefully brush dough with beaten egg.
4. Bake 25 to 30 minutes or until deep golden brown. Cool 5 minutes. With broad spatula, carefully loosen wreath from cookie sheet; slide onto serving platter.

DIRECTIONS

1. Mix sugar, milk and cocoa powder in a saucepan over medium heat. Heat until steaming, not boiling.
2. Add in liqueurs and pour into two mugs.
3. Top with whipped cream, if desired. Drizzle crème de menthe over whipped cream, if desired.
4. Add peppermint stick as garnish

SMOKED SAUSAGE CUPS

[allrecipes.com](#)



- All-purpose flour
- 1 sheet Pepperidge Farm Puff Pastry, thawed
- 6 oz kielbasa, diced
- 2 tbsp orange marmalade or your favorite jam
- 1 tbsp Dijon-style mustard
- Chopped fresh parsley

DIRECTIONS

1. Heat the oven to 400°F. Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface. Roll the pastry sheet

into a 10x15-inch rectangle. Cut the pastry sheet into 24 (2 1/2-inch) squares. Press the pastry squares into 24 (1 3/4-inch) mini muffin-pan cups.

2. Stir the kielbasa, marmalade and mustard in a medium bowl. Spoon about 1 tablespoon kielbasa mixture into each pastry cup.
3. Bake for 15 minutes or until the pastries are golden brown. Sprinkle the pastries with the parsley before serving.

PECAN TURTLE BARS

[allrecipes.com](#)

- 1 1/2 cups all-purpose flour
- 1 1/2 cups packed brown sugar
- 1/2 cup butter, softened
- 1 cup pecan halves
- 2/3 cup butter
- 1 cup milk chocolate chips

DIRECTIONS

1. Heat oven to in 350°F. Combine flour, 1 cup brown sugar and softened butter in large mixer bowl. Beat at medium speed of electric mixer 2 to 3 minutes or until mixture resembles fine crumbs. Pat mixture evenly onto bottom of ungreased 13x9 inch baking pan. Sprinkle pecans evenly over crumb mixture.
2. Combine 2/3 cup butter and remaining 1/2 cup brown sugar in small saucepan. Cook and stir over medium heat until entire surface is bubbly. Cook and stir 1/2 to 1 minute more. Pour into pan, spreading evenly over crust.
3. Bake for 18 to 20 minutes or until entire surface is bubbly. Remove from oven; immediately sprinkle with chocolate pieces. Let stand 2 to 3 minutes to allow chocolate to melt; use knife to swirl chocolate slightly. Cool completely in pan on wire rack. Use sharp knife to cut into 48 bars.

LAVENDER SPRITZ COOKIES

[Recipe from Purple Daze Lavender Farm](#)

- 1 1/2 cups butter
- 1 cup granulated sugar
- 1 egg
- 2 tbsp. milk
- 1 1/2 tsp. vanilla extract
- 3 1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tbsp. culinary lavender
- Food colouring (optional)

DIRECTIONS

1. Preheat oven to 375°F.
2. Cream butter and sugar. Add egg, milk and vanilla extract; beat well.
3. Stir together flour and baking powder and gradually add to creamed mixture, mixing to make a smooth dough.
4. Mix in lavender thoroughly. Add food colouring in festive holiday colours and mix well.
5. Roll dough into 1-inch balls and flatten slightly, or roll out dough and use holiday-themed cookie cutters to cut the dough. Place on ungreased cookie sheet.
6. Bake 10 to 12 minutes until lightly browned around edges. Cool on rack.



THE GRINCH

INGREDIENTS:

- 2 oz Midori
- 1/2 oz lemon juice
- 1 tsp simple syrup
- 1 maraschino cherry or garnish

INSTRUCTIONS:

1. Pour the ingredients into a cocktail shaker with ice.
2. Shake well.
3. Strain into a punch or cocktail glass.
4. Garnish with a maraschino cherry, serve.

HOW TO HOST THE *perfect holiday party*

Themes

Ugly Christmas sweater parties have become popular in the last few years, and could make for a fun theme. You could also host a classy cocktail party and encourage your guests to dress their best. If you're not really into holiday-themed parties, light up the night with a tight-and-bright party or get creative with an anything-but-clothes celebration.

Music

Think carefully about who you've invited and how you want your party to feel. Put together a couple playlists in advance so you don't have to worry about the music all night. If the party mood changes, use your backup playlist and change the music from classy to trashy.

Decor

This is another atmospheric aspect: does your party need candles or strobelights? Are you going for a traditional holiday bash or a blowout end-of-the-semester bonanza? Visit the dollar store for inexpensive decorations for any type of party.

Games

From Cards Against Humanity to Catch Phrase, games can liven up any party. Hint: You can turn any game into a drinking game if you think creatively.

INGREDIENTS:

- 3/4 oz SKYY Berry vodka
- 3/4 oz Peppermint Schnapps
- 3/4 oz white Crème de Cacao
- 1/4 oz grenadine
- 1 candy cane half and half
- soda water

INSTRUCTIONS:

1. Pour the vodka, Peppermint Schnapps, white Creme de Cacao and grenadine into a cocktail shaker with ice.
2. Shake well.
3. Pour into a cocktail glass rimmed with crushed peppermint candy.
4. Fill with half and half.
5. Top with a splash of soda water.
6. Garnish with a candy cane and serve.

CANDY CANE MARTINI



A STRESS-FREE HOLIDAY

BROOKE FOSTER, ERIKA FAUST
JESSICA IRELAND | INTERROBANG

Between shopping, visiting the family and going to all those crazy holiday parties, the winter season is never easy for anyone. So, with the help of organizational wizard Heather Burke, member of the Professional Organizers of Canada and owner of Ottawa-based Smart Space Organizing, we put together a few (okay, well, a lot of) helpful tips to help you make it through this winter break with minimal stress levels.

HOME FOR THE HOLIDAYS

Pack smart

Even if you're only spending a few days with your parents, you're going to need to pack a suitcase. Sure, you might want to bring your entire collection of makeup or every DVD you own, but try to only bring what you absolutely need. If you can, leave some room in your suitcase so you can "take back anything you're not using so your room doesn't get too full," Burke said. "You'll want to bring more winter clothes (back to London with you)."

Parents will be parents

You may hate it, but keeping this fact in mind is key when you're going home for the holidays. "It doesn't matter whether you're in your 30s, 40s, 50s or 60s – if there's a parent around, they will still treat you like a child! It's a built-in nature," Burke said. If you really can't stand stand when your parents baby you, talk to them about it before you head home.

Meet the family

If its your first time meeting your partner's entire family, you might feel overwhelmed. Remember to be polite and prepared. Learn something about each of the people you're going to meet. Is there anything you shouldn't talk about? Who is mostly likely to ask intrusive questions? You don't have to answer the tough, invasive questions – change the topic in a humorous or polite fashion. Accept terrible gifts with grace. It'd be nice to think you're old enough to not get upset when you receive a gift that's less than stellar, but if you're still a pouter when it come to presents, we say this in the nicest way possible: get over it. It's time to adopt an attitude of gratitude, friends. "The focus should never be on the gift," said Louise Fox, owner of EtiquetteLadies.com and MannersTV.com. So suck it up, say how nice it was that the individual thought of you and deal with it later. Think about it: regardless of how silly the gift may seem, someone actually thought to get you something, so remember your manners.

SHOPPING

Gifts and cards

It would be nice if we could hand-pick and personalize each gift we give, but that could lead to a major stress meltdown. One way to avoid this stress is planning your shopping in advance (we're talking months prior to the big day). Burke strongly recommended giving "event" gifts: plan a group dinner or head to the spa together. "Really look at who you want to give gifts to and generally try to do it as an experience. People don't remember the gifts they got; they remember the times they had with the people they love." Burke also suggested sending e-cards instead of the store-bought paper ones to save money but either way, send a greeting with a personal touch.

Deal with family feuds

If some of your holiday parties have ended with holes in the wall or tears, you're not alone. There are also those great questions that family members always like to ask around this time of year, such as "When are you going to get a boyfriend/girlfriend?" and "What are you doing with your life?" First, get prepared. You know this happens every year, so come up with appropriate but not offensive replies, said Fox. Answers like "Why do you ask?" or "Wouldn't you like to know?" coupled with a cheeky sense of humour can put the other person on the spot. It doesn't hurt to look at your own attitude too, so check yourself before you wreck yourself. Avoid alcohol if it triggers confrontation, and if all else fails, remember you may have little nieces and nephews looking up to you so set a good example.

Blow off steam

Despite all your planning, you may run into an unexpected stress trigger. Taking some time to step out of the house and go for a walk is an excellent idea if (and, likely, when) the family starts to fight. Instead of turning to alcohol to relax, make yourself some hot chocolate, get a nice warm blanket and snuggle up with one of your favourite movies. "Yoga, a nice walk or any form of exercise (will help). Alcohol is a stressor," Burke added. And always remember, focus on having fun and enjoying your time with the family!



Who to buy for

Having too many people on your shopping list is never a good idea. Figure out a few people you really want to buy gifts for and consider sending cards to everyone else. "Spend time with friends and family and try to buy gifts with sentimental value rather than dollar value to avoid stress," advised Carolan Prior, a Fanshawe student and holiday shopping wiz kid.

Stay organized

"There's the stress of trying to get everyone the perfect gift and not spend too much money," Prior said. She also mentioned that lack of budgeting and organization are the biggest causes of her shopping stress. Know how much you can afford to spend and how many people you want to buy for. Start planning your budget early. It's never a bad idea to start your holiday shopping ahead of time, either!

PARTY DOWN

Use a calendar

Now that December is beginning, it's a good idea to start planning out your holidays now. "Take your calendar and start marking in the days that have been planned for you," advised Burke. Mark down all of the dates of holiday dinners and parties you know you're going to be attending. This way, you know exactly when you'll be free for other holiday fun, like ice skating, tobogganing and shopping for gifts.

Don't overdo it

It may seem like a good idea to stuff your face with all the home-cooked treats you can get your hands on, but remember, you're likely going to have to enjoy similar foods at a few different parties and dinners, so don't pig out. Pace yourself so you can enjoy every holiday dinner you need to attend, and don't forget to try something new. Maybe that tofurky doesn't look super appetizing, but try it - you could surprise yourself or at the very least, spice up your usual holiday dinner.

Know when to go

Spending time with the family can be relaxing, but spending too much time together can be stressful. Know when you're all partied out and when to say your goodbyes. A great way to leave gracefully is to show the host that you had a great time. Big smiles, hugs and a "thank you" are great ways to let the host know how much fun you had – even if the party was less than stellar.

Catch some z's

There's no faster way to party burnout than not getting enough shut-eye. Making sure you have plenty of time to sleep will keep you chipper no matter how many parties you have ahead of you. Don't let party time cut into your sleep time.

Don't forget what the holiday season is really about

spending time with family and friends. Know when you need to step away from the situation. Get lots of rest and relaxation time. And don't freak out if the holidays don't go as smoothly as you'd hope – the less time you spend stressing out, the more fun you'll have!



Thoughtful, Handmade

HOLIDAY GIFTS

NIKKI UFINZEFF | INTERROBANG

It's that time of year again. Streets are covered with snow, houses are lit up with colourful lights, trees are decorated with tinsel; it truly is a winter wonderland. But wait, there's one thing missing... Where are the presents? Christmas is just around the corner and the malls are packed with shoppers scrambling to finish their shopping. Instead of breaking the bank this year, save a few hundred dollars (your wallet will thank you, I promise) and show your loved ones that you care by giving them handmade gifts. After all, it's the thought that counts.

SUGAR SCRUBS



You've seen these at countless spas, and believe it or not, they are quite cheap and easy to make. Sugar scrubs are incredibly moisturizing and leave the skin feeling exfoliated and silky smooth. They can be used on the face, body or feet, and take less than 10 minutes to make.

- Here's the basic recipe:**
- 2 parts sugar (white or brown)
 - 1 part oil (almond, olive, and coconut work best)
 - 1/2 tsp Vitamin E oil
 - Essential oils (if desired)
 - Mix well.

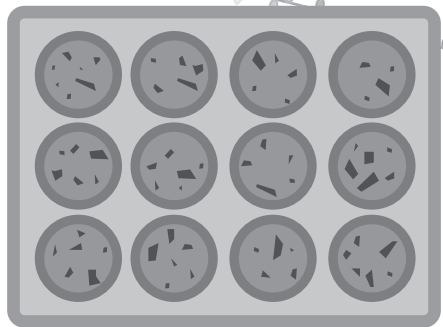
If you're feeling creative, try these other recipes.

- Pumpkin Pie Scrub:**
- 1 cup brown sugar
 - 1/2 cup coconut oil
 - 1/2 tsp vitamin E oil
 - 1/2 tsp pumpkin pie spices (or 1/2 tsp of cinnamon if you prefer).

- Vanilla Brown Sugar Scrub:**
- 1 cup brown sugar
 - 1/2 cup almond oil
 - 1/2 tsp vitamin E oil
 - 1 tsp vanilla extract

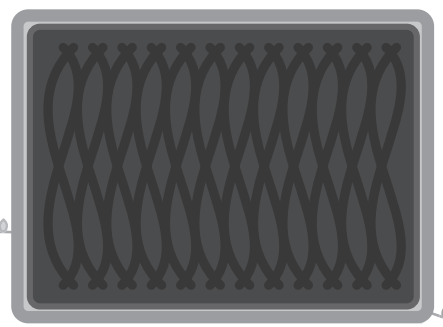
- Citrus Hand Scrub (for after washing dishes):**
- 1 cup white sugar
 - 1/2 cup olive oil
 - 1/2 vitamin E oil
 - 15 to 20 drops (or more) of lemon or orange essential oil.

- Relaxing Vanilla Lavender Facial Scrub:**
- 1 cup white sugar
 - 1/2 cup almond oil
 - 1/2 tsp vitamin E oil
 - 1/2 tsp vanilla extract
 - 15 drops lavender essential oil.



COOKIES

First, bake your favourite cookies. Then take an empty Pringles can, clean it out, wrap the outside with wrapping paper, put your cookies in the can, put a ribbon on top and voilá. You've got a cute can of cookies all wrapped up and ready for that special someone!



RECIPE BOOK

Does your mom love to cook and bake? Surprise her with a handmade recipe book complete with various soup, salad, bread, main dish, side dish, and dessert recipes. Type up the recipes (with pictures too, of course), put them in sheet protectors, and place them into a binder.

HOMEMADE FUDGE

This easy chocolate fudge recipe is the perfect treat for the holidays.

- Ingredients:**
- 3 cups semisweet chocolate chips
 - 1 (14 oz.) can sweetened condensed milk
 - 1/4 cup butter
 - 1 cup chopped walnuts (optional)

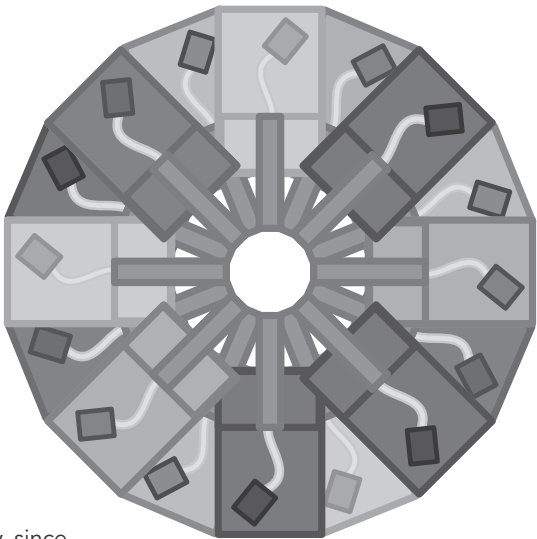
Place chocolate chips, sweetened condensed milk, and butter in a large microwavable bowl. Heat in microwave on medium until chips are melted, about 3 to 5 minutes, stirring once or twice during cooking. Stir in nuts, if desired. Pour into well-greased 8x8 inch glass baking dish. Refrigerate until set.

TEA WREATH

Do you have a tea lover in your life? Surprise them with this adorable tea wreath.

- You'll need:**
- 2 pieces of cardboard
 - Patterned paper
 - Clothes pins
 - Hot glue
 - A Ribbon for hanging

- Hot glue the pieces of cardboard together (to make them sturdy, since they will be holding clothes pins). Cut the cardboard into a wreath shape.
- Cover the circle with patterned paper.
- Cover clothes pins with patterned paper as well. (To do this, cut strips of paper to match the width of the clothes pin, hot glue the paper on, and trim the ends)
- Hot glue the clothes pins to the wreath. Continue until the whole wreath is covered in evenly spaced clothes pins (Make sure the mouth of the pin faces the outside of the wreath)
- Tie a ribbon on the wreath for hanging and clip tea onto each of the clothes pins (These instructions from tinyurl.com/teawreath13.)



GIFT BASKETS

Let your imagination run wild and make your own gift baskets for family and friends, including as many

handmade goodies as you can. Toss in a box of chocolates, coffee, tea, cookies, candy and nuts for the person with the biggest sweet tooth, or some body lotion, your homemade sugar scrub, shower gel, soap and candles for the spa lover. How about movie tickets, popcorn and candy for the movie lover? The combinations are endless, and you can customize every basket to everyone on your list, what's more thoughtful than that?



CELEBRATING diversity THIS SEASON

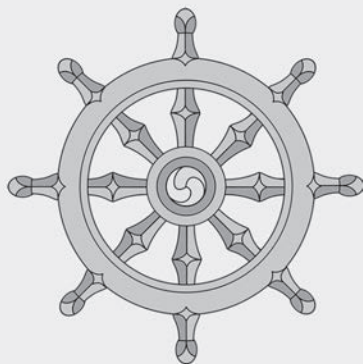
BROOKE FOSTER | INTERROBANG

It's pretty easy to overlook the fact that not everyone celebrates Christmas here in Canada — all you have to do is walk into a mall or supercentre to see the abundance of Christmas decorations to forget how diverse Canada's population really is.

Holiday diversity is about more than wishing "Happy Holidays" rather than "Merry Christmas" — it's about building an understanding and appreciation of other cultures and traditions. One way to do that is by learning more about other celebrations and holidays during the winter season.

BODHI DAY | DECEMBER 8 | BUDDHISM

Bodhi Day is otherwise known as Day of Enlightenment and was first celebrated in 596 BC. It celebrates the day that Siddhartha Guatama achieved enlightenment and reached the Four Noble Truths. Those include: Suffering is universal; The cause of suffering is ignorance; Ignorance is a Eightfold Path.



HANUKKAH | DECEMBER 16-24 | JUDAISM

This eight-day long holiday is a celebration of religious freedom. Hanukkah commemorates the rededication of the Holy Temple in Jerusalem after the Jews' victory over the oppressive Antiochus IV Epiphanes in 165 BC. Celebrations include the candle lighting, feasting, playing with the dreidel (four-sided top) and spending time with family.



YULE | DECEMBER 21 | PAGAN

Celebrated by ancient Germanic people and neo-pagans, this holiday has many similarities to Christmas traditions. Yule celebrates the return of the sun, and its traditions include tree decorating, gift exchanges and feasting. A Yule log may be burned to celebrate the birth of the Germanic sun god. Many Wiccans burn a Yule log for 12 hours for good luck.



WINTER SOLSTICE | DECEMBER 21 | NON-SPECIFIC

The Winter Solstice is usually celebrated by atheists but can be celebrated by anyone. The solstice happens on the longest night and shortest day of the year. Spending time with family, feasting and gift exchanges are all part of today's solstice celebrations. Today, Atheists spend time with friends and family, sharing meals and exchanging gifts.



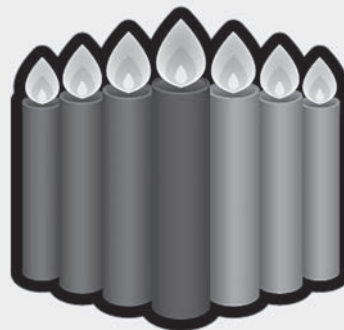
CHRISTMAS | DECEMBER 25 | CHRISTIANITY

Today, Christmas is a celebration of the birth of Jesus Christ, however, some Christmas traditions like feasts, gift-giving and caroling started centuries before the popularization of Christianity. Christmas is celebrated by Christians and non-Christians. Another important part of the Christmas celebrations are the singing of carols. The word carol actually means dance, song or joy.



KWANZAA | DECEMBER 26 - JANUARY 1 | AFRICAN-AMERICAN

Started in 1966, Kwanzaa is a week-long African-American celebration that focuses on values like family, responsibility and self-improvement. Candle lighting, giftgiving and a final feast are all part of this holiday. The word kwanzaa is derived from the phrase "matunda ya kwanzaa," which means "first fruit."



FESTIVUS | DECEMBER 23 | NON-SPECIFIC

Festivus started in 1966, by Dan O'Keefe, but wasn't popularized until 1997 when it was written into the script of an episode of *Seinfeld*. The holiday is celebrated by people who have strong beliefs in commercialism and religiousness of other traditions. Celebrations include Airing of Grievances, The Feats of Strength and a non-decorated Festivus pole rather than a Christmas tree.



FREEDOM DAY | DECEMBER 30 | SCIENTOLOGY

Freedom Day marks the official recognition of the Church of Scientology in the United States. However, some Scientologists do participate in more mainstream activities around Christmas time, like buying gifts and putting up a tree. Scientologists believe that mankind is good and not evil, which is contrary to the Bible's teaching. They strive to increase the intelligence and ability of humans so that they might achieve total truth and freedom to bring the meaning of life and find their true purpose.



If we have missed any specific holiday celebration, let us know in a letter to the editor: fsuleters@fanshawec.ca.



STUDENT UNION FINANCIALS 2013 / 2014

Fanshawe College Student Union

Financial Highlights

As at April 30, 2014 and for the year then ended

	2014 \$	2013 \$
Summarized Statement of Financial Position		
Current assets	9,101,574	8,230,029
Capital assets	5,541,380	5,893,936
	<u>14,642,954</u>	<u>14,123,965</u>
Current liabilities	5,287,515	4,211,277
Long term debt	2,932,719	3,794,706
	<u>8,220,234</u>	<u>8,005,983</u>
Capital fund	3,597,619	2,761,103
Reserve funds	2,119,712	2,335,037
General fund	705,389	1,021,842
	<u>6,422,720</u>	<u>6,117,982</u>
	<u>14,642,954</u>	<u>14,123,965</u>
Summarized Statement of Operations		
Student fees, net	5,998,628	5,790,322
Organization and program revenue	3,315,453	3,201,180
Interest income	80,436	69,963
Rental income	39,545	39,545
Other income	148,373	206,940
	<u>9,582,435</u>	<u>9,307,950</u>
Health plan	2,919,168	2,355,313
Organization and program expenses	4,495,253	4,336,973
General and administrative expenses	1,863,273	1,923,318
	<u>9,277,697</u>	<u>8,615,604</u>
Capital fund	86,516	(18,990)
Reserve funds	(215,325)	297,979
General fund	433,547	413,357
	<u>304,738</u>	<u>692,346</u>

Approved by the Board



Taylor Lodge

To the Directors of Fanshawe College Student Union Inc.

The accompanying summarized statement of financial position and statement of operations are derived from the complete financial statements of Fanshawe College Student Union as at April 30, 2014 and for the year then ended on which we expressed an opinion without reservation in our report dated October 22, 2014. The fair summarization of the complete financial statements is the responsibility of management. Our responsibility, in accordance with the applicable Assurance Guideline of The Canadian Institute of Chartered Accountants, is to report on the summarized financial statements.

In our opinion, the accompanying financial statements fairly summarize, in all material respects, the related complete financial statements in accordance with the criteria described in the Guideline referred to above.

These summarized financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Readers are cautioned that these statements may not be appropriate for their purposes. For more information on the entity's financial position, results of operations and cash flows, reference should be made to the related complete financial statements.

PricewaterhouseCoopers LLP

Chartered Professional Accountants, Licensed Public Accountants
London, Ontario
October 22, 2014

Miner Issues

ESHAAN GUPTA



NERDS

THINKS THE SOCIAL SAFTY NET IS MORALY WRONG



ABUSES FOOD BANK TO SAVE MONEY

NOT NEUROTYPICAL

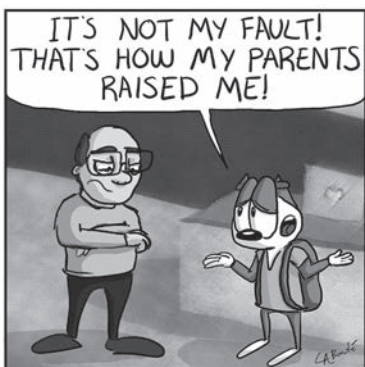
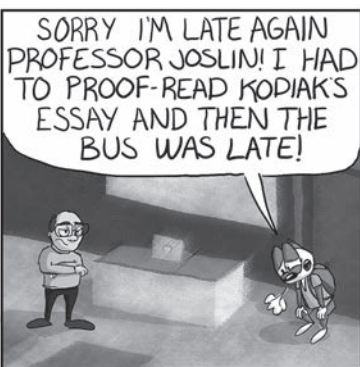


observationalomalies



Butt sweat n Tears by Andres Silva

Happy from
Holidays
Butt Sweat
n Tears



By: L. A. Bonté

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zodiacstargazerHOROSCOPE

Aries (March 21 - April 19)

Reverse the order of priorities on your list. Under the Virgo Moon, Aries may become obsessed with the least-important things. Objective review can be healthy. Seek the perspective of people who understand you.

Taurus (April 20 - May 20)

You're a source of fascination to those who love subtlety. Your wild nature is all but invisible in polite society. Revel in the quiet satisfaction of doing something right.

Gemini (May 21 - June 20)

Gemini will do anything to be included. Other people's opinions matter a lot. Telepathy may not do the trick this time. Send signals that you're sure will be understood.

Cancer (June 21 - July 22)

Camaraderie and compassion are fine, but there's work to be done. Cancer's management skills are in fine form this month. Any project in which you have a hand is sure to start bearing fruit.

Leo (July 23 - August 22)

Decline a frivolous invitation. You're either a victim of low energy or in the middle of something important. Your usual life looks very different when you watch it from the outside for a change. Coax or draft someone into helping you.

Virgo (August 23 - Sept. 22)

Your month starts off on the perfect note. You're all set to win on your terms. Enjoy this well-deserved moment, even as you take it to the bank. Everything you've learned will be useful. Invest in quality rather than in quantity.

Libra (Sept. 23 - Oct. 22)

Intensity is a flashy outfit that doesn't wear well in your daily situation. Associates are in aggressive pursuit of answers, not a fight. Final statements made today may be difficult to take back.

Scorpio (Oct. 23 - Nov. 21)

The best enterprises are built on trust and friendship. The labels 'us' and 'them' may be a starting point, but you're wise enough to move beyond it. High concepts and big plans never sleep.

Sagittarius (Nov. 22 - Dec. 21)

Maybe you'd rather be at home, but escape is impossible. Stick with your program no matter how much grief it stirs up. Sagittarius has the power to push through any resistance. There will be time for apologies later.

Capricorn (Dec. 22 - Jan. 19)

You're early to rise, early to work and early to succeed. Passion is focused through intention and tools. If you looked at your old inhibitions today, you wouldn't recognize them.

Aquarius (Jan. 20 - Feb. 18)

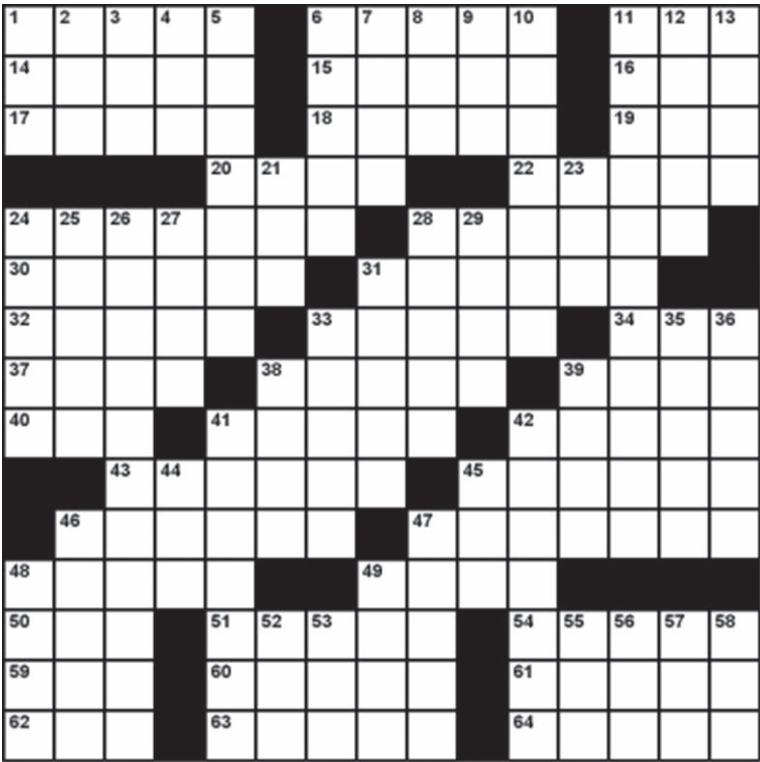
A sense of caution is your smartest instinct at the moment. Earth and Water link you to the planet above which you generally float. Pay attention -- not everyone is speaking the same language here.

Pisces (Feb. 18 - March 20)

All eyes are upon you now. As the master of improvisation, what you don't know can actually help you. It might take a future moment of hindsight to realize just how and when your decision became effective.

Across

1. Son of Adam
1. French family member
6. Collar inserts
11. It has many keys: (abbr.).
14. "Paradise Lost" character
15. Lecterns
16. Wine: Prefix
17. Headline from recent issue of Interrobang: "___ and Western reach tentative contract agreement"
18. Headline from recent issue of Interrobang: "FSU to ___ another family this Christmas"
19. "Awesome!"
20. Headline from recent issue of Interrobang: "___ for the holidays"
22. Anatomical canals
24. Headline from recent issue of Interrobang: "An alternative way to ___ of old textbooks"
28. Irritate
30. Foreign dignitaries
31. Milliner
32. Blabs
33. California border lake
34. German article
37. Flat floater
38. Heavenly hunter
39. Headline from recent issue of Interrobang: "Kingsmill's getting one ___ holiday window dressing"
40. Computer key
41. Chemical prefix
42. Appearance
43. Title bandit in a Verdi opera
45. Two fivers
46. Waterborne
47. Cookbook phrase
48. "Give it ___!" (2 words)
49. Headline from recent issue of Interrobang: "Fanshawe student had placement in building ___ caught fire"
50. Former White House initials
51. Ado
54. Bury
59. Nintendo's Super ___
60. Tunnel builder



61. India's first prime minister
62. "___ to Billie Joe"
63. Stationer's stock
64. Gather, as grain

Down

1. Headline from recent issue of Interrobang: "___ to adopt another family this Christmas"
2. Uncooked
3. W.W. II initials
4. British bombers of WWII
5. Captivates
6. Garden tool
7. The fox in Disney's "The Fox and the Hound"
8. "Much ___ About Nothing"
9. Peke squeak
10. Gorge
11. Appears in advance
12. Headline from recent issue of Interrobang: "___ self-defence for a good cause"
13. "No ifs, ___ or buts!"
21. Balaam's mount
23. Uno + due
24. Raison ___
25. "Er...um..."
26. Headline from recent issue of Interrobang: "Learn ___ for a good cause"
27. Bombard
28. "Yippee!"
29. Berkshire school
31. Headline from recent issue of Interrobang: "Business pros bringing

- students to ___"
33. 1545 council site
35. Ledger entry
36. About 1.3 cubic yards
38. Headline from recent issue of Interrobang: "Run Nicole, run: Fanshawe student receives ___ Rookie of the Year"
39. Kind of moth
41. Headline from recent issue of Interrobang: "FSU to adopt ___ family this Christmas"
42. Headline from recent issue of Interrobang: "Kingsmill's ___ one last holiday window dressing"
44. "Kidnapped" author's initials
45. Shelley's "___ Skylark"
46. Headline from recent issue of Interrobang: "Protest of ___ Forces booth at Western"
47. "___ life!"
48. Italian river
49. Not us
52. Kipling's "Follow Me ___"
53. Medical suffix
55. "Regnava ___ silenzio" (aria from "Lucia di Lammermoor")
56. Headline from recent issue of Interrobang: "MADD for ___ holidays"
57. Victorian, for one
58. Headline from recent issue of Interrobang: "Run Nicole, ___: Fanshawe student receives OCAA Rookie of the Year"

Solution on page 27

QUIRKYFACTS

1. Each year, Canada Post receives a million letters addressed to "Santa Claus, The North Pole, H0H 0H0". They reply to every one.
2. Black Friday in the UK is the

- Friday before Christmas. Instead of shopping, many people get very drunk!
3. Boxing Day is called boxing day because it was the day the family opened a gift box for the poor.
4. One town in Indiana is called Santa Claus. There is also a Santa, Idaho.
5. Coca Cola was the first beverage company to use Santa for a winter promotion.
6. 7.6 million Christmas trees are sold each year.

7. Electric lights for trees were first used in 1895.
8. The poinsettia is a traditional Christmas flower. In Mexico (its original birthplace), the poinsettia is known as the "Flower of the Holy Night".
9. Frumenty was a spiced porridge, enjoyed by both rich and poor. It was a forerunner of modern Christmas puddings. It is linked in legend to the Celtic god Dagda, who stirred a porridge made up of all the good things of the earth.
10. The word Christmas comes from Cristes maesse, or "Christ's Mass." There is no set date for his birth in scripture and it wasn't celebrated on any particular day.
11. The first Christmas card was designed in 1843 by J.C. Horsley.
12. The twelve days of Christmas are the days between Christmas Day and Epiphany (6th of January) and represent the length of time it took for the wise men from the East to visit the manger of Jesus after his birth.
13. The first postage stamp to commemorate Christmas was issued in Austria in 1937.
14. Carols began as an old English custom called wassailing, toasting neighbours to a long life.
15. Gold-wrapped chocolate coins commemorate St Nicholas who gave bags of gold coins to the poor.
16. Rudolph the red-nosed reindeer was invented for a US firm's Christmas promotion in 1938.
17. The abbreviation Xmas isn't irreligious. The letter X is a Greek abbreviation for Christ.
18. The world's tallest Xmas tree at 221ft high was erected in a Washington shopping mall in 1950.
19. English Puritan leader Oliver Cromwell banned Christmas between 1647 and 1660.

Sudoku Puzzle

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

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 27

Word Search

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

Signs of the Season

(Words in parentheses not in puzzle)

Cards
Carols
Fruit Cake
Garland
Holly

Humbug
Mistletoe
Ornament
Presents
Santa

Snow
Tinsel
Tree
Turkey
Wreath

Keep options open: Out Of Options reunites



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Good news if you're feeling nostalgic for the music festival season – this week marks the return of Burly Calling, the annual winter music festival that brings the spirit of larger downtown festivals like NXNE or SCENE to the relatively smaller scope of Burlington, Ontario.

Now in its eighth year, Burly Calling – or BCVIII, as it is affectionately known this year – has become a tradition, kicking off the holidays in town since 2006. Originally conceived by local post-punk group Saint Alvia as a means to raise money for tour, the idea of a music festival touring from one end of the city to the other has caught on over the years and evolved into a large-scale annual undertaking that wholly belies the grassroots nature of its small, dedicated staff and roster of volunteers.

Year after year, Burly Calling offers unforgettable concert experiences. There are over 60 performers and dozens of reasons to attend; this year the festival carries on its tradition of high profile reunions with headline shows featuring The

Fullblast from Oakville and Burlington's Out Of Options.

Out Of Options formed in 1999 amid a thriving musical scene and found some commercial success before disbanding in 2005. Its reunion at Burly Calling kicks off the first night of the festival December 4 and brings the original lineup – guitarists John Fielding and Kurtis Brown, bassist Mike Hanley and drummer Jesse King – to a stage together for the first time in 10 years.

The gig also led to the decision to produce an EP of new music together.

"It's a snapshot of this time and place, where we're back together and we're having fun playing," front man Fielding said. The new songs are fast, dynamic and powerful, as evidenced by the band's new single "Hello Heartbreak," released on YouTube November 28.

"I'm really pumped about playing these new tunes," Hanley said. "Though it's fun playing the old stuff, too – at our first rehearsal, we plugged everything in and I said, 'all right, let's play 'Forgive and Forget,'" and we started playing a song we hadn't played together in 10 years."

"Everything came together really quickly," Fielding said, though he professes no surprise. "We all learned how to play our instruments together, I thought that we'd mesh musically [again] right off the bat

– and that kind of happened, other than us being out of shape and some of the songs being really fast."

In the studio the pair took turns recording vocals, while engineer Tyler Gardiner navigated through Pro Tools just as quickly as Fielding could conduct the group – one minute he was laying down guitar phrases, the next he was leading everyone in group backing vocals, huddled together near a microphone. In no time, the session wrapped and the recording was complete.

Back in the heyday, Out Of Options worked hard and toured back and forth across the country to earn a recording contract and a following. Even still, committing to the life and schedule of a full-time touring proved difficult to some members, and rifts began to form as members began to step back from the group.

"We were a good band," Fielding said. "We grew up with our heads up in the clouds, like 'we're going to make it in this band,' and almost did, then it fell apart when we got there ... it's an interesting stage of life, being 20."

With time and perspective, the band quickly put away the issues that separated them. So much so that at the band's first rehearsal when King broached the topic of recording something new, he was only saying what the other three had been thinking for some time – they had studio time booked not



CREDIT: ASHLEY SLOGGETT

Out Of Options reunited after 10 years apart and will be performing at the Burly Calling in Burlington on December 4.

two weeks later.

For more on Out Of Options and its new EP, visit them on Facebook at facebook.com/outsoptionspunk. The band's reunion caps off a night that also features Them Thieves, The Video Dead, Black Cat Attack and Adelleda – admission is \$10 without a BCVIII Weekend Pass, or free by donation of a new, unwrapped toy for the Kent Abbott Memorial Toy Drive. Full Burly Calling schedule and ticket information is available

online at burlycalling.com.

And for more of the latest in music news, album streams and concert previews, follow this column on Twitter @fsu_bobbyisms. To put it another way, Burly Calling is like a version of Doors Open, embracing fans into the Burlington music community and its historic landmarks. There's no festival like this one outside of Daylight Savings Time, it's worth the drive. I'm out of words.

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It's a process: Movies on movies



REEL LIFE
ESHAAN GUPTA

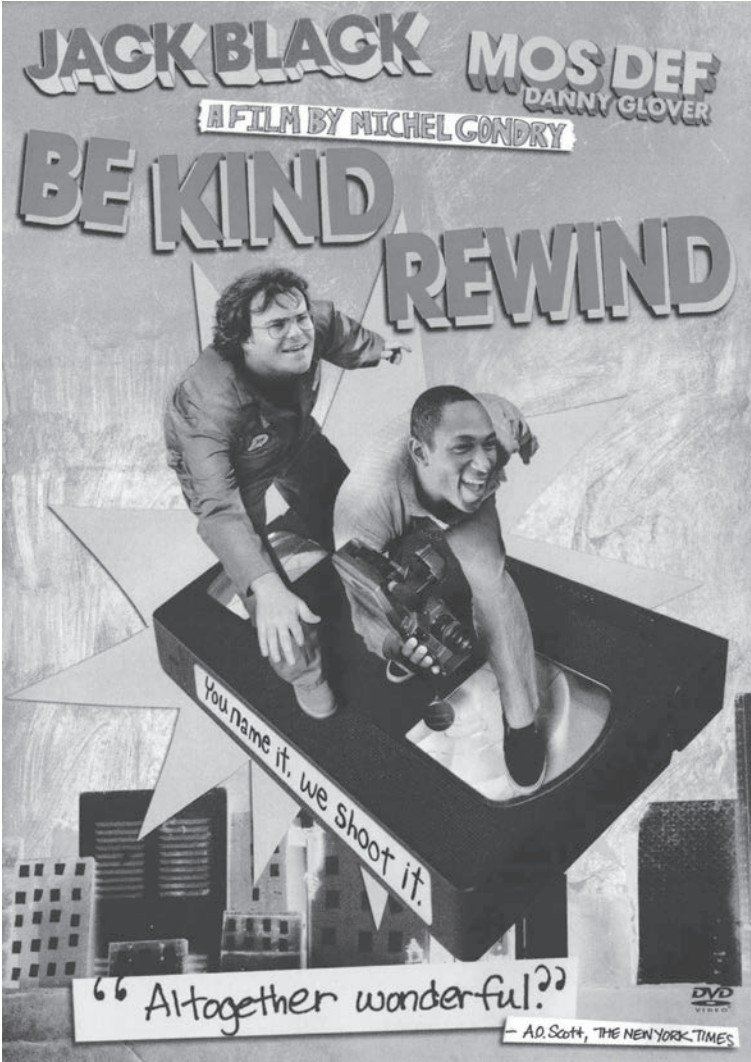
We're all suckers for things going meta. Retrospective examination done right can be both profound, yet funny, a look at flaws, imaginings, and archetypes, all through the lens of self-parody. Musicians talking singing about recording the very album you listen to, Vonnegut writing the story as he witnesses it in *Breakfast of Champions*, and of course, the movie about a movie.

A couple fun ones about the state of the industry include...

Lost in La Mancha (2000)
Originally starting out as a simple 20-minute 'making-of' promotional piece for Terry Gilliam's adaptation of *Don Quixote*, the independently-produced film inevitably spiraling out of control is all recorded in this feature-length documentary about crushed dreams, compromised hopes, and just how much at the mercy we are of the weather. It serves both as a cautionary tale, and as a look for the uninitiated at just how high the stakes are in every movie production.

Modern Romance (1980)
This rom-com starring Albert Brooks in his comedic heydays involves a young film editor with a serious case of oneitis for his on-again-off-again girlfriend. Although the romantic comedy aspects of the film haven't aged as well (bordering on cheesy sitcom-ness), the parts of Brooks' at work are not only funny, but a really cool insight on the post-production aspects of pre-digital filmmaking. Finding a new sound effect, for example, involved stopping everything, pawing through a physical library of tapes, just to find the right one. Its archaic nature only makes it more historically interesting.

Bowfinger (1999)
Bowfinger is one of the last great Steve Martin comedies, before his early 2000's fallback on mediocre family dramedies. The story of a B-list movie producer, Bowfinger,



CREDIT: NEW LINE CINEMA

Filmmaking is only sheer determination and a camcorder away, as made evident in *Be Kind, Rewind*.

and his attempt at making paranoid action movie star Kit Ramsey – played by a very self-deprecating Eddie Murphy – be in his film, whether he's actually aware of it or not, the film is by no means an accurate depiction of how a movie is made; *Bowfinger's* plot revels in the unrealistic ridiculousness of the plot. Despite this, *Bowfinger* still explores the nature of making a movie when the money is especially tight.

Be Kind, Rewind (2009)
This movie is outright far removed from being about anything Hollywood in general...but it's still a film about making films. When

two video store clerks accidentally magnetize their entire stock of rental tapes, it's up to them to remake the contents of every film they own, in their own, no-budget fashion. Also known as that Mos Def and Jack Black movie, the lack of attention the film received was quite disheartening. *Be Kind, Rewind*, is a film that encourages amateurs to go out and do things, even having a marketing campaign around swed-ing movies – remaking popular films in a zero-budget, short-format internet videos. Rather than being about filmmaking specifically, *Be Kind, Rewind* is about how creativity can be born in unusual ways.

Celebrating New Years in London?

STEPHANIE LAI
INTERROBANG

Maybe you plan to spend the holidays back home with your family and maybe you plan to spend it in London.

Either way, there are a few opportunities to ring in the New Year in the Forest City that may convince you to return.

New Year's at the District
Western Fair District
900 King St.

The Western Fair District will be open for New Years festivities. There are three options to choose from.

The 80's dance party at The Carousel Room is complete with a prime rib buffet, champagne and dancing of course.

The Top of the Fair restaurant will be open for business and offers live music, live harness racing and food of course.

"There's lots to do at the Western Fair District," said Western Fair District employee, Amy Williams. "It's not solely at one location; we have so many different things going on at the same time."

Tickets and reservations are required to attend, but hurry because Williams says these events are typically sold out.

"We just started selling tickets last week and I've sold quite a few already," she said.

It's bound to be a good time.

"We always have a toast at midnight with everyone here at the District."

New Year's Eve Masquerade Ball

German Canadian Club
Saxonia Hall
522 Talbot St. W, Aylmer

A long-running tradition – 40 years to be exact – is the party in Saxonia Hall at the German Canadian Club.

This year, the party will include a mask competition.

Master of Ceremonies Hilda Triska says it's a good option to consider.

"It's budget-friendly," she said. "It'll be a lot of fun and it'll be a night to remember so you can talk about it for years to come."

Cost to attend is \$40, which in-

cludes a buffet dinner and a dance.

There will be a balloon drop to finish the night.

New Year's Eve Hoopla
Storybook Gardens
1958 Storybook Ln.

An event just for families with young children is Storybook Gardens' event, the New Year's Eve Hoopla.

A program, which includes outdoor skating and munchies for the munchkins.

John Riddell from Storybook says it's a great opportunity to encourage families to go out and spend time together.

"We feel it's part of our role as a parks and recreation facility to put on activities that encourage families to get outdoors and spend some time together doing outdoor activities," he said. "It's for the most part, it's not a lot of bells and whistles or high tech. it's simple, good old-fashioned fun."

The cost is \$12 per person. People can register online at tinyurl.com/newyearshoopla.



CREDIT: GEMMA HAYES

Pick up Gemma Hayes' *Bones + Longing* over the holidays and enjoy a few cheery tracks.

Bones + Longing for winter break



NICK REYNO
INTERROBANG

If you haven't heard of Gemma Hayes before, then you're about to be swept into the comforting embrace that we all need so dearly amidst this crisp and shrill winter.

Hayes is a folk singer/songwriter who occasionally treads on the edge of alternative rock while retaining a cheerful yet mellow demeanor. Her latest album – *Bones + Longing* – hit the shelves on November 17, and it is certainly a record to add to your collection.

Hayes currently resides in Dublin, Ireland but grew up in a number of villages and towns around the country. This has given her music the bittersweet twinge of melancholy that is often associated with Irish music. Don't let this deter you from giving her a chance though – her music is still quite optimistic, and she has a lot to offer.

Contrary to her fellow Irish folkers, The Twilight Sad, her album starts off cheery with the aptly named song "Laughter." This track begins with an upbeat acoustic guitar and a charmingly simple drum rhythm that drives the song and sustains the upbeat feeling throughout it. This song is one of the more aggressive tracks on the album, save for the distorted roomy guitars that are present in the verses. These cloudy guitars drop out for the chorus, however, and we can fully appreciate the depth of Hayes' wonderful voice.

Her singing is reminiscent of Cacie Dalager from the American band Now, Now. If you haven't heard of the band, let's just say that Hayes' voice will captivate you and resonate in a way that makes you

calm and reflective. Her voice is warm, with a hint of sadness – like the beginning of fall, when it still feels like summer, but all of the trees have started to change colour.

This album is unique because it isn't purely an indie folk composition. Hayes has a way of gently blending electronic instruments into her mash up of folk guitar, mellow distorted strumming and ambient drones. This is skillfully highlighted in her song "Joy," which uses a soft pulsing synthesizer to extenuate the melody of her acoustic guitar and retain the song's upbeat aura while the guitars withdraw.

Much of her electronic additions in this album reflect 8-bit music – what you hear on display in old arcade and Game Boy games. It would seem to be an unlikely pairing, but Hayes is an artist with vision, and it has certainly paid off for her in *Bones + Longing*. "Chasing," the most electronically-inspired song on this album features an 8-bit resonant bass line alongside a mix of authentic as well 8-bit drums. At some points of this song, her singing resembles that of Hayley Williams from Paramore and again displays how dynamic she can be.

Hayes' voice is unique while retaining an air of familiarity that seems draws you closer with every progressive note.

If you only listen to one song on this album, make sure it's "Palomino." This song accurately captures the essence of the album. Its soft melodies on acoustic guitar are overlaid with memorable vocal phrases. The song is topped off with a small amount of synthesizer that sounds like soft bells being played. "Palomino" isn't the most upbeat by far, but it is catchy, and a good introduction to *Bones + Longing*.

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

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

Stay warm under the *Blankets*



IN THE HANDS OF HEROES
CANDIS BROSS
@candisbross

This week's comic book, *Blankets*, by Craig Thompson, was recommended by Brahm Wiseman at Heroes Comics.

Reading *Blankets* is a magical experience that delves into the most honest and raw parts of Craig Thompson's life. This is what reading someone's diary must be like, and I thank him for it. It's a beautiful memoir.

Taking place in a blustery Wisconsin winter, *Blankets* begins with Thompson and his brother Phil at the sensitive time in a child's development. A time where you still share beds with your little brother and you hate it. An age where if you acted out or disobeyed your parents, you were sent to the cubby hole to sleep on a rickety fold down bed – the kind that made you think you would be swallowed by its crocodile jaw of a hinge if you made the wrong move.

While Thompson's devote Christian home life seemed far from perfect, his school life was something he truly feared. Because of Thompson's poor upbringing, he was mocked for being skinny, stinky and diseased. Although at home his sibling rivalry is quite apparent, he fears his younger brother coming to school because he knows he won't be able to look out for him.

Thompson eventually finds solace in religion, seeking out the Church and the Bible for comfort in knowing that nothing on Earth matters. Heaven will be his eternal reward for belief and devotion and that would be enough to ease almost anyone's suffering. All he has to do is listen to his parents, pray for forgiveness and devote his life to Christianity and Thompson will bask in the glory of Heaven when his earthly life is over. The problem is that all his passions seem to be against God's will.

The ritual burning of all his drawings and earthly pleasures leave Thompson feeling refreshed and fully devoted to his path of Christianity. He uses all his spare time to read and re-read the Bible. Each year, he goes to church camp to further study on the insistence of his family. However, church camp is full of the same people at school, and he eventually finds outsiders



CREDIT: CRAIG THOMPSON

Thompson's penmanship and exquisite brushwork add to his already personal and touching tale of his first love.

like himself to hang out with.

Church camp is where he meets Raina, his muse. Her beauty seems to completely blind Thompson from seeing anything else, and while he stays devoted to his faith in the beginning – like any typical teenager – Thompson waivers.

Their love story is one of innocence, passion, devotion and faith. Without Raina, Thompson would never fall onto the path that would bring him true happiness. I struggle not to give too much away with this novel, because it's a reading experience I hope that everyone will have.

A truly honest spiritual journey from a young boy that grows into a confident but questioning young man, I watched in awe as he made some of the hardest, and often times painful life decisions anyone could.

He's brave in so many ways and conquers terrible experiences not with ease, but perseverance.

Thompson's beautiful penmanship and brushwork is impressive and helps in expressing the personal qualities of this memoir. His clever way of expressing his inner feelings through abstract artwork amidst the characters as they fall or embrace is poetic and symbolic if you allow yourself the time to soak it all in.

While *Blankets* could be a short read if you powered through it, I wouldn't suggest it. Allow yourself the pleasure of reading this masterpiece over a couple days, make sure to pay attention to every line, curve, and symbol present in this novel. You won't be let down.

For this graphic novel, or others like it, check out Heroes Comics downtown at 186 Dundas St.



CREDIT: WALT DISNEY STUDIOS MOTION PICTURES

A rag-tag team of misfits won the hearts of many and soon you can pick up this movie for your loved ones this holiday.

Gushing about *Guardians*



G33K LYFE
ANDREW VIDLER

Back in March I wrote an entry in this column proclaiming Marvel the masters of comic-based cinematic fun over their rivals at DC, a claim that I was backing up primarily using the then-recently-released trailer for Marvel's newest endeavor, *Guardians of the Galaxy*.

A movie based on characters that I knew nothing about bar some quick googling and a passing familiarity with some of James Gunn's earlier work, yet I based an article on it, which in hindsight was kind of dumb, because the movie could have been terrible. After all it was a hell of a gamble to make it in the first place.

Holy crap, what a good movie. If you haven't seen it yet, drop what you're doing and watch it immediately.

There's a reason that this movie is still in some cinemas a full three months after its debut despite the fact that it's phenomenal – I swear I'll try to stop gushing about it – it is one of few movies, in any genre, that truly satisfies the phrase has something for everybody.

Cliché though it may be, the film is a master class of casting, music, writing and visual splendour that rivals all the Marvel films that came before it.

Set in a bit of a side universe known in the comics as cosmic Marvel, *Guardians* takes the tried and true formula of a gang of arguing misfits overcoming their differences for the greater good – except

these misfits are a snarky human, a deadly green woman, a giant who doesn't understand metaphors, a talking raccoon and a tree.

As I said before, it's utterly insane to write down, yet somehow it all manages to work – and work ridiculously well – predominately down to the excellent casting of these bizarre characters.

Led by Hollywood's new favourite leading man Chris Pratt, supported by Zoe Saldana, exuding her usual aura of super womanly confidence and WWE's David Bautista, whom I groaned about when learn would be a primary member of the cast, but apparently has fabulous comedic timing and his powerful frame made his character, Drax the Destroyer, the film's best surprise.

As good as the live action characters are, and they're exceptional it's the two computer generated members of the team that made the film so special, Vin Diesel's botanical darling Groot, and Bradley Cooper's take on nerd favourite Rocket Raccoon.

The proper execution of these two were integral to the success of the film, and James Gunn and the two actors absolutely knocked it out of the park. A gun-toting, smart talking raccoon in a sci-fi sounds like a modern day ewok, but Cooper turned Rocket into one of the most loveable, hard edged characters in Marvel's roster. And as for Groot, you'll never fall more in love with a character that only speaks three words.

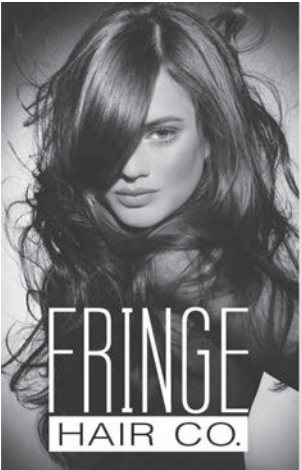
Guardians of the Galaxy is the best movie I've seen in years, and a better Marvel movie than *The Avengers*. It will be released to home media on December 9.

Find a way to watch this movie.



CREDIT: ADRIENNE SUPINSKI

The Fanshawe Student Union celebrated early by hosting a Christmas party for all full- and part-time staff on November 22 at The Out Back Shack.



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Country foursome Lunch at Allen's

JERROLD RUNDLE
INTERROBANG

After writing and recording for over 40 years, touring with Tranquility base, The Boomers and penning the Bob and Doug Mckenzie *Strange Brew* theme, Ian Thomas decided to join with long-time friend and Juno winner Murray McLauchlan and other Canadian country music stars Cindy Church and Marc Jordan. Playing their old favourites and other songs, the group had penned for the likes of Rod Stewart, Bette Midler and Santana, the quartet called the new group Lunch At Allen's.

As part of an Ontario winter tour, Lunch At Allen's will be performing at Aeolian Hall December 4. The choice to play the iconic 130-year old venue was made due to an "exceptionally rare occurrence – brilliant room, brilliant soundman and a great grand piano," Thomas said. "When I last played there solo, the sound check went on forever, because the sound was so inspiring, we began jamming and got carried away. We look forward to a chance to sing in that room."

The group named itself after the meetings at Allen's Pub in Toronto, where the four originally began meeting for leisure but eventually started talking about playing their previous hits and new material with backup vocals and instrumental tracks.

Thomas says the quartet wanted more out of the musical experience.

"We had all done the star turn, fronting a band, chasing the brass ring," he said. "The idea of cama-



CREDIT: MARC LOSTRACCO

Country music foursome Lunch At Allen's will be performing at the Aeolian Hall on December 4.

raderie and singing with some of your best friends was at once disarmingly appealing and more about the music ... there is such a sense of well being in singing together."

"Basically we play for the joy of it. We are four good friends who love to sing together."

But for the Canadian singer-songwriter who recently entered his 50th year of music making, it's also an unstoppable force.

"At the root of it all, I think the motivation has remained the same, the creative processes are somewhat of a drug. My brother Dave (SCTV's *The Great White North* Bob McKenzie) thinks creativity is as much an affliction as it is a talent ... I am beginning to agree with that statement."

Though Canadian radio stations remain an elusive market for bands like Lunch At Allen's, Thomas says

live performances such as the current winter tour become an inspiration for new material.

While even seasoned musicians could find recording and making music with three other singer/songwriters daunting, Thomas said this is what strengthened BAA.

"Individually our styles are different and yet they morph into what we bring to the party collectively," he said. "There is such a sense of well being in singing together...in the doing of this we have become family to one another."

Thomas talked about how the music BAA performed had a spiritual effect for him, saying, "As soon as we get together at a rehearsal or a sound check there is a waft of well being in the air."

Tickets can be purchased for this event at Aeolian Hall, on 795 Dundas St.



CREDIT: STEPHANIE LAI

From left: Celine Armsrong and Anne Podlipski show off the Charlie Brown Christmas tree on display in Room M1003.

DECEMBER 2014



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REMINDER

FALL SEMESTER

OPT OUT CHEQUES ARE IN!

Pick them up in SC 2001

Motoring: It could be the best – Chrysler 200C

NAUMAN FAROOQ
INTERROBANG

The first generation model of the Chrysler 200 sedan – which debuted in 2010 – was nothing more than a refreshed version of the Chrysler Sebring sedan that had been in the market since 2006. With the name change, Chrysler made quite a few noteworthy changes to improve the car. There was no hiding the fact that underneath all the dressing, it was still a mundane family sedan that no true car person could ever fall for.

Things are quite a bit different for the Chrysler 200's second act. The new model, which went on sale earlier this year as a 2015 model, is not based on an old Chrysler platform, but instead is linked to a fairly modern Italian chassis from the Alfa Romeo Giulietta.

Since Chrysler is part of FCA (FIAT Chrysler Automobiles), which also owns Alfa Romeo – among many others – this should come as no surprise.

The Italian platform also allowed Chrysler designers to really take a fresh approach to the styling of the 200, which has improved massively over the model it replaces. The 2015 Chrysler 200 is a sharp and modern design that will grab your attention.

There is no better looking vehicle in its category.

Things actually get better when you open the door.

The interior of the 2015 Chrysler 200 is a delightful place to be. Not only is the design layout very appealing to the eyes but the quality of the fit and finish is beyond superb. My tester was a top-of-the-line 200C model, equipped with wood and leather. The quality of the matte wood and the premium leather surpassed all my expectations.

The instrumentation is clear and beautifully presented; its Uconnect infotainment system has a clear 8.4-inch screen, which is very easy to use. The interior also features many clever and useful storage compartments. It sure seems that the design team at Chrysler had their thinking

caps on when doing this interior.

The only thing they seem to have overlooked is the quality of the rear-view camera, which projected a very grainy picture. Apart from that, the tech in this vehicle – which also includes active cruise control and lane keeping technology – is quite impressive.

The powertrain in the 200 is fine, but not its most impressive aspect. The base engine is a 2.4 litre, four-cylinder engine called the Tigershark. It develops a decent 184 hp and 173 lb-ft of torque. The upgrade motor, as found in my tester, was a 3.6 litre, V6 called the Pentastar and it develops 295 hp and 262 lb-ft of torque. Power is fed to either the front wheels or all-wheels through a nine-speed automatic gearbox, making it the first car in its class to offer such a transmission.

How is this gearbox? I have a few issues with it. Most of the time its shifts from first to second gear are a bit jerky, and from second to third it jerks again. It is hardly the smoothest gearbox in the world, nor is it the quickest. One would expect that this nine-speed box would swap cogs just as quickly as the ZF eight-speed gearbox found in BMWs, but that is certainly not the case.

While it is nice to have steering wheel mounted pedal shifters, they quickly become pointless.

When there is the issue with its ninth gear, which the vehicle hardly ever likes to use. Even on a steady highway cruise, it usually always stays in its eight gear and very rarely ever gets into ninth. Having talked to others who have driven this car, this seems to be a common complaint. This may be the reason why the 200C averaged a poor 10.4 litres/100km during test week.

Aside from the gearbox, the 200C is quite nice. While it drank more fuel than I was hoping, I will say that it was a great car for long trips. The car is quiet, which helps ease the miles away, and the aforementioned active cruise control and lane keeping assist systems would just help reduce your blood pressure.



CREDIT: NAUMAN FAROOQ

The Chrysler 200C has an improved interior, but there are still some kinks to iron out. A base model costs \$19,495 though, would you pick one up?

While the 2015 200C is not perfect, it is a huge improvement over the model it replaces. I would recommend it to those looking for a mid-size car, simply based on its styling and interior. Then there is

the price, which starts at \$19,495 for a base 200 LX model thanks to year-end promotions.

A well-equipped 200C tester has a price tag just north of the \$40,000 mark, but even that is not bad con-

sidering the features what it has to offer. If only Chrysler would fix the issues with its nine-speed gearbox, this 200 has the potential to be the best car in its class, in any market.



CREDIT: COURTESY OF FANSHAWE ATHLETICS

The Fanshawe badminton team will be practicing until the holidays and gearing up for the next invitational at Centennial College, which takes place January 9 to 11. Fanshawe will also be hosting provincial championships in February.

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Women @ 6pm, Men @ 8pm

Women's and Men's Volleyball:
Thursday, December 4th
Vs. Niagara Knights
Women @ 6pm, Men @ 8pm

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Five fun ways to stay active over the break

JOEL LUXFORD
INTERROBANG

The end of the semester is finally here.

It's time for us to cram all that we've learned over the past few months into one or two study sessions right before our final exam.

But in all seriousness, aren't you all excited about the upcoming winter break?

While we settle in for the holiday season, many of us find ourselves indoors trying to stay warm.

But there are actually a lot of ways we can stay active this holiday season while taking advantage of the cold winter weather.

Try some of these activities with your friends or family this holiday season:

1. Go skating. London has a number of indoor and outdoor rinks that are open to the public throughout the city. Encourage your friends to join you with the promise of hot chocolate afterwards. Try the outdoor rink at Victoria Park. If you don't own a pair of skates, you can rent some for \$6.

2. Go tobogganing or tubing. Who said tobogganing/tubing is just for kids? Some great memories can be made with your friends or siblings racing down that hill, and you may surprise yourself.

3. Take a yoga class. Not all the activities had to be outdoors. With all this newfound free time on your hands, it can be put to good use. Many yoga studios in London have winter deals, take Groupons or offer a complimentary free class. Yoga Shack offers free classes on Fridays at 7 p.m. and 8:30 p.m. at 140 Ann St.

4. Go for a hike. London is home to a number of parks and pathways scattered across the city that are



CREDIT: ESZTER SZEPESY/THINKSTOCK

The holidays are a time of giving. Why not help your neighbour out by shovelling his/her driveway? It's also a great way to fit in some exercise.

beautiful when covered in snow. If you're the creative type bring along your camera. Either way, you'll be burning those calories, which is important considering all that turkey and holiday treats you may consume in the near future. Try the Thames Valley Trail – located south of London – which is open all year round, save for December 25, where private lands are closed. Find out more at tinyurl.com/thamestrail.

5. Help your neighbours clear

their driveways. This is more of a good deed I encourage everyone to partake in this holiday season. Helping an elderly neighbour or someone you know who could use the help is not only a nice way to help out your community this holiday season, but it's also great exercise.

Make sure to bundle up this holiday season while staying active. Encourage your loved ones to join in the fun.

Happy holidays everyone.

FALCON CORNER

MEN'S SPORTS

Upcoming Home Games:

Basketball

Dec. 3 – Mohawk vs. Fanshawe – 8:00 p.m.

Volleyball

Dec. 4 – Niagara vs. Fanshawe – 8:00 p.m.

Basketball

OCAA West Division Standings

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

Volleyball

OCAA West Division Standings

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

WOMEN'S SPORTS

Upcoming Home Games:

Basketball

Dec. 3 – Mohawk vs. Fanshawe – 6:00 p.m.

Volleyball

Dec. 4 – Niagara vs. Fanshawe – 6:00 p.m.

Basketball

OCAA West Division Standings

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

Volleyball

OCAA West Division Standings

Team	GP	MW	ML	PTS
Humber	7	7	0	14
Niagara	7	6	1	12
Sheridan	8	6	2	12
Redeemer	7	5	2	10
St. Clair	8	4	4	8
Fanshawe	7	3	4	6
Cambrian	7	2	5	4
Mohawk	7	2	5	4
Conestoga	7	1	6	2
Boreal	7	0	7	0



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