

INTERROBANG



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Positive feedback and progress

Downtown campus construction a good thing for students and industries

MELISSA NOVACASKA
INTERROBANG

Students and faculty at Fanshawe's downtown London campus will soon be benefitting more from the construction of the second building on site.

Formerly the Kingsmill building, the downtown campus phase II project has been moving right along schedule and within the \$66.2 million budget, according to Shawn Harrington, senior manager of campus planning and capital development.

Harrington is also acting as the executive director of facilities management and community safety.

"The project is progressing well, they've got three stories of the steel structure up on the south end of the building so that's great progress to see happening," Harrington said. "They're getting ready to start putting the floor materials on the structure, so that's the activity that will be going on for the next while is getting the steel structure up and they'll soon start working on underground services below the basement."

According to Harrington, besides having some challenges with the soil conditions at one point during the early stages of construction, there have been few hiccups along the way.

The completion of the facility, which will house tourism and hospitality, culinary and information technology programs, is still set for September 2018.

According to Fanshawe's website, which was last updated November 2016 with the progress of the building, other features that have been in progress include installing underground tanks, a sanitary sump pit, and an elevator sump pit shortly.

The website said by the end of December 2016, most of the structural steel will be placed around four stories of the building, as well as a steel deck supported by steel beams to support concrete or roofing materials to create the floor or roof system, then workers will prep the steel deck to pour concrete to create the floor slabs. Masonry work will start in the new year.

This comes after foundation walls were deepened and caissons (large underground concrete columns) were also installed.

With all this major change, there is good to come out of it.

According to Harrington, the goal of creating the second building was to complete Fanshawe's goal of having 2,000 students on the downtown campus.

"[Fanshawe] had discussions with the city of London looking at how we might contribute to the revitalization of the downtown, so putting 2,000 students in the downtown core generates other businesses or spinoff activity with students down there all the time and shopping," Harrington said.

Harrington said the programs that are currently downtown, such as digital media, is beneficial for students since many companies catering to the program are directly downtown.

Harrington sees this project as being both good for students and the industries downtown.



CREDIT: SHAWN HARRINGTON

Progress of the second downtown building is going as planned, on schedule and within the \$66.2 million budget. The completion will be a positive result for more students, along with their related industries nearby.

Helen Pearce, Dean of Faculty of Arts, Media and Design, agreed with Harrington's remark on both students and the industries connecting downtown.

"To me, the importance of being downtown is the community connections and the industry connections," Pearce said.

Pearce said the fact that both digital media and programs dedicated to theatre are already on the downtown campus, she finds downtown is a great place for a number of possible connections students can make, and the fact that digital companies are "growing phenomenally" downtown allows for students in the program to get in touch with industry leaders that much more efficiently.

Though the new programs coming to the second campus building does not fall under her faculty, Pearce said having the "influx" of

those students would improve the downtown core even more.

"I think it's a bonus for downtown, [as it] helps both students and those around. [There's] lots of very cool projects and research opportunities."

Rob Carver, Chair of Contemporary Media, focused a lot on how having interactive digital media, for example, has been good for both the students and industry nearby.

According to Carver, he has seen students in the program get hired right away from industries and credits the fact of being downtown as one of the reasons for that.

"I think being downtown is for us, for our students, a fantastic thing because they are so close to industry, it's also helping to build the London community downtown and sort of bring vibrancy to the community and of course it's very

much all a part of London as a city of London building it's economic strength in the downtown core, so all of those things are great," Carver said.

Carver said that having other programs like tourism and hospitality and information technology come downtown will also be beneficial since the downtown core is the place to be for both those industries.

"I also think that the mix of programs that are going down there make a lot of sense... those are the programs where we have a real opportunity to connect and partner with local industry."

Rob Haaf, co-coordinator of the interactive media programs in the School of Contemporary Media has seen first hand what having a program downtown can do for students.

"It's been a tremendously posi-

tive experience to be downtown," Haaf said.

According to Haaf, being downtown makes it easier to connect the students with industry leaders, since they can easily walk to and from the company since they're in close proximity to downtown. Beforehand, it wasn't as possible when the faculty was completely on the main campus location.

"We feel much more involved here and our students get hired faster, they're less, scared. It can be intimidating to contact industry people and so on but just having the proximity to them really makes a lot of things better," Haaf said. "A lot of stuff that we have is right down here. It just so happens that most of the digital media agencies are in downtown London as opposed to somewhere out in the outskirts. So it works for us really well."

Fanshawe alumna's continued success

MELISSA NOVACASKA
INTERROBANG



FANSHAWE ALUMNI

Fanshawe alumna and Entertainment Tonight (ET) Canada host Cheryl Hickey has come a long way since her days as a broadcast journalism student.

Hickey, who was most recently nominated for a 2016 Premier's Award in the creative arts and design section and was featured in Macleans magazine's "College All Stars" section, graduated from Fanshawe in 1996, and has climbed her way up to a great deal of success.

Though she has made quite the name for herself, the Owen Sound native took on many opportunities to get to where she is now.

Hickey first hit the journalism buzz at 16, when she volunteered at a local cable station at home.

"That was when I quickly realized how fascinating it was that there were so many different jobs in television," Hickey said.

Hickey applied to Fanshawe at 17, completed the broadcast journalism program and from there went on an impressive and hard-working journey to make it where she is today.

Hickey said the program got her "primed" for the real world.

"You really have to be over prepared for this industry and that when the door of luck opens up, or the door of opportunity, you're completely ready. It's not just in one specific field that you have to be ready, you don't know which door is going to open up necessarily, so to be prepared in as many spaces as you can is crucial," Hickey said.

Hickey said she chose Fanshawe for a number of reasons, including the fact that the program offered everything she was interested in learning, and the fact that she had family in the city.

"I've always been in love with London and it always sort of felt like home and it still does," Hickey said.

According to Hickey, the program taught her about perseverance, and remembers staying up late finishing up her assignments thinking she would never be able to do it.

"You sort of have to push through it and having to be a jack of all trades, you really have to know a little bit about a lot of things, and then when it's time to kind of hone in on a skill you have to have that dedication and drive to just get it done. Excuses don't work," Hickey said.

Though Hickey has a number of moments that are special to her

from her time at Fanshawe including going out to shoot stories, editing late at night and getting to do her first broadcast, she said getting to sit in the newsroom and read the teleprompter was a fun one for her.

After graduation, Hickey worked in radio back in Owen Sound, then worked in Barrie as a writer for the 6 o'clock news, rolled the teleprompter, worked as a camerawoman, at one point had her own five minutes show during the day between soap operas, then worked as a shooter, videographer and switcher in Toronto where she flew up in a helicopter even though she was afraid of heights.

"It was one of those things where if you're afraid to do it, you should do it anyways because it probably means you're heading towards something great," Hickey said.

Hickey shared she ate saltines before going up each time to help her nerves, and also said how nervous she was to drive in Toronto for the first time.

She even shared an embarrassing moment when she had a live hit and called Beverly Thomson by the incorrect name, but she recovered.

As time flew by, Hickey worked with Global and eventually auditioned for ET Canada, though she was told afterwards that the producers were not looking for a blond haired, blue eyed girl.

That didn't stop Hickey from reaching for success. After a trip to Australia to "find herself" as she puts it, Hickey returned to work and was then offered the position for ET Canada.

"I didn't know what to say, I was pretty shocked and they told me Rick Campanelli would be my co-host and I nearly came out of my chair because I grew up watching Rick every Sunday on MuchMusic. Then they said I would be working with Roz Weston who I had worked alongside with at Global for a few years and have just admired. He's the smartest person I know and he's just an excellent producer on top of being a really good reporter and host. He's just the ultimate so to be able to work with him is really exciting," Hickey said.

Hickey said it's been a "crazy and wild" ride ever since, but it's been a good one so far.

Hickey said she lost her mind when she found out she was featured in Macleans.

"I love Macleans magazine, and to have my name in there along with the college was a really special moment and definitely very memorable," Hickey said.

The same sentiments go towards her Premier's Award nomination.

"It was just an honour to be in the room with all those talented people and it was also just really fun to learn everybody's story. Sort of by nature, I'm very curious. The fact that I got to sit back and listen to so many people's journey was really exciting," Hickey said.

The fact that Fanshawe is rooting



CREDIT: FANSHAWE COLLEGE YOUTUBE PAGE

Cheryl Hickey, Fanshawe alumna and host of Entertainment Tonight (ET) Canada, wants students to know they should never give up on their journalism dreams.

for her along her career is meaningful for Hickey.

"I think it's very humbling because I guess sometimes I don't realize how many people are in my corner [and] that's really special, it's just a really lovely feeling. It's a very warm feeling. I don't take that for granted and I really appreciate it," she said.

When asked what advice she would give towards today's current journalism students, Hickey had a few words to share including that with today's day and age, the Internet is one's calling card, and with social media, it can be a factor to help you get a job, but be careful what you post.

"Remember social media is your footprint," Hickey said.

One final remark she shared, that will reassure many young journalists is to simply never give up.

"It's really hard, I know how hard it is... there are days when you think you can't handle it, but those are the days that are going to make you into a really great journalist, or cameraman, or reporter or director or writer, whatever path that you chose to get involved in, in TV," Hickey said.

Hickey said there will always be people who tell you that it's a bad time to get into the industry, but that's not the case.

"The reality is, there's never a bad time. It's just that things are changing, the way we do things are changing and as long as you're open to go with the change and be inspired and excited about the change, you'll be fine. Don't listen to people who are trying to tell you, you won't make it. Just keep going," Hickey said.



CREDIT: KATHERINE HOLLAND

Fanshawe alumna Cheryl Hickey shows that with hard work and dedication, success can come your way.

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Fanshawe graduate wins the 2016 Premier's Award in technology field

JESSICA EDEN
INTERROBANG

Chris Gower, chief operator officer of buildings at PCL Construction Inc., was named the recipient of the 2016 Premier's Award in the technology field, according to a Fanshawe press release.

The award was received at a gala in Toronto Nov. 21 and is a celebration for college graduates within Ontario.

Gower graduated from the construction engineering technology management program at Fanshawe in 1992 and since then has worked mainly for PCL for over 21 years.

"It's a great honour to receive the award. It's a proud moment to represent Fanshawe College and I think the award was set up and structured to celebrate the college system in Ontario and from that perspective, there certainly is a sense of pride in winning this award," Gower said.

The gala held 107 graduates that were nominated for the possibility of winning an award in one of the following six categories: business, community services, creative arts and design, health sciences, recent graduate and technology.

"We are so proud of Chris and this achievement. His Fanshawe diploma, together with his knowledge, passion and leadership has enabled him to excel. We are honoured to count him as a member of our growing alumni family," Fanshawe President, Peter Devlin, said in the press release.

Gower said that Fanshawe faculty and teachers paved the way for his success by providing him



CREDIT: COLLEGES ONTARIO

Fanshawe alumnus Chris Gower was awarded a Premier's Award in the technology field on Nov. 21.

with "real-life" examples of what he would encounter. This allowed him to apply his skills and knowledge in the workforce with ease.

"The teachers managed to provide the right education to allow me to connect the dots when I got into the workforce and that allowed me to have success at a relatively early stage in my career," Gower said.

He said that being successful in his early years helped build his confidence and allowed him to demonstrate competence in his work. As a result he was provided

with more opportunities and tasks to complete for the company.

Gower said that while he had goals to reach the level of success he has achieved, he didn't grow up in the type of environment that offered a lot of encouragement.

"I don't think anybody really, or at least I didn't anticipate hitting many goals and exceeding some of them that I had laid out in the very early days," Gower said.

Gower said that throughout his career he still makes balancing work and family time a priority.

"Family is important...I've

been happily married now for 22 years and I have two great kids... it's always been demanding throughout the years since graduating," Gower said.

Looking into the future, Gower hopes to continue to grow personally and aspires to achieve the role of CEO of PCL.

More importantly he wants to continue to mentor others, give back to the community and help advance the business industry.

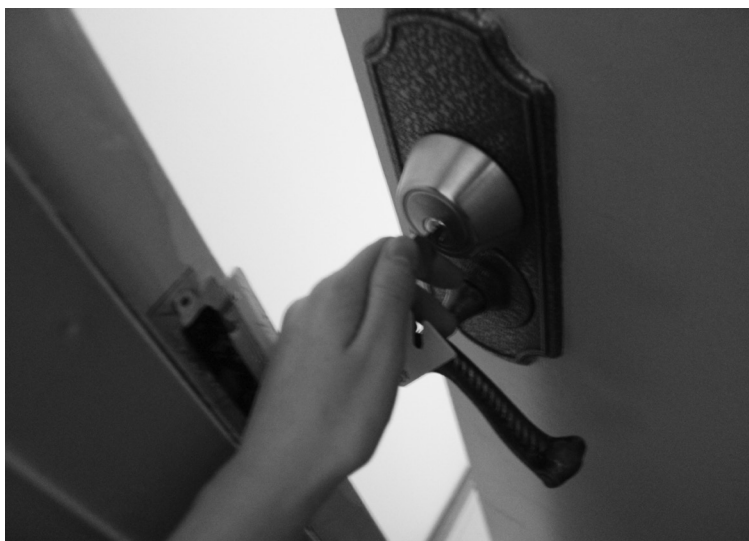
"It's less about me in this stage in my career and more about how can I help others," Gower said.

Some advice that he wishes to pass on to students is that building a career is not just about being smart or lucky, but is built upon hard work and setting goals.

He also said that lifelong learning is a key aspect to being successful.

"The hard work needs to be applied not just to work, but to self development and learning and if any student can do that and be a lifelong learner, life gets easier for sure," Gower said.

Break-ins around campus leave students on edge



CREDIT: MELISSA NOVACASKA

With the holidays just around the corner and a recent break-in on Thurman Circle, students are being warned to take caution and lock their doors.

MELISSA NOVACASKA
AND JESSICA THOMPSON
INTERROBANG

With the holidays coming around the corner and students going home, the fear of student break-ins are not uncommon.

Recently, students who lived on Thurman Circle were being warned about strangers entering houses, causing a lot of concern.

Jesse Welch, a second year mu-

sic industries arts student, is familiar with this and personally experienced a recent break in.

Welch was home alone one Saturday evening while his roommates had gone out to the bar. Welch said he was getting ready for bed and was half asleep at about 1 a.m. and had his headphones on, meaning he could only hear slight noises.

Welch did hear a slight thump at one point, which he assumed was his roommate coming home and falling, but to his surprise, he kept

on hearing more noise, until the culprit booted down his bedroom door.

"I kind of freaked out and threw my headphones off. My first thought was not that someone was trying to break in, it was that I thought that someone was drunk and booting my door to [jokingly] freak me out," he said. "I was about to yell at them and then the door booted in and there was this guy and we made eye contact".

Though nothing was stolen, damage was done to the house. Welch said he crept to the door and learned that the person had left. He was trying to put together the pieces and called the police.

However, Welch said it did take a while before the police arrived.

"I guess it wasn't violent but booting in doors is kind of violent," Welch said. "I saw that the back door was wide open and my back gate was open, I didn't go check that until the cops showed up."

Welch said this is the second time his home has been broken into this year. The first time a window was taken off and the culprit came into the house that way, but was scared off when they heard movement.

Welch, and his four other roommates didn't even realize their place had been broken into until

the following day.

"The window was completely off, [and] that is when we armed our house with alarms. This happened to be the one time the alarm was shut off and the door was unlocked, so it kind of makes me think that they check every now and then on our house," Welch said.

Welch said for this second break-in, he believes the culprit might have been watching their place and once his roommates had left the house to go out, they must have assumed no one else was home.

"You always have to be alert, if you are going to go hardcore in protecting and arming your place try not to slip up like we did," Welch said. "I was paranoid the next day and was walking around with a hammer."

According Sandasha Bough, media officer for the London Police Service, there are tips on the London Police website under the crime prevention section that will help keep one's place safe. Crime prevention officers can come to your place and do a security audit of your house and can help people know if their place is safe from all angles, including lighting and making sure trees in front of the house are not covering the front door, for example.

"If you are a student and you are leaving for that period of time just make sure someone is looking after the house and don't advertise that you are gone for the Christmas break," Bough said.

Bough said students should always make sure lights are left on and nothing valuable is left near the front windows, making sure the curtains are closed and both front and back doors are closed.

Bough said while you can't prevent what people do outside, if someone looks suspicious, calling the police is key.

According to Bough, some people think they cannot call the police unless a crime has been committed, however under certain cases, the police can try and stop by and check to see what it going on. One thing Bough reinforced was the need to be aware of all of your surroundings to keep everyone safe.

"If ever something seems suspicious or out of the ordinary feel free to give us a call, help your neighbours out, if you see somebody who is in their yard or on their property who you know shouldn't be there, make sure you let them know and you notify police as well and just make sure you keep your doors and windows locked at all times," Bough said.

Youth access to vaping products up in smoke as per new Health Canada regulations

ANGELA MCINNES
INTERROBANG

Health Canada has introduced a legislation to deter youth from accessing vaping products.

As an amendment to the former Tobacco Act, the new Tobacco and Vaping Products Act now includes vapour-based products as a separate class to be regulated.

"The new federal regime would regulate the manufacture, sale, labelling and promotion of vaping products and would include provisions such as restricting sales to youth, restricting certain flavours, like candy, that appeal to youth," according to a Nov. 22 Health Canada statement.

Citing a statistical raise in the use of vapour-based products amid youth aged 15-19 from 20 per cent to 26 per cent since 2013, the statement went on to explain the act is a part of the federal government's vision for a healthy Canada strategy, and a key element of the overall tobacco control strategy, the statement said.

The act will ban the sale and promotion of all vapour-based products to those under the age of 18, and attach regulatory health warnings similar to those seen on cigarette packs. A related national modification also saw the banning of menthol flavouring in cigarettes, blunt wraps and most cigars according to the statement.

In the statement, the new legislation emphasizes replacing bright, attractive brands and logos with plain packaging to make the products less enticing to youth, on the grounds that vaping is a potential gateway to traditional cigarettes.



CREDIT: E-LIQUIDVAPESHOP.COM

"Strawberry, blueberry, and bearclaw" - The new Tobacco and Vaping Products Act will prohibit bright packaging and sweet flavoured vape juices like those above.

The act aims to protect youth from the risks related to smoking and ingesting harmful vapour by-product.

"The introduction of this important legislation is the next step in the government's work to protect young Canadians from nicotine addiction and tobacco use. At the same time, it introduces an approach to vaping products that considers their potential benefits to smokers," Jane Philpott, Minister of Health said in the statement.

Some Fanshawe students using nicotine products agreed that while the legislation will help raise awareness of the risks related to vaping, it may not be entirely successful in preventing youth from taking the habit up.

"Smoking and by extension vaping are very much social things. Putting the legal age at 18 won't stop it by any means, but it will cut down on the number of how many kids are doing it," Aidan McKendrick, a student of media theory and production program (MTP) and who has been smoking on and off since high school said.

One student of the child and

youth care program wishing to remain anonymous recently conducted a study on the use of e-cigarettes amid young adults.

"No one knows what's in them and they do it because they think it's cool," she said of her findings. "But people used to think smoking was good for them too, before they knew the facts. Young adults definitely need more information."

According to information provided on the website Leave the Pack Behind, a smoking cessation advocacy group, the vapour released from heating cartridges contains toxic compounds and carcinogens also found in cigarette smoke.

Since they have only recently been placed on the market, the long-term effects of vaping products are unknown.

Before the legislation was drawn, the packaging of vapour-based products typically excluded ingredient labels or warning information.

Representatives of Fanshawe College's smoking cessation program were unavailable for comment.

Minister Coteau: An attempt to make Ontario racism free

SUBATHRA VARADHARAJ
INTERROBANG

"Racism is the refuge for the ignorant."

The Anti-Racism Directorate aims to make Ontario racism free by hosting community meetings across the province of Ontario to hear the public's ideas on addressing systemic racism.

On Nov. 25, the Honourable Michael Coteau, Minister of Children and Youth Services and Minister Responsible for Anti-Racism, visited London for the anti-racism meeting which is the seventh meeting of ten that have been planned. Systemic racism is something that continues to create barriers for indigenous and racialized communities in Ontario.

The purpose of this meeting was to inform people about the Anti-Racism Directorate (ARD) mandate that aims to eliminate systemic racism in institutions governed or regulated by the Ontario government, increase awareness and understanding of systemic racism among the public, promote fair practices and policies that lead to racial equity, and collaborate with the community, business organizations, government and the Ontario human rights commission according to a press release.

"We know that racism exists and we know that some people are not getting a fair chance to opportunities when it comes to employment, education and justice," Coteau said while addressing the gallery. "We are looking forward to removing those barriers that exists within our society, at the end of the day those barriers need to be removed to make sure everyone gets their opportunity to reach their true potential."

According to the Anti-Racism Directorate website, "In Ontario, a higher number of indigenous and African Americans face the barriers

of racism and they are highly discriminated mentally. There are also attacks on the Muslim-Canadians and their place of worship. The Anti-Racism Directorate was created to address and prevent systemic racism in government policy, legislation, programs and services."

"The Directorate is hiring more people out of the government to fight against the anti-racism and we are framing some new ways and principles to reach out the marginal," Coteau said.

Raiden Amaya, one of the attendees of the meeting revealed his opinion on what he thought about the directorate.

"I believe that the government and the foreign situations are made up of individuals, it all starts with an individual and you can stop hurting or you can hire more minorities but if it's not in the heart I don't think it matters."

In the meeting, the purpose was clearly explained to the communities and the Anti-Racism Directorate had faced so many questions from the publics about the new data collection policies and the funds allotted for the directorate. Some of them expressed their mental emotions being in a racialized community, some put forth the fact that this situation will remain the same even after years go by, they no longer believe that the change will happen.

"When we think about the change, I know sometimes it's hard to accept the change that can actually happen because the way government works sometimes is big and we had to collect data but the change can actually happen, let's see that happen in Ontario. So, have some faith in us, we have got a great team at Queens Park, and I believe that we will make the difference."

This is a great move and the government will take all the measures to make people live in a racism free society.

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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 luck on your exams and final assignments.

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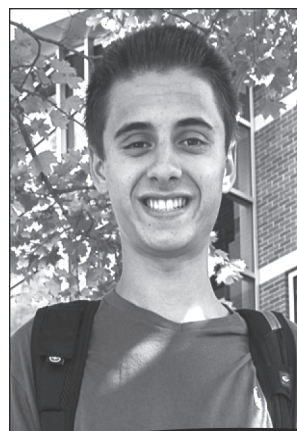
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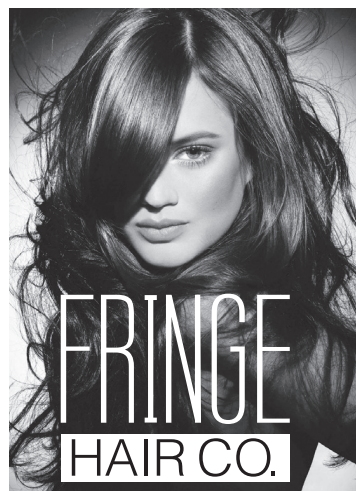
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Fanshawe board member recognized as community leader

THOMAS SAYERS
INTERROBANG

He's the chair of Fanshawe's Board of Governors, but he's just been named a community leader. John Leitch was the winner of the Community Leadership Award at the tenth Pillar non-profit Community Innovation Awards.

The awards serve as a celebration of the many community members that make up London's non-profit sector.

Four awards are given out over the course of the night, celebrating the innovation, leadership, impact, and collaboration of local people and organizations.

For the leadership award, someone must be nominated by another person to be considered for the award: self nominations are not allowed.

Lissa Foster, chair of the selection committee, explained that nominators answer five questions about the nominee and their leadership.

Nominators are asked to demonstrate the impact of the nominee's leadership within the community, how the nominee responded to need in the community, and explain the nominee's leadership style.

They then ask how the nominee encouraged diversity and inclusiveness in the community, as well as how others can learn from this nominee's example of community leadership.

Once the list of nominees has been compiled, the answers are graded and those whose numbers or responses warrant further discussion and consideration go through a process of deliberation.

Nicole St. John, the program and event manager of the Pillar Community Innovation Awards, said that the process is unique and has served their team very well.

St. John has been involved with the event for the last nine years and is passionate about what it brings to the non-profit community.

"It's really about shining the light on those who are making our community brighter. It's about taking a step back and celebrating those who are true champions that want to get behind a cause or inspire others to make change."

For some people, that light is something that members of the non-profit community might not actively seek out. This makes telling those stories even more important.

"There are so many really great unsung heroes, stories, and things that are happening within our community that are having a positive impact on you or someone you care for," said St. John.

Jennifer Cahill, Leitch's nominator, described him as a very down-to-earth man.

"When you're talking to him, he really listens to you: he wants to know what you think. And I think that comes from the fact that he really cares about people and he really believes in people."

Leitch's fellow nominees included Shelley Yeo and Rachna Sharma, though St. John said that they were all linked by a single trait.

"The common theme was their passion for community. They're all very driven and want what's best for everyone around them."

This passion for a stronger community and a better London is one of the driving principles of the Community Innovation Awards.


As more leaders are celebrated, more will be encouraged and inspired to follow in their footsteps and help make London a better city to work, live, and play in.

"It warms my heart to know that there are people like that in our community that are giving selflessly," St. John said.






CREDIT: SUE REEVE

John Leitch (left) receives his community leadership award from Rogers TV London representative Jeremy Parking.



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Sometimes, I'm really grateful I'm Canadian.

And the story goes on



KERRA SEAY
WHAT DOES KERRA SAY?

So now that the fustercluck that was the 2016 U.S. presidential election is over and done with, I'm going to actually have to spend some time trying to find something interesting in politics to talk about.

Just kidding. Of course I'm still going to write about the election. What, did you really think I was going to pass up on such an easy topic just because the election is finally over? Clearly you don't realize how close I'm writing this to my deadline.

So we're currently in what's called the "transition period". This is when the president-elect (a.k.a. Donald freakin Trump, you know, the guy who got famous for yelling and firing people on TV, yeah that guy) establishes the team that will help him run his government when he is sworn in only a few months from now.

Trump's appointments have already been causing a lot of controversy. During his campaign he ran on the idea of being a political outsider. This helped him appeal to voters who were tired of "politics as usual", as the saying goes. He appealed to those who felt as though they had been consistently let down by their government and wanted a complete shake-up to occur.

Trump and his advisors must have known that there was a lot of discontent and mistrust directed towards the government as they took advantage of these feelings and manipulated them to their advantage.

One of Trump's campaign promises was the "clear the swamp", or to clear out the politicians who have been running the country into the ground for decades, as he claims. He emphasized how he was the total antithesis of Hillary Clinton, whose long history in politics may have qualified her for the job, but also opened her up to being criticized and held accountable for some of her decisions while in office.

Trump's election proves that at least a large portion of the country agreed with him on this, that the country was due for a political shake-up.

Unfortunately, that's the exact opposite of what's happening.

Trump has insulated himself with the very people he spent his campaign demonizing: the political elite. So far, some of the big names in the Republican party who Trump has chosen for a position in his cabinet include Reince Priebus, Steve Mnuchin and Jeff Sessions all of whom are long-time, high ranking members of the Republican party. Some of the nominees for other positions even competed against Trump in the race for Republican nominee including Ted Cruz, Chris Christie, Ben Carson and Scott Walker.

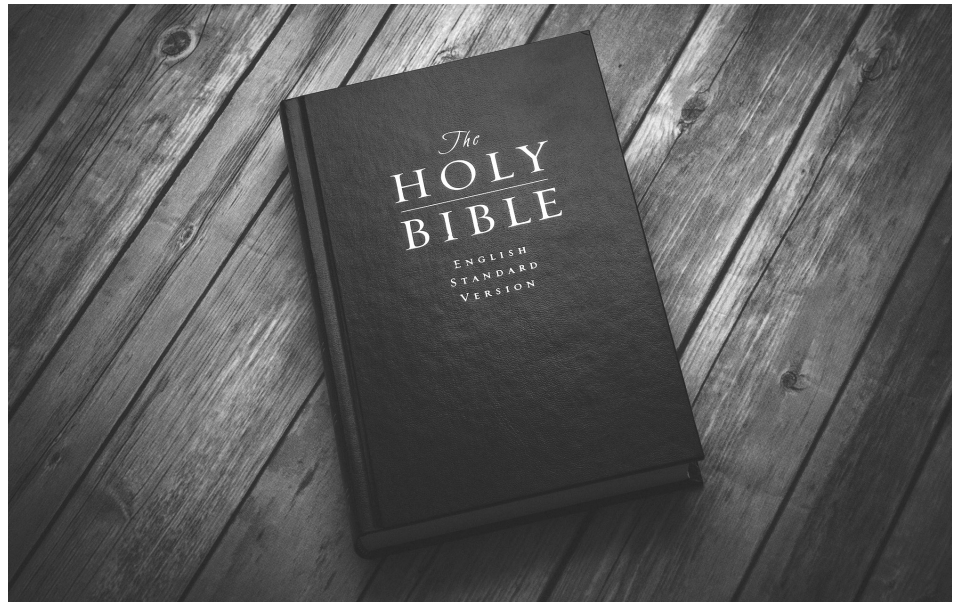
So shockingly, we have our first campaign promise broken, but it's not the only one.

Trump didn't hide his disdain for Clinton throughout the campaign, nor did she hide hers for him. But Trump took the adversarial demeanor of opponents to another level when, during a live debate, he said that he would hire a special prosecutor to investigate her for crimes involving the leaked emails that caused her so much trouble during her campaign. Trump has since backed down on his promise and has said he won't be prosecuting her at all.

But as Canadians, we can't get too holier-than-thou on our American neighbours. TrudeauMetre.ca has been keeping track of the status of Prime Minister Justin Trudeau's campaign promises. For the 400 or so days he has been in office (is it just me or did that number kind of surprise you too) he has broken 28 out of his 223 promises. So even we can't be too critical over the fact that Trump has broken promises.

That doesn't mean that we can't be critical of the fact that he has already shown that he does not intend on keeping some of promises he made to his base during his campaign that were foundational to getting him elected, and we haven't even talked about the border wall.

So basically, he hasn't even gotten into office and the poop is already hitting the fan. Brace yourselves guys, this is going to be a messy four years.



CREDIT: "HOLY BIBLE ON WOODEN TABLE" ARRANGEMENTS-PHOTOGRAPHY ON THINKSTOCK

Take this holiday season to familiarize yourself with the story that started it all, the story of Jesus Christ.

The God who picks up rags



MICHAEL VEENEMA
RUMOURS OF GRACE

Give yourself a bizarre experience this Christmas: read the two stories – both almost 2,000 years old – of the birth of Christ, of Jesus. They are both contained in the Christian Bible. One is by Matthew, who was at one time a tax collector collaborating with the forces who occupied his Jewish homeland. He became a follower, a disciple of Jesus.

By virtue of the fact that his book appears in the Bible, he is now a bestselling author worldwide. Not bad for someone once hated by his fellow Jews. The other account is by Luke. We'll leave his alone today.

For now, take a moment and read just the first three bits of Matthew's book. The easiest way for you to do this is to stay seated and go to biblegateway.com. In the search field type in Matthew 1:1-2:12 (those are chapters and verses).

Have you read passage? If so, stay with me. You read: 1) a list of Jesus' ancestors; 2) a story of his foster father reluctantly agreeing to marry Jesus' mother; 3) the story of some traveler-astrologers who are on the search for a new-born leader.

Here's what I want to say about these three sections of Matthew's story: taken all together, they look pretty rickety.

Regarding the list of ancestors, there are some "greats" from the history of the Jewish people. For example, Jesus and Matthew were both Jewish, as well as Abraham and David, the greatest king in Jewish memory.

However, if you want a list of noble ancestors as support for the greatness of Jesus, Matthew disappoints you. There are number of pretty scandalous characters in the list. Check out the story of Judah and Tamar in the pre-Jesus part of the Bible, the Old Testament. This story is wilder than any soap opera storyline out there; there's even some incest. That's right. Incest.

It's the story of a family with its share of sketchy characters. Not the greatest start to the story of Jesus.

In the second segment we find Joseph, the fiancé of Mary, Jesus' mother. He thinks that Mary has cheated on him. He didn't believe that Mary's birth was a sign, a wonder from God that didn't involve him or another lover.

But Joseph's mind is eventually changed after he has a dream. There one night, gone in the morning. Flimsy, one might say.

Now the third segment. Star gazers following their charts and a particular star in

the hope of finding an infant destined to be a great leader. I realize that we have astrological advice in every newspaper in the country. But I also don't think many take such columns all that seriously. Very few of us would base any travel plans on a reading of the stars. The astrologers in Matthew 2 though, base their trip on their reading of the stars.

Again, this is not a terribly strong beginning, is it, to the story of Jesus Christ who, supposedly is the Son of God?

But what if it turns out that God has a penchant for working with the threadbare, the flimsy, and not-so-impressive people of our world?

This is precisely one of the key aspects of the character of God that is found in the Jewish Scriptures and the Christian Bible. God takes the Hebrews, a population of subjected slaves in Egypt, and shapes them into a small but real tribal nation (as told in the book of Exodus). Moses, a man guilty of manslaughter, becomes their leader. David, who at one time successfully pulled off a conspiracy to commit murder, is used by God (and punished by him too) and leaves behind the most famous collection of prayers on the planet (the book of Psalms).

Women, who by the time Jesus shows up were regarded as second-class persons by just about everyone, appear in the list of Jesus' ancestors. Matthew, a collaborating tax-collecting thief, ends up sacrificing his life as he follows Jesus Christ, and leaves behind a powerful spiritual legacy with the writing of his book. This pattern happens a thousand times in the Bible.

God turns our world upside down. The glamorous, wealthy and powerful have their own rewards. But *he* is making use of the poor, the people whose bones are rattling with uncertainty and fear, the figures who, to the powerful, seem like wind-blown rags, hardly worth paying attention to.

Under the nose of barbaric Roman governor Herod (the one in Matthew 2), two peasants, Mary and Joseph, become parents of the Son of God. Their first family trip led to them fleeing as refugees, escaping from the governor's paranoid wrath.

Superstitious astrologers, vaporous dreams, sketchy ancestors, peasant lovers, God cobbles it all together and sets before us, what? Glory. The Son of God.

It happens in our own lives too. When we look to God for help, we find that he is able to take our own weather-worn, creased, falling-apart-at-the-seams lives in which we find much to regret and plenty of which to be ashamed; he takes it all and through the cracks there begins to shine the same thing: Glory. Have a great Christmas.

HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



CREDIT: JESSICA THOMPSON

London may be far from home, but take this holiday season to do whatever you can to make it a home away from home.

Twelve wishes of Christmas for the Fanshawe international students

FRANKLIN TOBAR
INTERROBANG

Going back in time, one can wander and wonder about what we used to want and desire for this merry day. As kids we sometimes were enchanted by the songs, the smells, the vibes, the good feelings of the season, the movies, the presents, the food, the people, etc.

It may not have been always happy, or always merry, but now that we realize we are far away from home, we find ourselves remembering that it wasn't so bad, and in many cases it was actually a good and pleasant time. The presents, the food, the decorations, all count for nothing compared to the people we remember with whom we shared and spent our happy hours.

But now, we are here, in Fanshawe, in London, in Canada, in North America. Searching for home while being away from what used to be home. We are indeed far from it, far from what we know; we are finding ourselves in this journey through life and decision-making, trying to figure out what it is we want, and how are we going to get it. And it comes real heavy that for this holiday, what we want right now, might be something very human indeed.

We would like to go back and hug that someone that made us feel like nothing would go wrong, that we are cherished and cared for. And that for this day you had a place to go to, a person to see, a certain moment to not feel lonely. Because we fear it, we dread it; we don't want to be alone not for this particular day, and not in any other.

But on this particular day most of all, we want to feel like we would be feeling at home.

But home is far out of reach, and stretching through time and space with our heart and feelings of want and wishes aren't enough. So we have to acknowledge that we are here, we are here by our own choice (hopefully), and that we are already building another home, a home away from home. And it can be a pleasant one too.

For those who are struggling, don't sink in the couch. Don't sink in the loneliness of your own company, let yourself try to meet, try to engage with others, and feel the shared happiness about the holiday, knowing that it is better to engage, than not trying at least. Wouldn't you want to surround yourself with love and warmth? Just like back then when you were close to what now only is cherished in your heart. If only you could be there, you wonder... if only.

But hey, before we let ourselves go into the tears of regret, of why we are here, let's remind ourselves that we aren't alone. Just like you and me, there are others that feel the same, want the same and seek the same, at least for this holiday. Out there in those halls, walking, talking, passing by, others like you and me, can't go back home either.

So for you all out there, I wish you that on all thy days of Christmas, if you can't get anything sent to thee, I wish you all could send each other, drums to drum, pipes to pipe, lords to leap, friends to party, food to eat, toys to give, a place to rest, presents to share, songs to sing, warmth to feel, hugs, kisses and good times, all that you can get so that this holiday is merry, just as those you keep in your heart.

These five study tips will make sure to get you on the dean's list

NICK REYNO
REYNO RANTS

Now I'm not pointing any fingers here but a lot of people did extraordinarily bad on their midterms. We could sit here all day and debate whether it was because you lost at beer pong the night before or if it was because Tim Horton's messed up your coffee order but I think we all know it's because of poor studying habits. Well it's a good thing I'm here because I won't let you repeat those midterm grades on your final exam. Just follow this checklist and you'll make honour roll for sure.

Turn your phone on. Your phone is a source of infinite knowledge and endless connections to other intelligent minds. By leaving your phone on you are apt to absorb at least a bit of this endless wealth of knowledge. Besides, rewarding yourself with 20 minute breaks of cat videos and memes after you read a paragraph of that textbook is highly motivating.

Find the perfect study spot. Think of this as a safe space, but for studying. The best spot for this is at Carey's Bar and Grill across the street from Fanshawe. Mondays are the most efficient studying days here because dollar drinks are cheaper than \$3 drinks (look you're already studying for your finance course). If the bar is closed another suitable location is Oasis. Just remember that the louder your environment, the more focused your studying will be.

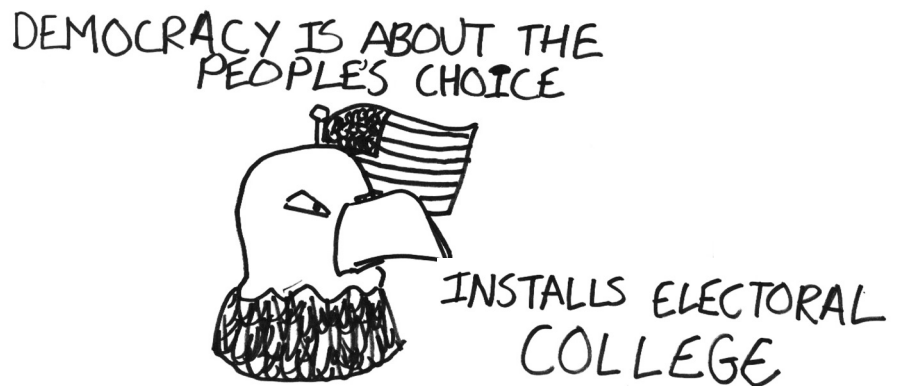
Skip the review lecture. Better yet, just stop showing up to class until the exams. By going to class you're taking away from

valuable time that could be spent studying the effects of alcohol at the bar. Listening to everything that will be on the exam will just overwhelm you and make you anxious for the big day. It's better to live in a state of ignorant bliss and study at your own pace, rather than skimming the rubbish and focusing on what your teacher recommended. What does that guy know anyway? He's been teaching the same thing over and over for 15 years.

Get rid of your notes. It's a good habit to spill coffee or pop all over your notes about a week before the exam. If you've been using a laptop, now is the opportune time to get a computer virus from watching too much porn requiring you to wipe your hard drive. By losing your notes your brain will be more motivated to remember what you've already studied (super efficient). This technique is similar to how a brain is most motivated to start and finish a project three hours before it is due.

Give your teacher an LCBO gift card. Although this may not inherently be considered studying, by bribing your teacher you're apt to get a better mark even if you fail the exam. The reason I recommend LCBO gift cards is because teachers are apt to make stupid decisions while drunk out of their minds, like bumping up the grade of that student who got them drunk by 10, 20 or even 30 per cent.

There you have it, the five golden tactics to perfect studying. If you feel like this list was incomplete I would recommend getting the rest of your studying tips by binge-watching *Stranger Things*, followed by *Game of Thrones* and capped off with *Star Wars Episode 1-7*. If you would like the condensed version of the extended tip list, simply download *Sims 4* on your laptop.



Crappy Christmas carols: Why I can't stand Christmas music

NICK REYNO
REYNO RANTS

Christmas music is perhaps the most excruciatingly painful part of the holiday season. It even ranks worse than working at Walmart on Christmas Eve, trust me I've done it and it's not pretty. People often ask me how I can have such a passion for music but detest this central aspect of holiday tradition. It can be hard to understand my disdain and that of my fellow Grinch-folk so let me break it down for you.

Longevity: Christmas music starts on Nov. 1, the day after Halloween. That's a full 55 days jam packed with the same Christmas carols as last year. I'm sorry but if there isn't even snow on the ground, I am not ready to embrace any sort of 'holiday cheer' yet. People still have cobwebs covering severed heads and piles of corn syrup oozing from tombstones, yet there's some jolly bloke down the street humming

while he blasts "Deck The Halls" at 10 a.m. Excuse me sir, I'm trying to nurse a hangover here while removing the skeleton bones from my front yard, why are you already wrapping your balcony in tinsel?

Variety: Variety? More like lack thereof. In total there are only about 50 completely original Christmas carols that still see rotation on the radio. If this seems low it's because I'm not taking into account the endless, endless, endless covers and reimagining's of those tunes. The hundreds of cash-grab remakes means that I'm going to hear "Christmas (Baby Please Come Home)" sung by at least 10 different pop stars before December even hits. If I listened to only one Christmas song a day, I'd get through the holidays just fine but that's never the case. On average I have to suffer through nine Christmas songs each and every stinking day. That's 495 songs in two months! That's more songs than there are days in the year! This is balderdash, it's unacceptable and it's repulsive. Forcing me to listen to nearly 500 songs drawn from a

library of just 50 original tracks is despicable. I can only hear "Merry Happy Jolly" by The Jingle Jingle Jingle Club so many times before I snap.

Mandatory: People always say to me "If you hate Christmas music so much, just turn it off." Well let me tell you something Cindy Lou Who, one doesn't simply 'turn off' the Christmas music. The carols are absolutely everywhere: on the radio, in the malls, in big-box stores and even on TV thanks to those trusty old Christmas musicals. Even when I have control of the radio, if a Christmas song comes on and I change the station, absolutely everyone within earshot revolts against me. People treat me like I've just run over a small dog and I'm immediately forced to change the station back. If I want to listen to a carol I will, but when they're shoved down my throat for 55 straight days, I get a little bitter about it. Maybe if there were days in the week where the percentage of Christmas songs dipped down, I'd be less bitter. This is only a dream though because these people are relentless. The Christmas

music is a 24/7, unending sea of crap and frankly I'm not a great swimmer.

Authenticity: At the end of the day there are very few songs that actually tackle the true themes and meanings of Christmas spirit. The festive tunes getting radio play are all about Santa Claus and Rudolph and being jolly 24/7; it's all part of a well-balanced corporate Christmas. What's worse is that the reason these artists are making Christmas songs and albums isn't even for the joy of Christmas, it's because of how profitable Christmas music is. Many people will say a band has sold out when they sign to a major label, but the real standard for selling out is a crappy Christmas album.

If you're still a little baffled as to why some people hate Christmas music, that's okay. It's hard to understand these things when "Here Comes Santa Claus" is running through your head all day long. Just know that if you give me a Christmas CD this year, you will be getting a mountain of coal delivered to your house with a healthy dose of glitter cannons.

HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

Getting rid of your tattoos on a student budget



Tattoos might be fun and cool to have , but if you’re having second thoughts about them, London has clinics with student friendly pricing to have them removed.

CREDIT: MELISSA NOVASCKA

SUBATHRA VARADHARAJ
INTERROBANG

Getting rid of tattoos has become a great headache for some students once they are ready for their professional life.

Here comes an opportunity for the students to remove their tattoos by availing the student offers in Precision Laser Tattoo Removal clinic.

“It’s not our goal to be the cheapest tattoo removal. It’s our goal to be the best and we wanted to be reasonable enough, so we do offer the students with 30 per cent off discounts on tattoo removal,” said Debra Taylor, who opened the first and only laser clinic in London specialising in tattoo removal.

Taylor noted that they have been using two types of lasers for the removal of tattoos and the duration of the treatment depends upon the colour and size of the tattoos, the immune system and the skin type of the person.

“For some patients we provide treatments for seven sessions and some can be removed within the [first] few sessions” Taylor said.

Lisa McClelland, who is a graduate of the Fanshawe nursing program got her two tattoos removed successfully.

“I got my tattoos five years ago but I just decided a couple of years ago that I don’t want tattoos on my body anymore and I feel better after removing my tattoo,” McClelland, who is now nurse, said.

“Immediately after enduring the treatment it is a bit painful but then the pain subsides around two to three days, it doesn’t hurt so bad that I don’t want to come back.”

McClelland said getting laser tattoo removal is less painful than one would think, and after researching online for the right place to have her tattoo removed, McClelland chose Precision.

“I travelled 12 times to Toronto for my treatment, I am very fortunate that Debra opened this clinic so that I can get my treatment done here,” she stated.

Linda Fernando, student in her final year at Fanshawe, shared her opinion on tattoo removal.

“Getting tattoos on the body is really painful; but tattoos become the trend and more youngsters today have tattoos on their body; this is really a good opportunity for someone who wants their natural body back,” Fernando said.

“It is really recommended for the patients to decide in both getting tattoo removal and getting a tattoo, people should do their research and make sure that they are going to a provider who is qualified enough and knows what they are doing” Taylor said.

Both getting and removing tattoos is a painful process, so it is important to remember that skin is the permanent part of our body and people need to think before they get their tattoos because tattoo removal is an intercut process and it can’t be guaranteed.

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Holiday holdout

KAREN NIXON-CARROLL
INTERROBANG

Holdout on the holiday weight gain and try this four-day routine. Repeat every four days or add an active rest day; for example, go for a walk, sledding, skating, etc. This works best for those on a full body routine, but you can also make it specific to the type of workout if you are on a split strength routine.

Day one: Power pump

Take your regular weight training routine to the next level and maximize your calorie burn. Increase the weight on some exercises that may not be as challenging anymore, or go for max reps on every set (if it ends up being more repetitions that you intended, then it’s time to increase the weight). You could also try playing with the timing of your reps to make it more difficult. If you move slower on your “lowering” phase of the rep, you will see greater strength gains.

Day two: Speedy Gonzales

Step up our cardio training and increase your mileage over the same time you normally train with an overall increase in speed after the warm up. For example, if you run on the treadmill at six miles per hour, try and bump it to 6.2 to 6.4 for the whole workout or even just five to 10 minutes. You could also add in

speed intervals that are either timed or use the fartlek training model that can be found at runnersworld.com/tag/fartlek.

Day three: Merry mixer

Have some old school fun with this interval mix. You can do three to six exercises in a row for 30 seconds each or do each exercise for 45 to 60 seconds with 10 to 20 seconds rest between. Warm up with dynamic movements for five to six minutes first. Do these moves in any order (mix it up each time): skater leap side to side, mountain climber, squat with alternating front kick, shuffle side to side with frog squat, scissor lunges, push up with alternating arm lift, ski hop cross, football shuffle and hit the floor, suitcase crunch, plank to alternating side plank, fast feet or high knee jog. Repeat the moves as many times as you wish.

Day four: Loaded yoga

Take your favourite yoga moves or routine and let the sweat flow by making the moves more dynamic. You could choose two to three moves in a row that you move more quickly through and repeat the sequence several times before landing a pose. You still want to be careful and make it more about the movement versus the speed.

If you have any questions or need demonstration, make an appointment with me at the fitness centre, J1034.

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Course Contemplation: Electrical techniques program

FEYISAYO OLAKANYE
COURSE CONTEMPLATION

Scientist. Engineer. Technologist. Technician. Techniques.

These are words synonymous with the School of Applied Science and Technology at Fanshawe College. The faculty boasts about four schools with an immense collection of practical programs for students to choose from. One of these programs is electrical techniques, a one-year program in the electrical cluster.

Electrical techniques is the least mathematical program in the electrical and electronics cluster and compared to many other programs, it is quite hands-on.

Professor John Conley, the program co-ordinator of electrical techniques, shared his insight with the Interrobang on the inception, delivery and journey of the program so far.

"This program has been going for about a decade and is constantly evolving," Conley said. "We have a very good graduation and about 85 per cent placement rate."

Conley explained that the main purpose of the program is to act as a pre-apprenticeship and that successful students are very attractive candidates for an electrical apprenticeship as well as other entry level electrical jobs.

"What we try to do in this program is to service kinesthetic learning, which is people who learn by doing. Compared to other programs especially in the electrical cluster such as electrical technician two-year program and electrical technologist three-year program with co-op is that we have 75 per cent hands-on and 25 per cent theory."

According to Conley, electrical techniques is more learn-by-doing. He described it as non-faith based and that every lecture is reinforced with a lab on it.

"Another thing to consider about the program is that it is reserved for mature students who can manage their time well. Often times, students in the program are first generation with prior post-secondary education. Having people who are keen on learning by doing has really driven the success rate of the program," Conley said.

The program now has a weekend offering from Friday night to Sunday afternoon, which began within the last two years owing to the

success of the program. Weekend offering is mainly for people that want to be retrained for their current job in the field, and because of that the delivery is intense.

"I only recommend weekend offering to mature students," Conley advised. "They are a little more organized, settled down, and can handle that amount of information within a short amount of time."

The weekend offering has also started at the St. Thomas campus and according to Conley, the program is doing quite well.

The weekend intake has about 18 to 20 students for an ultimate delivery method while the day-time school has about 140 students grouped into smaller 18-member labs to make lecture and labs more manageable and personal. It also ensures that the health and safety of the students are considered. With only a technologist and an instructor in each lab, their efforts will be totally overwhelmed if there are lot of students.

"We have a lot of sections. We started out with about eight sections of 18 students each in the day school this semester. One of the things we pride ourselves in in this program is that it is achievable," Conley said. "We actually constructed it such that a person can, if they manage their time well, essentially get everything they need for the program done as far as homework and projects within a daytime hour. It is not a means to outsmart the students."

"The essence of this program is to provide successful students with documented experience for the ministry-approved formal training and licensing as a gentleman electrician. It is also good for laddering, especially for students who want to transfer from one program to another or to the university, and for experienced workers who wants to earn credits after completing the prior learning assessment."

The International Brotherhood of Electrical Workers (IBEW), literally known as the electrical union, is a professional body electrical graduates can join after completing the three-year cycle of their training.

Electrical techniques is only available in the fall semester and does not have the general education requirements, a bid to keep the students focussed on their program at hand. There is also a \$1,000 scholarship awarded every year for women to encourage their inclusion in the program.

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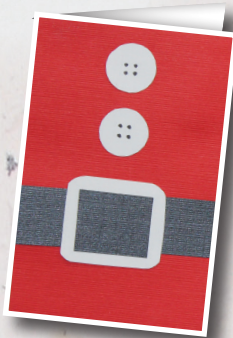
DIY CHRISTMAS CARDS

Rather than just buying the generic store-bought Christmas cards this year, why not impress your friends and family and make your own unique cards. They're fun, cheap and easy to make and look professional once they are done.

SANTA'S SUIT CARD

What you will need:

- Blank white card 6x4 inch in size
- 8x11 inch red card paper
- 8x11 inch black card paper
- 8x11 inch white card paper
- Ruler
- Black permanent marker
- Glue



Steps:

Your card will be made so that the fold is on the left side. Start by measuring out a rectangle on your red piece of card so that there will be a 3/16 inch white border of the card when the red rectangle is placed on it (approximately five and 10/16 inches three and 9/16 inches).

Center and then glue the red rectangle onto the white piece of card. Measure a piece of the black card so that it is the same length of the span of the red card (3 and 9/16 inches) and make the width three inches.

Place it horizontally three inches from the top of the red piece of card and glue in place. This will be Santa's belt.

Cut a rectangle piece of white paper that is one and 14/16 inches by one and 10/16 inches. Round the corners with a pair of scissors to look like a buckle of a belt. Stick it in the middle of the black strip of paper.

Measure a one and 6/16 inch by one and 2/16 inch piece of black card paper and stick it in the middle of the white square so that it lines up with the black belt.

Now that the belt is complete, trace a nickel two times on the white piece of card stock. Cut out the circles and draw 4 dots in the shape of a square in the middle of each to look like a button. Line the buttons up above the belt buckle and glue.

CHRISTMAS ORNAMENTS CARD

What you will need:

- A blank black card 6x5.25 inches in size
- 8x11 inch red card paper
- Green glitter card paper
- Gold card paper
- Red glitter glue
- Ruler
- Letter stamps
- A silver stamp pad



Steps:

Your card will be made so that the fold is on the top, so when standing it resembles an upside-down "V". When it comes to making the ornaments, you don't have to go with the red, green and gold card paper. Feel free to be creative and design your own. Use different sized circle objects as a template for your ornaments. They should be approximately one and 13/16 inches in diameter.

Using the green glitter, red and gold card paper, trace around the circle objects on each piece of paper so that you have three circles.

Cut around the circles and glue the circles in different heights across the black piece of paper.

Measure three 1/2 inch by 3/16 inch rectangles of gold card paper and stick them centered at the top of the circle to complete the ornament.

Using the letter stamps, dab the letters in the silver stamp pad and then onto the black paper in the top left corner and write the greeting of your choice.

Line up a ruler extending from the top of the card to an ornament and draw a line of glitter glue from the top of the card to the gold piece on the top of the ornament. Make sure to not cover up the silver writing.

Gently peel the ruler off and wipe before repeating with the other two ornaments. Allow it to dry.

CHRISTMAS PRESENTS CARD

What you will need:

- A blank white card 6x4 inches in size
- Red yarn
- Different types of decorated paper
- Fine tip black marker
- Scissors
- Glue



Steps:

Your card will be made so that the fold is on the top, so when standing it resembles an upside-down "V".

Cut out four different sized rectangles and squares to place along the bottom of the card with a height no taller than two inches.

Cut a six-inch piece of yarn and tie it around the paper rectangles so that the yarn goes over vertically in the middle of the present and ties at the top.

Cut off any excess yarn. Do the same with the other three presents.

Alternate the ribbon so that some just have yarn horizontally, some only vertically, and some with both.

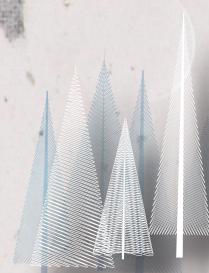
Glue each present along the bottom of the card so that they are an equal distance apart.

Write the greeting of your choice with the black fine tip marker in the middle of the card, one inch from the top.

SNOWY PINE TREES CARD

What you will need:

- A blank black card 6x4 inch in size
- A toothbrush
- White acrylic paint
- Three different types of card paper with different designs
- White card paper
- Scissors
- Glue
- A fine tip black marker



Steps:

Dip the toothbrush in the white paint and flick over the black paper.

While the paper is drying, cut one isosceles triangle out of each type of paper so that the smallest side is one inch and the height does not exceed two inches.

Fold the triangles in half so that they are equal on both sides.

Run a line of wet glue down the fold and stick it on the black paper so that the three triangles form a triangle in the middle of the page and the sides of the tree flare forward.

Draw three stars on the white paper, cut them out and glue them on top of each tree.

Using a black fine tip marker, write the greeting of your choice in the bottom left corner of the card.

JESSICA EDEN | INTERROBANG



NAIL your look this Christmas

Winter is here, which also means dry, flaky skin and cracked hands. It's time to give your hands a little TLC and a makeover with these cute and festive nail designs. If you are the type of person that struggles doing your nails, have no fear. Below are step-by-step nail designs categorized in levels from easy to hard.



Easy

Christmas Sparkles

Add a little bit of sparkle to your look this season with a design that is sweet, and most importantly, simple. For someone who likes to go with "less is more" when it comes to nails, or if you happen to be lacking in the artistic ability department, this design is for you.

What you need:

- Dark red nail polish
- Transparent gold glitter nail polish
- Transparent green glitter nail polish

Steps:

1. First, apply two coats of the red, allowing five minutes of time to dry between each coat.
2. Starting at halfway down your nail paint across the width of your nail to the tip with the gold glitter nail polish.
3. Wait for this coat to dry before painting the green glitter over the gold.
4. Continue to add alternating coats of the green and gold, each time starting closer to the tip of the nail so that the glitter becomes gradually thicker until the bottom is completely glitter and there is a gradient between the red and the glitter.

Candy Canes

What you need:

- Red nail polish
- White nail polish
- Regular tape
- Scissors

Steps:

1. First, apply two coats of the white, allowing five minutes of time to dry between each coat.
2. Cut out thin strips of tape width-wise and stick them on your nails approximately two millimetres apart. Make sure the strips stick firmly to the surface of your nail so you don't run the risk of having polish seep underneath.
3. Paint over your nails and the tape with two coats of red nail polish.
4. When the polish is fully dry, carefully peel off the tape.
5. Add a clear top to make your nails smooth.

Medium

Festive French Tips

This festive take on a classic French manicure is bound to be a great part of your holiday.

What you need:

- Manicure stickers
- White nail polish
- A clear or transparent white nail polish
- Red nail polish
- Green nail polish
- A toothpick

Steps:

1. Decide how long you want the white tip to be and place the sticker on your nail accordingly so that the tip of your nail is showing.
2. Paint the tip of your nail white, making sure to not go over the

sticker to the other side of your nail.

3. Repeat so that you have two coats of white at the tip of your nail. Wait for it to dry completely (approximately 10 minutes) before peeling off the sticker.

4. If you'd like, you can add transparent glitter nail polish to the tips as well.

5. Paint two coats of the clear or transparent white coat overtop the entire nail.

6. If you don't feel that you are able to make the French manicure on your own or if you don't have long enough nails for it, stick on nails can be purchased from drug stores for around.

7. Dip the toothpick in the red nail polish and make three dots in the shape of a small triangle on the edge of one side of the French tips.

8. Dip a clean toothpick in the green nail polish and make short and gentle strokes away from the red dots to make it look like a holly leaf.

Christmas ornaments

Decorate your nails just as pretty as your Christmas tree with this nail design.

What you need:

- Deep green nail polish
- Glitter nail polish
- Gold nail art pen

Steps:

1. Apply two coats of the deep green nail polish with five minutes of drying time in between.
2. Make a circle with a glittery nail polish and fill it in just a couple of millimeters from the tip of your nail.

3. Once the circle has dried, take a gold nail art pen and draw a line from the top of your nail in the middle until it reaches the circle.

4. Draw two loops at the top of the circle so that it looks like a bow.

Hard

Christmas puddings

This nail design looks good enough to eat.

What you need:

- White nail polish
- Brown nail polish
- Toothpicks
- Red nail polish
- Dark green nail polish

Steps:

1. Start by painting your nails in two coats of white polish.
2. Next, paint the tips of your nails brown, about halfway up your nail.
3. The previous step does not have to be neat because you will next take a toothpick to drag some of the polish onto the white in a squiggly shape. This will give the appearance of the icing of the pudding oozing down.
4. Once this layer has dried completely, add three red dots in the middle top part of your nail with a toothpick.
5. Then, draw some holly leaves with dark green nail polish.

Christmas lights

This design is going to light up your life so much so that your fingernails are going to be glowing brighter than a Christmas tree.

What you need:

- A creamy beige coloured nail polish
- A black thin tip nail art pen
- Multicoloured nail art gems

Steps:

1. Start by painting two coats of the beige nail polish, waiting for five minutes before applying the second coat.
2. Once the nail polish has dried, draw one wave or swirl in the middle of the width of each nail.
3. When the black nail pen has dried completely, apply the nail art gems along the black line, spacing them two millimetres apart with nail glue if they do not already having an adhesive back.
4. Finish with a clear top coat to set the gems in place.

Some other things that come in handy when painting your nails would be shaping your nails into a square shape and applying cuticle oil before painting. This will ensure that your designs look relatively the same and also makes your nails smooth before polish application. It is also recommended to add a clear coat as a base and top coat to make the design last longer. Lastly, if you don't have any nails or have trouble designing your own, buy a package of fake nails and design on





Gift Guide The Workaholic

Uber Cool Stuff: Socks

123 Carling Street

A workaholic sock collection that is cute and comfy and lets people know you're not just playing around when you say "work"! If you're going to be tackling responsibilities all day, you might as well do it in fashion, and what better way to do it than by rocking a pair of snazzy fashionable socks? For your worker's needs, Purple Moose, a sub-store inside of Uber Cool Stuff, offers the socks of your wildest dreams.

Coffee Culture: Coffee mug

260 Dundas Street

Cafés are always a favourite when it comes to study spots, but what about the times when you don't have those hip coffee shops nearby? You are ready to sit down and tackle the day with your work essentials, but what does every workaholic need to stay awake and focused? Coffee! These mugs are an office essential, and with Christmas right around the corner, pick from any one of these adorable festive designs. Pro tip: this café makes killer green pistachio muffins that are mouth-wateringly delicious.

Urban Outfitters: Head massager

743 Richmond Street

Working all day and beginning to feel stressed? Nothing screams "break time" than a sensational massage. Usually this relaxation activity requires at least one other person to help out, but the head massager does just the job; also, it is easy to use and less than \$10 to purchase. Urban Outfitters is one of the many stores that easily allow those interested to access this magical tool, equipped with the ability to send shivers down your spine while soothing your mind.

Indigo: Calendar

86 Fanshawe Park Road

New year, new calendar! Start on planning upcoming wall calendar. Sometimes, responsibilities is what one of their butts moving for the c and fun events to catch up Indigo near you will give y from: classic, animal, land son, no workaholic shall be

SECRET SANTA

A SECRET GUIDE

The most wonderful time of the year is near Falcons! All of winter's holiday spirit, seasonal snow and hot chocolate by the fire makes the best of Christmas, but most wonderful of all are the gifts. What better way to bring groups of people together than by exchanging little offerings for each other? To make matters more fun, the tradition of Secret Santa adds a kick to the art of gift giving. Secret Santa is an infamous game for gift exchanges.





associated. Instead, the list continues office or workspace, instead of asking what workaholic loves more than productivity are

lar and agenda

East

Help get your workaholic friend kicking off events in 2017 with an oversized calendar waking up and facing all of life's re- quirements to motivate themselves to get to work. Write down due dates, bills to pay, and more with friends and family too. A local calendar has an abundance of themes to choose from, including nature, travel, and more! This Christmas season, let the workaholic be left behind!

INSTRUCTIONS:

- It doesn't matter how many players are involved as long as there are more than two.
- 1) Players put papers with their names in a hat and draw a name. The name drawn is the person they will be giving a gift to.
 - 2) The purpose of Secret Santa is the suspense of not knowing who your Santa is and surprising a player with your Santa gift. Make sure to keep the secret safe.
 - 3) It helps to have each player create a wish list in advance especially if you are not familiar with the players.
 - 4) Set up a specific day to exchange the gifts as a group.
 - 5) Leave the gifts under the Christmas tree and when it's time to play, grab the gift with your name on it. Once everyone has their gift, it's time to guess the Secret Santas. Secret Santa has become more and more popular over the years and now there are officially online versions as well. Secret Santa websites like elfster.com and drawnames.com set up draws online, which is convenient for people who are unable to meet up and draw out of a hat. The generator will randomly assign a recipient for each player. Now it's time to start shopping. More often than not, the standard budget for Secret Santa is around \$25. Depending on everyone's affordability, you can set a limit accordingly for a fair game.

TEA GIFT GUIDE

It's time to grab a cup of cheer and make room on your Christmas gift list for your tea-loving friends. Buying your friend some tea would just be too easy and doesn't show much effort or creativity on your part. With that in mind, here are some other tea-rific options that will make your friend's teacup overflow with joy this Christmas.

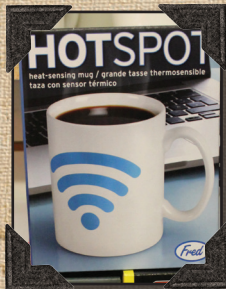
TEA INFUSERS

Über Cool Stuff: \$10 to \$15
123 Carling Street

A necessary item for a tea lover's stash is a tea infuser. Why not replace the boring silver ball that is most common with something unique that they'll actually look forward to using? Made from heat-resistant safe silicone, they are reusable, washable and are good for tea and herbal infusions. They sit securely on the lip of any mug so that you don't lose it in the hot water and have to go fishing for it later. Über Cool Stuff has the largest variety of tea infusers in London with around 20 different infuser types. Satisfy the animal lovers with a manatee, seahorse, pug in a mug or a sloth, among many others. For the most Christmas-related infuser, we recommend the cozy cup red mittens that have one mitten in the cup and the other on the outside, joined together by a string. No matter the person, this gift is guaranteed to infuse some joy into your friend's regular tea routine and give their cup some extra company.

HEAT-CHANGING MUG

Über Cool Stuff: \$15 to \$20



A fun reason to heat up your mug (apart from having a great cup of tea) is to see your mug transform into a different colour or reveal a different design. Some mugs available include a hot spot Wi-Fi sign that changes colour, a Pac-Man mug, a Mario

Bros mug, a blossom morph mug where the blossoms grow on the tree when it's hot, and a pixel heart mug that also changes colours.

TEA FISHERMAN

Über Cool Stuff: \$15

These tea holders allow you to tie your teabag string to the metal fishing rod that extends from the fisherman figure that sits on the lip of your mug. This set of four different fishermen is a cute and entertaining way to wait for your tea to steep.



TEA TIMERS

The Tea Haus: \$5
130 King Street

Tea timers are a perfect addition to a tea lovers collection because it can be hard to know how long to brew specific teas. These timers eliminate that problem. With three different timers for green tea, herbal tea and black tea, these sand timers are a convenient way to steep tea to perfection.



DUNNOON BONE CHINA MUGS

The Tea Haus: \$25 to \$35
130 King Street

Made from authentic bone china (aka don't get this for your vegan friends), this selection of mugs are imported from England. With intricate and uniquely detailed designs, there is a mug for every hobby and interest. Designs include the human body, DNA, the weather, music, as well as many others.



DRAKE GENERAL STORE TEA FOR HANGOVERS

Urban Outfitters: \$18
743 Richmond Street

A great option for your par-tea friends, this tea is a natural remedy to nurse those next-day hangovers. This blend is a green mate tea infused with pineapple, mango, citrus peel and sunflower blossoms that will act as a great pick-me-up for your taste buds and help you feel refreshed. For that, I am sure your friend will be very gra-tea-ful.

24 DAYS OF TEA ADVENT CALENDAR

DAVIDsTEA Masonville Place: \$40
1680 Richmond Street

This is a pricier substitute for a chocolate advent calendar that can be given at the beginning of December. This is a great way for your friend to try a new tea each day, while also counting down the days before Christmas. Nothing is better than being surprised and looking forward to a different tea each day. If you are feeling extra generous you can take note of which ones are their favourites to give them as a gift closer to Christmas.

JESSICA EDEN | INTERROBANG



25 GIFTS UNDER \$25

- 1) Candles
- 2) Lipstick
- 3) Socks
- 4) Journals/diaries
- 5) Mugs
- 6) Puzzles
- 7) Card games/board games
- 8) Cookbook/personalized apron
- 9) Polaroid film
- 10) Tea/coffee kit
- 11) Picture frame/album
- 12) Toques/beanies
- 13) Flasks
- 14) Books
- 15) Beer bottle opener
- 16) Ugly Christmas sweater
- 17) Chocolate
- 18) Stuffed animals
- 19) Mittens/scarf
- 20) Decorative pillows
- 21) Sports accessories
- 22) Pajamas
- 23) Ornament set/DIY ornament set
- 24) Adult colouring book
- 25) Wine/Beer

Grab a group of your friends and family and enjoy a game of Secret Santa this Christmas.



THE BOOK GLOVER'S GUIDE

EMILY STEWART | INTERROBANG

One of the best parts about the holidays is receiving new books to read. London has numerous amounts of unique smaller bookstores.

Whether that person on your list is into science fiction, romance, classic literature or comics, or is looking for the latest read, there is something for everyone at these bookstores.



ATTIC BOOKS 240 Dundas Street

This is where to go for the history buff in your life. There are plenty of history books to choose from, including art history, Britannia, Canadiana and Americana books. They sell postcards by Colour by Schubert, featuring landmarks of London and St. Thomas throughout history. Attic Books also offers a large literature section and a small section of pulp fiction novels from 1936 to 1966.

Outside of the entrance, there are Loonie Bins filled with select paperback novels offered two for \$1. Everything else in the bin is only \$1.

CITY LIGHTS BOOKSHOP 356 Richmond Street

Stop by this store for the science fiction lover on your list, as there are plenty of shelves filled with this genre. There's also a small graphic novel section featuring everything from Dark Horse to D.C. and Marvel. The upper level has a record shop, with books all about music, television and film.



OXFORD BOOK SHOP 262 Piccadilly Street

This small shop sells new books of everything from classics to today's fiction and nonfiction. They will do out of print searches and orders as well, if you're looking for a particular edition. Oxford Books also offers books about the city of London and features books by local authors. The store carries stationery and greeting cards, along with binders, papers and pens. This is a great spot if you need to grab last minute exam supplies and a gift for somebody.



BROWN AND DICKSON 609 Richmond Street

Plenty of unique reads can be found at Brown and Dickson.

There are antique novels, comic books, art books and books about Canadian and London history. Some of the books have interesting covers with bright colours that pop out at you and are a treat to look at while you browse around. Brown and Dickson also have an adorable, friendly beagle in the shop that wants you to visit.



GOODWILL ADELAIDE BOOKSTORE

1044 Adelaide Street North

When you buy a book from this bookstore, you're giving back to the community. The proceeds from the bookstore go right into funding for Goodwill programs. They are also a tax-free bookstore, so you save more cash when shopping.

From best sellers, to travelling, to philosophy and spirituality, there is a wide range of books that you can find at the Goodwill Bookstore.

There are plenty of rare books, out of print editions and antique as well, for those who love filling their bookshelves with old books. A second Goodwill Bookstore location can be found on 979 Wellington Street.



THOMAS SAYERS | INTERROBANG

Gift Guide

FOR VINTAGE FANS

Stumped on what gift to get for that ultra-hip friend of yours? A happy medium must be struck between mainstream and alternative. Check out these London vintage stores filled to the brim with handmade accessories and artsy knick-knacks.

Filthy Rebena

177 Dundas Street

This store features lots of rad accessories, with Soft Flirt's handmade pennants (A) and tees (B) from \$30 to \$35. For someone who gets a little too emotional, these crying themed badges (C) are just the thing at \$15. Some of them also have cats on them, which makes them even better. A variety wall of sunglasses (D) means it's always cool to wear shades, even if you're wearing them at night or inside. (\$25)

Blue Pepper Vintage

187 Dundas Street

Formerly Jackpot Vintage, this store is jam-packed with vintage clothes and accessories. The store specializes in local London creators and artists with a goal of giving back to the community. Spruce Moose has all kinds of handmade bowties (F) for all occasions for \$30, while Stone + Bone offers stunning necklaces (G) ranging from \$20 to \$40. A series of vintage Canadian pennants (H) dating as far back as the '40s could be yours starting at \$20. And of course, no vintage store would be complete without a sweater collection (I) starting at \$20.

Über Cool Stuff

122 Dundas Street

While this location is a smaller version of Wortley Village's Heist, it's closest to the other two stores on the list. This place also hosts local arts and crafts, selling London themed mugs (J) for \$10. Paintings may be a bit more expensive (K), but imagine how nice it would look on your wall from \$100 and up. Finally, check out these unique cards (L) to tie together a completely alternative holiday gift for \$5.





THE QUINTESSENTIAL

GIFT GUIDE FOR

A MUSIC LOVER

AH YES, THE MUSIC LOVER. This person can simultaneously be the easiest and most difficult person to buy for this holiday season. Many will think to just buy that person the latest CD of their favourite band. Chances are they already own it or, more likely, they have it downloaded on their computer. It's a nice gesture but often it can fall a little short, so here are six alternatives to truly make a music lover's holiday a groovy one.



MUSIC STREAMING

Buying someone their favourite album is fine and dandy but why stop there? Why not buy them nearly every album ever released? By getting your favourite song snob a music streaming subscription you put the entire world of music at their fingertips. Although it's currently impossible to gift a Spotify subscription in Canada, you can gift a subscription to Google Play or Apple Music instead. If you head into any Walmart, Best Buy, Shoppers or Loblaws, you will find gift cards for Google Play and iTunes. Both of these work in the same fashion, allowing a person to sign up for as many months as the cards can pay for. While I have no experience with Apple Music, the bonus of an iTunes gift card is that if there's an album that they really want to download, they can spend the gift card in the iTunes store instead of on a subscription.



VINYL

Vinyl records have always held a special place in the hearts of music aficionados, though the price tags can sometimes hinder someone from growing their collection. It shouldn't be too difficult to find out what album your music lover has wanted to get on vinyl, and lucky for us London has two amazing record shops.

Most people's first choice is Grooves records, which just moved to their new location at 236 Dundas Street. The store boasts a knowledgeable group of staff and an ever-changing selection of music from rare vintage releases to new local albums. If you're looking for a more eclectic collection in a shop with a dozen pinball machines in the basement, head over to Speed City Records located at 294 Springbank Drive. The size of their collection is matched only by the knowledge of their staff.



RECORD PLAYER

While most people have a decent collection of vinyl it's surprising how many of these enthusiasts don't actually own a record player. While finding a decent player will run you in the neighborhood of \$150 to \$300, you will go down as a superhero for years to come. It's important to avoid the record players on sale at Urban Outfitters.

While the cool design and cheap price tag can be enticing, they often have cheap parts and are known to fail often. New quality record players often come with USB ports allowing music lovers to digitize their collections and preserve their music indefinitely. If you are restricted to the downtown core, check out Target Hi Fi located at 144 Dundas Street, but if you're looking for frequent sales it might be worth checking out 2001 Audio Video in Wellington Southdale Shopping Centre, 979 Wellington Road.



CONCERT TICKETS

With so many great venues in London, it's likely that your music lover's favourite band is heading to town in the next year. Having been on the receiving end of a concert ticket gift, I can assure you there is no better feeling in the world than holding that ticket in your hand. There is something to think about however when gifting tickets and that is, should you buy one or two? Going alone to a concert can be a bit of a drag so if it's in the budget why don't you get yourself a ticket and go see that band together.



MERCH, NOVELTIES, KNICK-KNACKS AND LITERATURE

Also known as HMV, the above title is a more accurate name for their stores as of late. With the decline in CD sales, HMV has taken a direction earlier paved by Sunrise Records. The store is filled with merchandise, novelties and books from artists, movies and TV shows alike. People often overlook the vast wealth of musical literature in the world and these stores have a great variety from satire to autobiographies. If you are looking for something more specific however, I would suggest heading to the music section of an Indigo or Chapters bookstore. In the interest of saving money, buying online from Indigo or Chapters usually saves a person 50 per cent of the retail price.



BLUETOOTH SPEAKER

Most people are constantly on the go these days, so it's important to have a speaker that can do just the same. Best Buy offers a fantastic selection of wireless speakers from portable ones you can throw in a backpack, to high end speakers for around the house. Sure, you can walk around listening to your phone's crummy built-in speaker but having a Bluetooth can make any get-together a party.

Well, there you have it. From novelties to buying the entire world of music for a few months, you should be well equipped to make your music lover's day, week or year. Whatever you do, just don't forget to confirm what their favourite band is. There's nothing worse than waiting on that new Kings of Leon album and getting something by Mumford and Sons instead.

THE CINEPHILE'S GIFT GUIDE

PHOTO CREDIT: PIXABAY

Cinephiles love three things: movies, films and motion pictures. Finding the right gift shouldn't be too hard.

A CINEPHILE is an individual whose passion for film extends far beyond the casual Friday night viewing.

Signs of a cinephile in your life most likely include frequent quoting of *Citizen Kane*, an encyclopaedic knowledge of German Expressionism and several impressively maintained film blogs exploring the subtle nods Lynch makes to Wilder in *Mulholland Drive*. If perchance they are not watching a film, they're probably scoping out trailers for their next big fix. Whenever you've been in need of a great recommendation, you've never looked farther than your trusty cinephile friend.

To show how much you appreciate all their wise and ample movie guidance, give them what they really want: more movies. Here are five ways you can appease all cinephiles this holiday season.

HYLAND CINEMA MEMBERSHIP

Built in the '30s, Hyland Cinema is one of London's most historical and unique venues. The non-profit theatre screens art-house and international films that typically aren't shown anywhere else in town. For a mere \$12 annually, memberships allow for a \$4 discount off all admissions, which will save an avid cinephile a bundle in the long run.

CLASSIC MOVIE NIGHT AT CINEPLEX ODEON

Westmount Cineplex Odeon is London's participating theatre in the company's classic film event. For a mere \$7 per ticket, your cinephile can enjoy seeing their favourite classic movie in pristine digital format on the big screen. Movies are shown monthly.

NETFLIX GIFT CARD

The invention of Netflix has revolutionized the practice of watching films. Truly, this is an incredible time for a cinephile to be alive. Enable your cinephile's full-blown addiction by covering a few months of their Netflix bill with a Netflix gift card.

CINEMA 1 GIFT/GIFT CARD

A true cinephile owns the movies they love most because nothing says holiday bliss like meticulously analyzing hours upon hours of DVD featurettes. Located at White Oaks Mall, Cinema 1 is one of the few Canadian film retailers to have persevered through the ever-changing modes of movie watching. This is owed to the fact that it stores nearly any film imaginable, and in any obscure edition desired. Pick up something lacking in your cinephile's collection, or spare

yourself their long-winded response to your asking what they need by presenting a gift card instead.

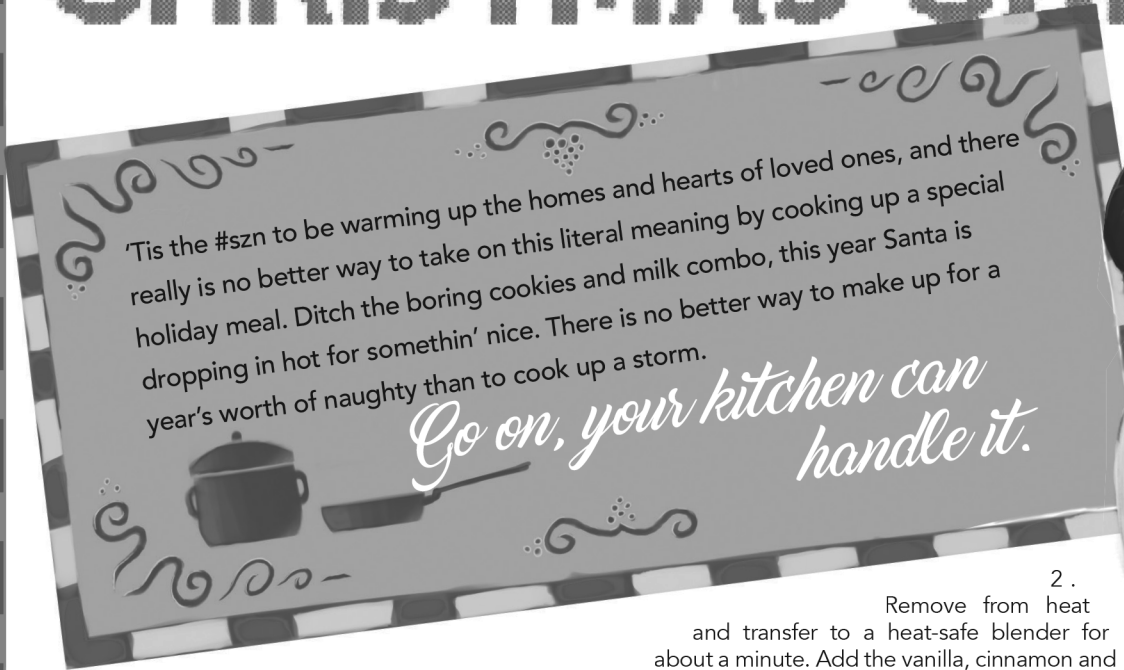
JUMBO VIDEO NONSTOP PROGRAM

This gift is for those hands-on cinephiles who yearn for lost ritual of journeying to the video rental store and making a careful selection after lengthy deliberation. Jumbo Video is a video rental outlet located in London's east end, and its current existence can be likened to a dinosaur surviving an asteroid impact. For \$9.99 a month, patrons are welcome to rent as many DVDs as they like, three at a time. The program is best suited for film students needing to view aforementioned featurettes. Legend has it those who bother to make the trip will be rewarded with delicious, free popcorn.

ANGELA MCINNES
INTERARBANG

SWEETER THAN YOUR CHRISTMAS CANDY CANE

BRITTANY DU LY | INTERROBANG



Slow Cooker Cranberry Apple Cider

Prep: Three hours five minutes
Serves: about 6 cups

Ingredients
1 litre pure unsweetened apple juice
2 cups pure unsweetened orange juice
1 litre unsweetened cranberry juice
1/2 cup Splenda No Calorie Sweetener, granulated
3 cinnamon sticks, whole
1/8 teaspoon ground cloves

Directions
1. Add all the ingredients to a 4-quart or larger slow cooker and stir.
2. Cook at least three to four hours on low or until hot. Keep warm as long as needed on the low or warm setting.
Tip: leftovers can be refrigerated and reheated
Source: thereciper rebel.com

Homemade Ferrero Rocher Hazelnut Truffles

Ingredients
3 cups crushed hazelnut wafer cookies
3 cups finely chopped toasted hazelnuts
1 1/4 cups (10 ounces) Nutella
1 cup semisweet chocolate chips
1 teaspoon coconut oil
1 1/2 cups finely chopped toasted hazelnuts

Directions
1. Line parchment paper on a baking sheet.
2. Crush the hazelnut wafer cookies in bowl. Combine hazelnuts and Nutella and mix well in bowl. Place in fridge for thirty minutes until mixture firms up.
3. Shape teaspoon-sized balls and place on baking sheet, freezing for 15 minutes.
4. Meanwhile, melt the semisweet chocolate chips with the coconut oil, and combine toasted hazelnuts to make a creamy coating.
5. When truffles are ready, insert toothpick into them and dip into melted chocolate mixture. Place back onto baking sheet in fridge for fifteen minutes.
Tip: serve in mini cupcake liners.
Source: thriftydiydiva.co

Coconut Milk Cinnamon Ice Cream

Prep: Three hours 10 minutes (requires an ice cream machine)
Serves: 3 3/4 cups
Ingredients:
13.5 ounce can coconut milk (not light)
1 3/4 cup unsweetened almond or cashew milk
1 teaspoon vanilla
1 teaspoon cinnamon
3/4 teaspoon salt

Directions
1. Combine all the ingredients except the vanilla, cinnamon and salt in a medium saucepan over medium heat. Bring to a simmer and stir occasionally.

2. Remove from heat and transfer to a heat-safe blender for about a minute. Add the vanilla, cinnamon and salt and blend.
3. Cool in fridge using a storage container for about two hours.
4. Churn the ice cream in an ice cream machine. Store in freeze-safe container to firm for an hour minimum before serving. Source: eathealth=eathappy.com

Chicken Thighs

Prep: 55 minutes
Ingredients
3 pounds skinless, boneless chicken thighs, fat trimmed
Kosher salt and freshly ground pepper
McCormick smoked paprika
2 tablespoons olive oil
Pressed garlic
1 medium onion, finely chopped
2 cups slice mushrooms
1 pound red and white small potatoes, 1 inch chunks
2 cups baby carrots
1 1/3 cups chicken broth
3/4 cup white wine (or white grape juice)
1 1/2 tablespoons fresh thyme, finely chopped

Directions
1. In a Ziploc bag, combine 2 teaspoon paprika, 1 teaspoon each of salt and pepper, four to five pieces of chicken at a time, lightly shaking. Repeat the process, adding more spices as needed.
2. In a large heavy frying pan, heat the oil over medium-high heat. Add the chicken and cook until brown, about two minutes on each side. Transfer the chicken to a plate. Repeat the process until all the chicken has been lightly cooked.
3. Add the garlic and onion to the frying pan, stirring for about two minutes. Add the mushrooms and stir another two minutes. Add the potatoes and carrots. Sprinkle with salt and pepper, sauté about five minutes.
4. Cover the pan, reduce the heat to medium-low, simmering until the chicken and vegetables are cooked. Cook about 30 minutes. Before serving, add in the thyme.
Source: reluctantentertainer.com

Roasted Maple Sprouts With Hazelnuts

Ingredients:
200 grams Brussels sprouts
8 baby potatoes (200 grams)
50 grams of blanched hazelnuts
100 grams of pomegranates
2 tablespoon of maple syrup
1/2 teaspoon of chilli flakes

Directions
1. Preheat oven to 180 degrees Celsius
2. Slice the sprouts in half and then the potatoes into eights (roughly the same size as the potatoes).
3. Place the sprouts and potatoes in a baking dish. Sprinkle the chilli flakes, salt and pepper over, and drizzle olive oil on top.
4. Cook for about 30 minutes, until a golden brown forms.
5. Add the hazelnuts. Place tray back into oven for another eight to 10 minutes.
6. Remove tray from oven. Drizzle maple syrup over the Brussels and potato mix, stir in the pomegranates.
Source



Melted Snowman Oreo Balls

Prep: 40 minutes
Serves: about 40 balls
Ingredients
1 package/8 ounces brick cream cheese, softened
36 oreo cookies, regular size, finely crushed
16 ounces vanilla candy wafers or melts, melted
48 mini oreo bite size cookies
Decorations: coloured icing or gel

Directions
1. Mix cream cheese and cookie crumbs until well blended.
2. Shape into 48 (1-inch) balls and place in single layer in pan. Freeze for a minimum of 20 minutes.
3. Dip cooled balls into melted coating using a fork.
4. Place in shallow waxed paper-lined pan. Allow excess coating to pool at bottom of each ball.
5. Decorate with remaining ingredients (i.e. faces for snowman, mini oreo as hat).
6. Refrigerate for an hour or until firm.
Source: the-girl-who-ate-everything.com

Italian Roasted Mushrooms And Veggies

Prep: 30 minutes
Serves: 6
Ingredients
1 pound cremini mushrooms, cleaned
2 cups cauliflower, cut into small florets
2 cups cocktail tomatoes
12 garlic cloves, peeled
2 tablespoons olive oil
1 tablespoons Italian seasoning
salt and pepper to taste
1 tablespoon fresh parsley, chopped

Directions
1. Preheat oven to 400 degrees Fahrenheit
2. In a bowl, add all the mushrooms and veggies. Drizzle with olive oil then add Italian seasoning, salt, pepper, toss until well combined
3. Dump the veggies on to a baking sheet and place in the preheat oven. Roast for 20 to 30 minutes, until mushrooms are golden brown and cauliflower is fork tender.
4. Garnish with fresh parsley before serving.
Source: jocooks.com

'TIS THE SEASON TO CELEBRATE MORE THAN JUST CHRISTMAS

Christmas is traditionally a Christian festival, celebrated annually by billions of people religiously and culturally. For most, what comes to mind: is gift giving, caroling, Christmas music, an advent calendar, pine trees, bright lights and big turkey meals. Kissing somebody under the mistletoe and having a cup of eggnog after? Scratch that! For some, none of this is relevant during the winter holiday with the many alternative holidays that take place around the world. Households are decorated with art, colourful traditional cloth and fresh fruits. Musical performances are popular especially during this celebration, drumming and artistic performances being two of the many creative celebrations.

DIWALI October or November

India, being an agricultural society, celebrates Diwali as a harvest festival, marking the last harvest of the year before winter. People seek blessings from the goddess of wealth, Lakshmi, for an upcoming successful year financially. This five-day festival marks the victory of good over evil and is also known as the festival of lights. Indians celebrate with family gatherings, clay lamps, fireworks, bonfires and the distribution of sweets. On the first day of Diwali, celebrators take the time to clean and renovate their homes and shop for gold. Diyas, or clay lamps, are used to decorate homes along with design patterns on floors called rangoli using coloured powders or sands. The lights symbolize the inner light that protects people from spiritual darkness. The main day of the festival is the third, when families gather together for a prayer to goddess Lakshmi with feasts and firework shows following. The fourth day marks the beginning of the new year, which entail families and friends visiting each other in their homes, bringing gifts and well wishes. On the final day, brothers visit their married sisters for a warm meal together. In 2017, Diwali will be celebrated on 19th of October.

FESTIVUS December 23rd

This occasion was given meaning through the sitcom Seinfeld, and is celebrated as a parody holiday for those who do not wish to participate in the festive pressures and commercialization of Christmas. The original appearance of this holiday came from the 1997 episode, "The Strike". On Seinfeld, celebrations included a dinner, a plain naked aluminum pole in replacement of the usual Christmas pine tree, and engaging in practices such as the "airing of grievances", "feats of strength" and identifying easily explainable events as "miracles". The

airing of grievances takes place after dinner and entails each participating member to release through ranting all their disappointments of the year, including of others and the world. Feats of strength take place immediately after the head of each household selects one person and challenges them to a wrestling match. The Festivus holiday does not come to a conclusion until the head of the household has been pinned.

HANUKKAH November-December

People of the Jewish faith celebrate this holiday to commemorate the historical triumph of faith and military courage when Israelites stood up for their right to be Jewish. It is about God's protection of the Israelites and the miracles that took place in history during that day. During the rebellion, history has said that the Holy Temple was purified and the wicks of the traditional nine-branched candelabrum, the Hanukkah, burned for eight days despite the fact that there was only enough sacred oil for one day's worth of lighting. Therefore this holiday, also known as the Festival of Lights and Feast of Dedication, is eight nights and days, and begins on the 25th day of Kislev on the Hebrew calendar. Dates can fall any time between late November to late December. The festival is celebrated by lighting candles on the menorah, burning an additional light each new day. Special songs are sung, the Hallel prayer is recited and cultural foods that are popular during the special occasion are oil-based foods such as latkes and doughnuts. It is important to know that Hanukkah is not considered the "Jewish Christmas".

KWANZAA Dec. 26 to Jan. 1

African Americans celebrate this week-long festival to honour their culture through a large feast and gift-giving. The Nguzo Saba, or the seven principles of Kwanzaa, has been practiced during this special holiday as a way to be mindful of the world by giving identity, purpose and direction. A child lights a candle on the candleholder, the Kinara, each night of the week as the family gets together and discusses a new principle each night: Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose),

Kuumba (creativity) and Imani (faith). Each principle follows concepts to contribute in building community among African-Americans, such as believing that a better world can be created for current communities and those in the future under the final principle, Imani. Households are decorated with art, colourful traditional cloth and fresh fruits. Musical performances are popular especially during this celebration, drumming and artistic performances being two of the many creative celebrations.

PANCHA GANAPATI Dec. 21 to 25

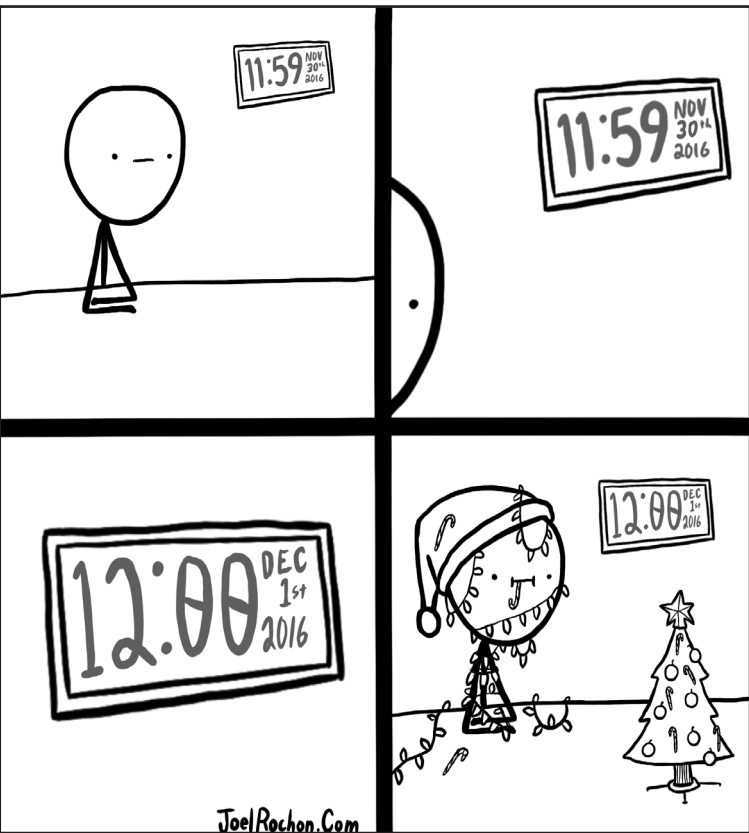
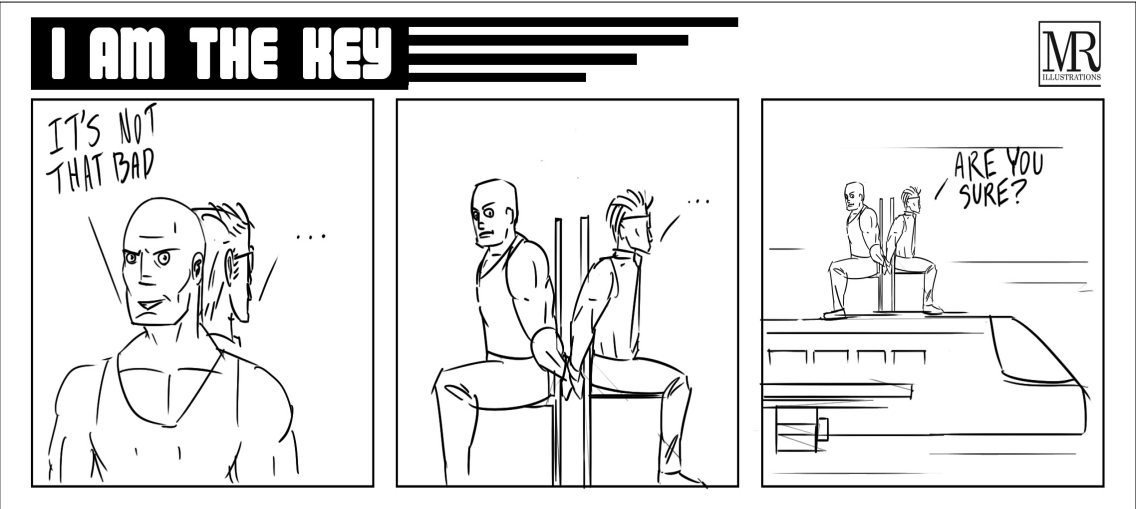
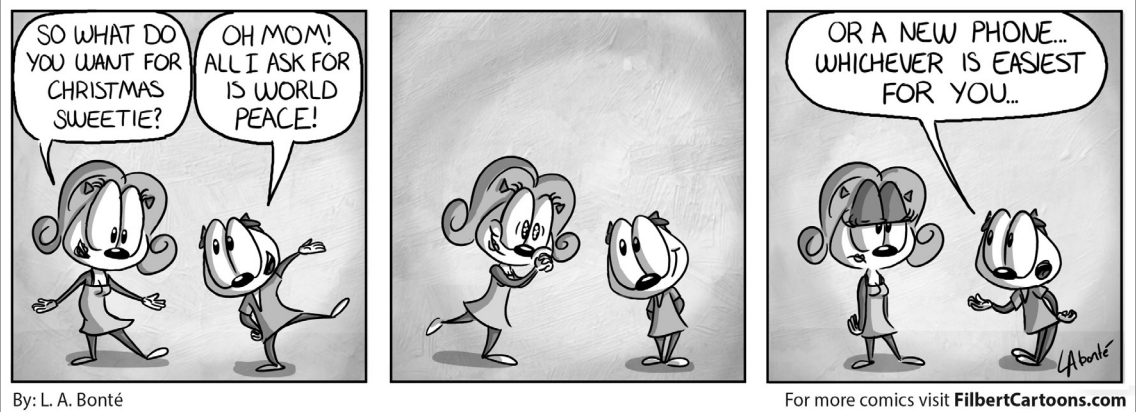
Created in 1985 by Sivaya Subramuniyaswami, a Western convert, Pancha Ganapati is a modern five-day Hindu festival celebrated in honour of Lord Ganesha as a Hindu alternative to December holidays such as Christmas. The significance of the holiday is in reflecting on the importance of a new beginning and mending of past mistakes. A shrine is created in the main living room of participating homes, featuring a large wooden or bronze statue of Lord Ganesha. Banana leaves, flashing lights, tinsel and colourful hanging ornaments may be added as decoration. The Ganesha is dressed in different colours each day: golden yellow on Dec. 21, royal blue on the 22, ruby red the following day, emerald green on the second last and orange to end off. The five colours also represent his powers, also known as shaktis.

RAMADAN May 27, 2017 - June 24, 2017

On the ninth month of the Islamic calendar when the Quran, a symbol of mankind's guidance and the criterion of right and wrong was revealed, people of the Muslim faith participate in Ramadan. The month is spent by fasting during the daylight hours from dawn to sunset. While fasting, Muslims are encouraged to refrain from consuming food, drinking liquids, smoking, engaging in sexual relations and conducting behaviour that could be considered sinful, such as lying or cursing. Food and drinks are served before dawn and after sunset. This celebration is viewed as a time of spiritual reflection, improvement and increased worship. The act of fasting is done as a way to redirect the heart away from harmful impurities by teaching self-discipline, self-control and empathy for those less fortunate.



BRITTANY DU LY | INTERROBANG.



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zodiacstargazer

HOROSCOPE

Aries (March 21 - April 19)

Let an assuring tone of voice and sincere facial expressions take the place of a complex vocabulary. You want people to believe you as well as understand you. The facts will speak for themselves.

Taurus (April 20-May 20)

Whatever you may be thinking, it's important that you act naturally. Others will be highly sensitive to any signs of reluctance. Repeating an explanation can buy you some more time.

Gemini (May 21 - June 20)

Your style alone makes you popular, even with those who haven't had the pleasure of being bowled over by your substance. You're at home with a full plate and a busy room. Start off in several directions at once.

Cancer (June 21 - July 22)

Stay in motion. Your busy inner world needs some physical action to counterbalance it. Ink on paper or fingers on the keyboard will make a bigger impression than faint words lost in the wind.

Leo (July 23 - August 22)

Someone tells you what you already know, but you needed to hear it again, anyway. Take a sweeping circular glance at the world that you're building. You stand at the centre of a phenomenon..

Virgo (August 23 - Sept. 22)

Race contestants face a penalty if they jump the gun. Give everyone a fair chance, in spite of your obvious advantage. To the outside observer, you seem amazingly calm, sane and organized. Try to fit your image.

Libra (Sept. 23 - Oct. 22)

Aura readers and energy healers can expect weeks of precise connections. Entire conversations happen without anyone speaking a single word. Open your heart to those who have been waiting to receive you.

Scorpio (Oct. 23 - Nov. 21)

Being right doesn't mean that you'll be popular. People become annoyed when their process or belief system is challenged. Lie low if you don't have the strength to make a stand.

Sagittarius (Nov. 22 - Dec. 21)

The Moon puts the court jester's cap squarely on your head. You can say dangerous things, as long as you phrase them as jokes. You'll be safe out on your limb if you leave enough room to maneuver.

Capricorn (Dec 22 - Jan.19)

You spend your days in an increasingly frantic search for the 'off' switch. Satisfaction may be in short supply. Look inward for relief.

Aquarius (Jan. 20 - Feb. 18)

Tis the the season to hold you upside down and shake all the change out of your pockets. You're the holy fool, the village idiot in the service of love. Cosmic energy crackles from you in electric waves.

Pisces (Feb. 18 - March 20)

Are you repeating dialogue from a book or film to bolster your arguments? It all feels suspiciously familiar. People often quote words that seem to speak their own truths for them. You, at least, can be original.

Word Search

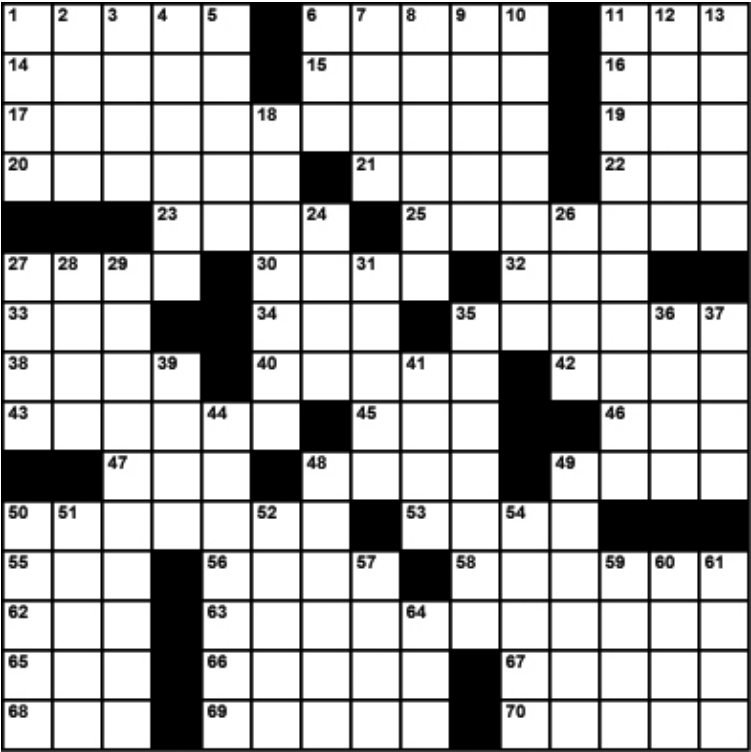
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L I N G N A C K Y S C I V C N
O S R T E M A N R N A U A G E
E L P U C N I H R O S R A E O
K S D R A C K S C W O P I O T
A E F K A N Y N D L C X O S E
C T S E R E V F S U T M I N L
T O T Y D E D A V N A V G I T
I I N O N S H T A E R W K I S
U R E N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

SIGNS OF THE SEASON

(Words in parentheses not in puzzle)

Cards	Holly	Snow
Carols	Mistletoe	Tinsel
Eggnog	Ornaments	Tree
Fruit Cake	Present	Turkey
Garland	Santa	Wreath

Crossword Puzzle



Across

- Aerosol targets
- Relative by marriage
- Sailor's assent
- Construct
- Crown holder
- Man's nickname.
- Local convenience
- Certain cross
- Part of the iris
- Arab chief
- Bend
- Toss, as a coin
- Decorative dining table piece
- Place for a link
- Amount a washing machine holds
- Chinese path of enlightenment
- Genetic messenger
- Mongrel
- Castle's place, initially
- Big name in elevators
- Coral ring

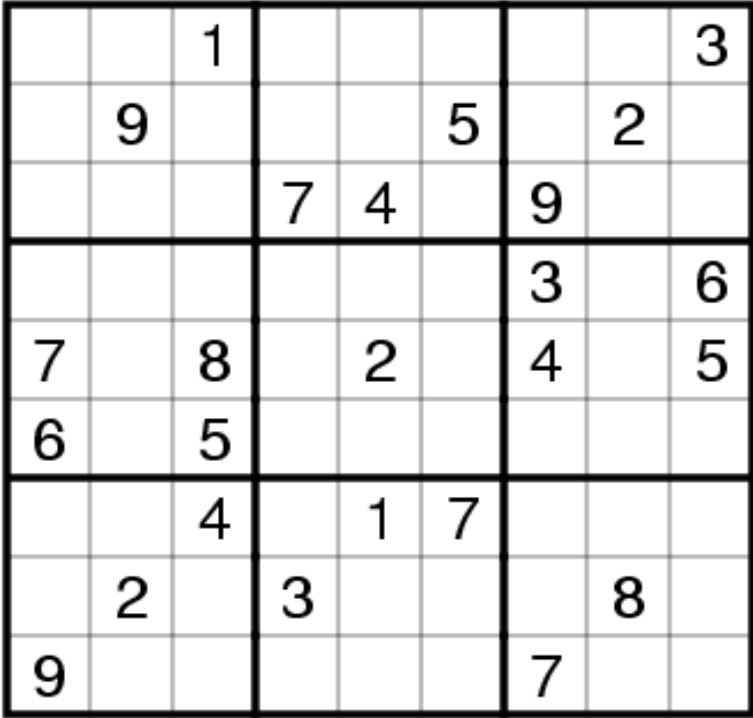
- Dublin's land
- Castle's place, initially
- Nearly worthless old French coin
- Motor oil letters
- Bon ____
- What "is" is
- Trans-Siberian Railway hub
- Please, to a Puritan
- Brown shade
- Declare one's candidacy
- Angers
- Mr. Darcy's creator
- As well as
- Building block
- A minimus is a little one
- Economic bloc headquartered in Indonesia
- Mariposa relatives
- Put a stop to
- Mountain goat's perch
- Postgraduate ordeals

Down

- Killer whale
- Early Pierre Cardin employer
- Brute
- Election decider, at times
- One cast in a Harry Potter film
- "____ now or never"
- Written reminder
- Was upcoming
- Take ____ down memory lane
- Cabbie's query
- Hostility
- Pine (for)
- Bring out
- Hobo transporter
- Mope
- Like triple plays
- Large snapper
- Golden rule preposition
- Just and impartial
- Sprang up
- Train amenity with drinks and food
- Time periods
- Need a bath
- One who's standoffish
- Handed-down wisdom
- Principled
- Went off at an angle
- Removal from power
- Rattle on
- Talk, talk, talk
- Jagged, as a leaf's edge
- Rene of "Thor"
- Fisherman's bane
- Caesar dressing?
- Often unstable compound
- Scottish lake
- U-turn from WSW

Solution on page 26

Sudoku Puzzle



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 on page 26**

Cryptogram

MCPV ONYRPVU CJ RZU LCVQK

CJRUS YZFSGUW DPWR AUJCVU

MCP GUR NR NSRC JCYPW.

Solution on page 26

Notes:

Top five things to do over the holidays

JESSICA EDEN
INTERROBANG

Victoria Park:
Victoria Park is a festive way to light up your mood and put you in the holiday spirit. With Christmas lights on trees, decorations and holiday music playing at the bandshell, in the heart of downtown, this is something you cannot leave off your to-do list. In front of the bandshell is a public skating rink that is free to use. Skates are also available for rent depending on the time and day. Another small ice rink is located just outside of the Covent Garden Market. Don't forget to grab a hot chocolate from local coffee shops nearby such as Fire Roasted Café, Cardboard Café or the Black Walnut to warm yourself up after.

Boler Mountain:
There's no need to be sliding into everyone's DMs this holiday season when you can go sliding down a large snow hill instead. At Boler Mountain there are multiple winter activities that you can participate in such as tubing, skiing and snowboarding. Bring out the inner child in you again by going adult tobogganing, otherwise known as taboozing. What's not to love about racing at turbo speeds down

a slippery snow hill on a rubber tube? Totally safe; tubing is \$18 for those over 13, unless you go on a Thursday where the price drops to \$14 and your ticket is valid for two hours. For those who want some physical activity, skiing and snowboarding are other options whether you are a beginner or an expert. Lessons and equipment are available and prices depend on rentals; however, on Wednesday Fanshawe students can purchase a four-hour lift ticket and rentals for \$22 each with valid student ID. Remember to bundle up in your snow gear, and while snow pants may make you look like an Oompa Loompa, they are highly recommended.

The Grand Theatre:
Don't be a scrooge this season. Watch *A Christmas Carol* be performed at the Grand from Dec. 13 to Dec. 24. Watching a play is a unique way to enjoy a Christmas classic. Another play that is being performed this season is *The Wizard of Oz* from Nov. 21 to Dec. 31. Tickets are available on grandtheatre.com.

Snowshoeing:
For the more adventurous type, a winter hike to burn off your Christmas dinner is a great sweat-inducing workout that is sure to warm you up. Having what looks like tennis rackets stuck to the bottom



Tubing at Boler Mountain is just one of many activities to do in London over the holidays.

CREDIT: DEKLOFENAK ON THINKSTOCK

of your snow boots is a rare Canadian accessory that will add serious fashion points to your look. Hiking trails can be found online at ontariotrailsmap.com.

Snow time:
As long as there is snow, there is something to do. Grab your friends and go on a walk, build a snowman, make a snow angel, build a fort, have a snowball fight. Some-

times the simplest of moments are the ones that make the best memories and it's not every day you get the opportunity to shove snow down your friend's collar (just try to make it look like an accident).

Deck the halls with crappy movies Crime prevention tip of the week

NICK REYNO
INTERROBANG

Christmas isn't just about snowflakes and grumpy old mall Santas. It's not about gingerbread cookies, eggnog or spending time with family either. The holiday season has but one eternal purpose – inspiring dozens of weird, awful, quirky and sometimes scarring Christmas movies. Now I'm not talking about the zany classics like *How the Grinch Stole Christmas*. I'm talking about the low budget and unsettling films like *Treevenge*, where a mob of evergreen trees become sentient and enact a bloody revenge on all the humans that cut down their brethren for Christmas trees. If that sounds better than watching *Frosty the Snowman* for the billionth time, keep reading.

Santa Claus (1959)
Also known as *Santa Claus Vs. The Devil*, this film sees Santa pitted against Lucifer's chief demon, Pitch. The demon sets about to sabotage Santa by making the children of Earth, which in this movie is apparently just five, hate the jolly old man. Lucky for Santa Claus, his space workshop is equipped with all kinds of gadgets to spy on Pitch and prepare against his nefarious plot. Santa is able to best the five children, big surprise, but can't quite outwit the demon who spots Mr. Clause trapped up a tree by a vicious dog. Instead of destroying Santa, Pitch alerts the fire department of a fire at a nearby house so as to expose Santa to the masses. Lucky for Santa, his friend Merlin the Wizard saves the day with a split second escape. Pitch the demon is later defeated when he's doused by a fire hose because obviously that's a demon's biggest weakness... Once again, space Santa delivers a solid Christmas.

Rudolph and Frosty's Christmas in July (1979)
This movie had all the makings of a Rankin and Bass classic. Legendary characters such as Rudolph, Frosty and Santa Claus all make a return brought to life by their original voice actors to celebrate Christmas in July. Unfortunately, an evil wizard, Winterbolt, and the reindeer that was fired when Rudolph became part of the sleigh team, Scratcher, plague them. The plot is horribly convoluted and the main villain wouldn't even have thought of his own scheme if not for a talking cave and a magic snowball. The most exciting part of this movie is seeing a plethora of characters pop up like Mrs. Claus, Jack Frost and Frosty's family. Unfortunately that's it though. The songs aren't catchy in the slightest and often have little to do with the plot. Speaking of the plot, it seems to have been scraped from the bottom of the idea barrel and then forced into an hour and a half long exercise in patience. I won't say much about the content quality other than saying it is the equivalent of a two paragraph high school essay that needed to be fluffed out into a four-page report based on a book that the student never opened.

Grumpy Cat's Worst Christmas Ever (2014)
After being neglected for many years by potential adopters, Grumpy Cat develops a cynical outlook on life while living in a pet shop at the mall. A little girl named Chrystal happens to come by Grumpy Cat and finds out she can understand her thoughts. Through their special bond Grumpy Cat prevents the kidnapping of a dog she dislikes and later saves Chrystal after the mall closes on Christmas Eve. A weak plotline and awful voice acting

for a memed cat proves to be an atrocious excuse for beating a dead horse. As long as the money keeps flowing, the Grumpy Cat merchandise line will continue to stain our society. Good riddance.

Elves (1989)
Every so often the world is gifted with a movie so bad that it's actually pretty darn great. After all, what's better than anti-Christmas witches, Nazi elves, senseless murder and an ex cop/ex mall cop/ex private eye/homeless drunk/mall Santa protagonist. It turns out that Hitler's master race wasn't the Aryans, it was a bizarre cross breeding of humans and elves. This movie continues to amaze by getting worse at every possible turn, to the point where it becomes comical. The only atrocities that come close to this bizarre plot are *Trolls 2* and *The Room*.

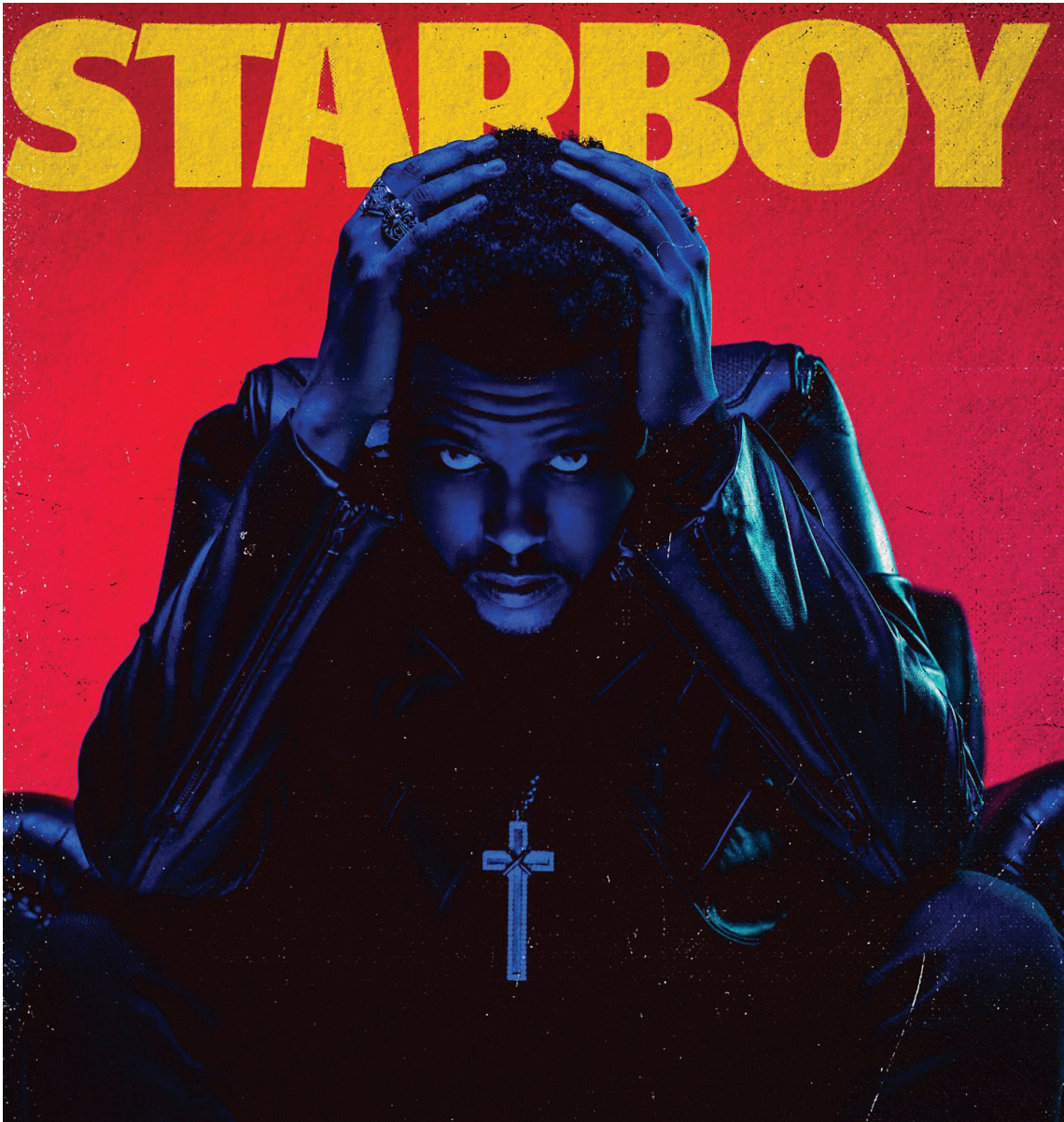
The Star Wars Holiday Special (1978)
This little known holiday gem was only ever aired once before getting permanently swept under the rug. Due to an overwhelmingly negative reaction and George Lucas' own personal dismay, the special was never aired again or released on DVD. The movie was a musical that focused on Han Solo and Chewbacca's journey to Chewie's home world of Kashyyyk to celebrate Life Day. The only lasting plotline of the holiday special is the character Boba Fett who was introduced for the first time during a cartoon aired within the movie itself. The holiday special should definitely be watched more as a "rage quite challenge" than an actual family movie night, as it is the equivalent of every single Jar Jar Binks scene aired back to back. Anyone can watch all of its cringe worthy glory on YouTube thanks to fans who taped the original airing back in 1978.

STEVE HARTWICK
CAMPUS SECURITY

As 2016 comes to an end and the Christmas holidays approach we'll start this week's tip with some shopping safety. Oddly enough these ideas work all year long.
Remember when making purchases if you use debit or credit, protect your PIN. Never share your PIN with anyone and protect the keypad from casual view when you use one.
If you take a vehicle to do your shopping, please remember that the lots of malls are being watched by people who steal for a living; if you bring a load of gifts out to your vehicle and put them in intending to continue shopping, ensure you either place the packages in the trunk or under a cover so they are out of site. If you intend to go back into the mall get in your vehicle and drive off of the lot. Yes, I know it is hard to find parking. Yes, I know you've done it a million times before. Drive off the lot come back in a different entrance and park somewhere else. Then your shopping will stay yours.
Speaking of your vehicle, don't ever leave your purse or wallet in your vehicle. Anything you have of value needs to be out of site. Parking where you intend to stay, getting out and putting things in the trunk and going inside the establishment is the same as dropping off your Christmas shopping and going back in. Someone will pry it open and take what they want. Again you get to re-do your shopping and pay for the damage to your vehicle.

If you are leaving a London residence to go to your parent's home let's talk briefly about what to do to prep. Anything of value should already be on a list containing: make, model, serial number, unique identifying features and value in Canadian dollars. That list should be in a printed format not just saved to the laptop that will be lost or stolen. Your windows should also be locked; if they doesn't lock then you need to measure the distance from the frame to the side (horizontal sliding window) or top (vertical lifting window) of the moving portion of the window.
Go to a local DIY center, a.k.a. Home Depot and Home Hardware, buy a piece of one-inch by two-inch piece of wood and ask to have it cut to the size you need. You will get one cut free as a rule. If you have several windows know all the measurements and get them all done at the same time. The one-inch by two-inch is eight feet long.
You should also lock your room door. Please remember the whole house should be secured like this. Every window and door should be locked. If you are leaving your computer in your student home, invest in a cable lock and lock it to something heavy and not easily disassembled.
Most importantly have a great break over the Christmas holiday season and come back refreshed and ready to learn.
If you have questions about this or any other crime prevention concerns please feel free to contact Steve Hartwick with Campus Security Services either by phone at 519-452-4430 ext. 4929 or e-mail at shartwick@fanshawec.ca.

The Weeknd still can't feel his face



Starboy is a mixed bag of flashy lifestyles and bland b-sides.

CREDIT: XO



NICK REYNO
WRECKORD REVIEWS



The weekend never seems to be long enough. That brief reprieve from responsibility is often filled with fun and glistening laziness and it seems to just fly by. Unfortunately for Toronto singer The Weeknd, his latest album doesn't have the same effect that his namesake does.

Starboy, released Nov. 25, comes in at a daunting 18 tracks, and I'm not talking about a deluxe edition, there are seriously 18 grueling songs on this 68-minute album.

The Weeknd has often been hailed as a trailblazer and a god in his own right among R&B circles but *Starboy* feels stale in comparison to last year's leaps and bounds in *Beauty Behind the Madness*.

With so many amazing R&B and soul releases this year, lines like "too many people think they made me, well if they really made me then replace me" from highlight track "Sidewalks" seem to be treading on thin ice.

The overwhelming amount of filler tracks, coupled with mixed critical reception and a list of 21 producers on the album all come to contradict this boisterous bragging.

If it wasn't enough to smear this self-confidence across our stereotypes, The Weeknd goes a step further in laughing about accolades like his Teen Choice and Nickelodeon Kid's Choice nominations in another album highlight "Reminder".

The Weeknd gets right to the point,

singing, "I just won a new award for a kids show talking 'bout a face numbing off a bag a blow, I'm like goddamn bitch I am not a Teen Choice". It's true that The Weeknd's lyrics are extensively grounded in his lavish lifestyle of sex and drugs perhaps poorly suited for Nickelodeon's fan base but it's this kind of overconfidence that has to be snuffed out. This is the kind of overconfidence that left us with an album overwhelmingly dominated by b-sides. This is the kind of overconfidence that led to "Sidewalks" the collaboration with Kendrick Lamar where the Californian rapper outshines the entirety of *Starboy* in just under a minute.

Despite its shortcomings, *Starboy* shouldn't be written off as an absolute failure. The first half of this album has been well received with tracks like "Starboy" ft. Daft Punk, "Party Monster" and "Rockin'" catching most of the praise. Had these tracks been dispersed more evenly throughout the album it might have been a more rewarding experience but by the time "Sidewalks" concludes there's not much to look forward to aside from a final coda collaboration with Daft Punk on "I Feel It Coming".

At the end of the day the five or six hits on *Starboy* make the album worth a listen but most listeners will have tuned out after "Sidewalks". It's a shame to see an otherwise enjoyable album sharing track time with so many duds, "All I Know ft. Future" being among the bottom of the barrel but if you have a craving for soul and R&B, *Starboy* will easily get you through exams. At a 68-minute running time, you could even put the album on repeat and barely notice when it starts over.

The little-big things you never remark before they strike

The Black Swan: impact of highly improbable by Nassim Nicholas Taleb

IHOR POLOVYI
INTERROBANG

Let's imagine that you've decided to put money on an event with a random outcome. For example, someone tosses a coin, and you need to guess whether it's head or tail. Sounds simple, isn't it? You know that this game is 100 per cent fair, and your chances are 50/50. But here is a weird thing: last 49 tosses out of 50 were the tail ones. What would you say? Is it possible at all? And the most important question, what logic will you rely on when the bets are increased?

The Black Swan: The Impact of the Highly Improbable is a popular-science book written by a successful Wall Street trader and an economic philosopher of Lebanese origin Nassim Nicholas Taleb.

In this work, a person whose whole life was dedicated to the prediction of unpredictable events on the stock market shares his great experiences.

In a nutshell, he tells readers about one integrated idea: how our inability to estimate the impact of unlikely things (so called "black swans") affects the world we live in on every level.

Consider, who knew in the beginning of 20th century that a murder of Franz Ferdinand could cause World War I? Who could foresee the great depression in the United States in roughly four or five years

before it occurred?

What Taleb actually wants to show us is how we are normally biased towards any big change that can happen whether in the economy or in our everyday lives.

We are deeply inclined to trust educated authorities, but not our own feeling of truth and how it is hard sometimes to go against the common narrative based on statistics.

The Black Swan holds that this problem is due to three things: we are afraid of sudden changes; this is our biological nature, and we simply cannot define if the data we use to justify our version of the future is the right data.

To illustrate his ideas, Taleb resorts to brilliant examples.

In regards to the right data, just imagine again that you have 100 people lined up on a football field. If you need to count average amount of teeth all these people have, average weight, or quantity of fingers on their hands – the maximum alteration here will be low.

You basically cannot get so many people of the same age who have either too many teeth, too much or too little weight or fingers to exceed the border of one or two per cent from the whole amount.

However, if you decide to count their income, tumors, number of children, number of times they have been to Europe, the alteration will be so high, and one person can make 99.9 per cent.

This is what he called the difference between Mediocristan and Extremistan data. Taleb said that it is always an issue to understand whether we are dealing with the first or second type of information, when only the first one can be used for proper statistics, and only the second one by its nature has greater impact on life.

The Black Swan is felt like a cold shower in the middle of the summer. When inquisitive Taleb revealed his thoughts about "arrogance in cognition", how we are attached to forecasts and status quo in our life, you will automatically start to understand the borders of our ability to describe the world.

Taleb's book is an outstanding example of genuine anti-dogmatic and a free thinking approach in all senses. By its very style, it shows us how much we can find out about the events around us if we appeal to common skepticism and stop thinking that we know our tomorrow as good as yesterday.

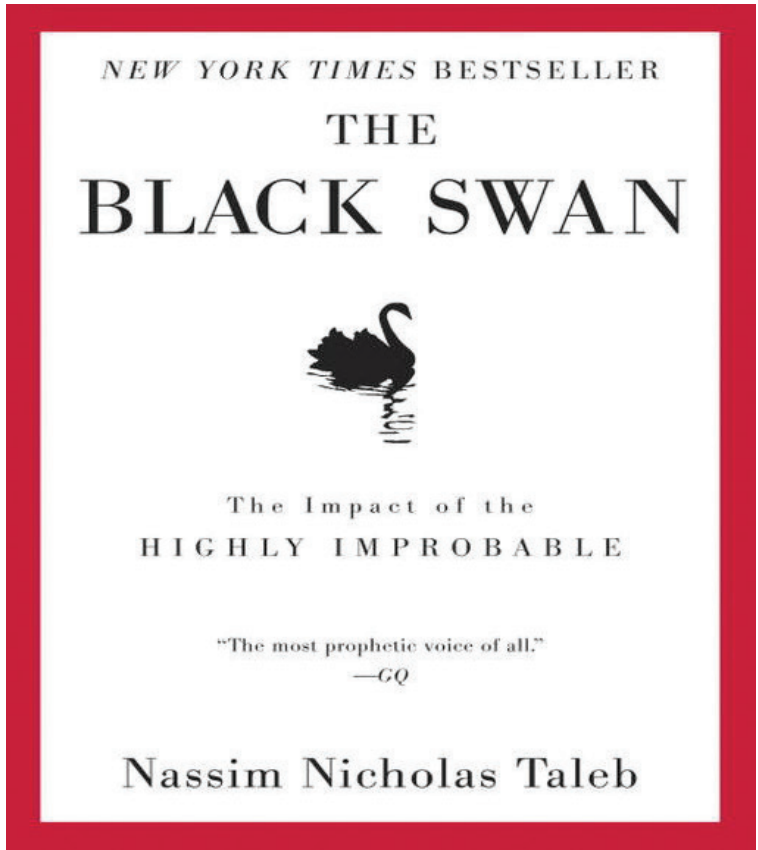
In the modern world of rapid changes, when everything's getting turned upside down, it's quite a critical thing to know how to prepare for the upcoming tendencies.

Many of us consider the world as controlled, predictable and chaired by human knowledge which is, in fact, not always correct.

In order to invest our money wisely (and there are certain tips on that too), not to get caught off our guard when a new crisis or

new economic miracle happens, we should be aware of at least what information we can trust and what we should be more cautious about. *The Black Swan* gives readers that precious information.

By the way, the very first example with the coin tossing was Taleb's personal test to define reader's aptitude to free thinking. What would you put your money on if you had to?



CREDIT: RANDOM HOUSE (U.S.) ALLEN LANE (U.K.)

The Black Swan by Nassim Nicholas Taleb questions probability, trust and the way humans react to the unknown or unexpected.



Men's Volleyball

OCAA West Division Standings

Women's Basketball

OCAA West Division Standings

Women's Volleyball

OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	6	12	18	1
Niagara	7	12	19	7
St. Clair	7	12	18	5
Mohawk	7	10	17	9
Sheridan	7	8	15	11
Redeemer	7	6	13	15
Fanshawe	8	6	12	18
Cambrian	7	4	10	17
Conestoga	7	0	2	21
Boreal	7	0	1	21



Winter tires might be a pain to have and tricky to choose from, but they are an essential part of making sure you get to and from your destination safely throughout the winter season. Get them installed today if you haven't already.

NAUMAN FAROOQ
MOTORING

Well folks, we're now into the winter season, and if you've lived in Canada for some time now, you'll know that messy weather is on its way.

Sure, sometimes we can get a delayed start to the icy cold weather, and can even get some unseasonably warm days in between, but don't be fooled, winter weather is lingering, and it will hit hard. That's OK, it's an annual cycle that we have to deal with, but those of us who drive can be better prepared for it by making sure our cars are wearing the right kind of rubber.

While there are plenty of people who believe they can get by with all-season tires, in reality, all vehicles starting in November should wear proper winter rubber. To help illustrate the advantages between winter tires and all-season tires, Kal Tire, the largest independent tire dealer in Canada (33 stores in Ontario, 250 across Canada) had invited members of the media to do some winter testing.

However, on the day of the event on Nov. 1, 2016, it was an unusually warm day. No worries, Kal Tire came prepared with their own winter. They brought truckloads of dry ice, plus a water tanker to turn a parking lot at the Woodbine Race-track into a mini winter wonderland. Plus, they had also brought four, identical cars, the 2016 Chrysler 300S, wearing different shoes. One car was wearing new Nokian Hakkapeliitta R2's, which is a premium winter tire, while the next car was wearing the same tire, but shaved down by 75 per cent. The third car had new "three-season" tires, also made by Nokian, while the fourth car had the same tires shaved by 75 per cent.

The shaved tires were to replicate the performance of well-worn tires, which a lot of vehicles on our roads still currently run on, and while they are still within legal limits, their best grip days are well behind them. According to data provided by Kal Tire, when a premium winter tire that is 75 per cent worn is asked to stop on an icy road when doing just 30 km/h, it will still work better than a new three-season tire. In fact, the old winter tires will stop 2.6m sooner. Plus, the old winters will also grip better while cornering over the new all-seasons. On my test, in the straight line braking test on a patch of dry ice, and cornering on dry ice (both tests performed at 50 km/h), it became abundantly clear very quickly, that the best performance in both scenarios was by the new winter tires. The worn out winters were second best, which was a surprise to me, because I thought for sure that the new three-season tires would perform better than old winter tires. I was wrong, and the difference is quite alarming, proving that the only compound your car should

be wearing between November and May is winter tires. As expected, the worst performance was by three-season tires that were 75 per cent worn, they really have no business being on the road at any time of the year, and especially when it's cold and wet. So why do the winter tires perform better? The answer is in their rubber compound. Winter tires use a softer rubber compound that heats up faster, and is hence stickier than all-season tires.

When temperatures drop below seven-degrees Celsius, a normal tire just doesn't have the flex to stick to the tarmac, while a winter tire can. Hence, an old winter tire works better than new all-seasons. While the results seem logical, it's not until you experience it that you'll get an actual idea as to what the difference is. While the performance between tires are entertaining to figure out on a closed parking lot, out in the real world, the difference could be between damage or no damage, or life and death. Conclusion: buy winter tires, and have them installed on your vehicle, now!

Cryptogram Solution: Your picture of the world often changes just before you get it into focus.

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

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



CREDIT: FANSHAWE ATHLETICS

Both men's and women's volleyball teams played tough games against the Humber Hawks. The men gathered to strategize their win against the Hawks.



CREDIT: FANSHAWE ATHLETICS

The women's volleyball team came together and gave it their all, but they fell short against the Humber Hawks.

ON BEHALF OF THE FANSHAWE STUDENT UNION AND FANSHAWE COLLEGE...

THANKS

Fall Student Feedback Survey time is over
and your help is appreciated!

The results help make Fanshawe an even better place to learn. Not only that, but these surveys are one of the best ways to give direct feedback to your professors on what works and what needs improvement in their classes.

Thanks again and don't forget to check your FOL email this winter for new course surveys!

Carlie Forsythe
President, Fanshawe
Student Union

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ROGUE ONE
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IMAGINE CINEMAS, CITI PLAZA

SATURDAY, JANUARY 7TH
FREE TICKETS AVAILABLE AT THE BIZ BOOTH
ON WEDNESDAY, JANUARY 4TH

FREE • OBS

OUT BACK SHACK | 8PM
COMEDY NIGHT
19+ EVENT | ALL AGES WITH FANSHAWE ID

WEDNESDAY, JANUARY 11TH

WITH GRAHAM KAY
STEPH TOLEV
BRYAN O'GORMAN

TICKETS AVAILABLE AT THE BIZ BOOTH STARTING JAN. 4

RANDY & MR. LAHEY
OF **TRAILER PARK BOYS**

WED. JAN. 18 **FORWELL HALL | 8PM**
19+ ALL AGES WITH FANSHAWE ID

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TUES. JAN. 31

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