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FROM THE EDITOR

Hannah Theodore (she/her)

Dear readers,

Congratulations on making it through the fall semester! It's time for some well-earned time off before we come back and do it all again.

Our Holiday issue will be sure to keep you busy over the break. Whether you're preparing to come back primed for the winter term or just hoping to spend a couple weeks relaxing, this issue features countless ideas to make the most of your break.

Johan George shares his ideas for the best video games to play over the break, including some going on sale over the next few weeks. If you'd rather get up off the couch, Zoë King has you covered with tips for staying productive over the break. Pair that story with Kate Otterbein's article on all the events happening during Downtown for the Holidays and you're sure to find festivities to fill even the longest night of the year (Dec. 21, by the way).

I hope, more than anything, that you've felt that Interrobang has been a worthy guide to your studies this semester, and that when you come back in January, you'll be ready to take on 2023 with us by your side.

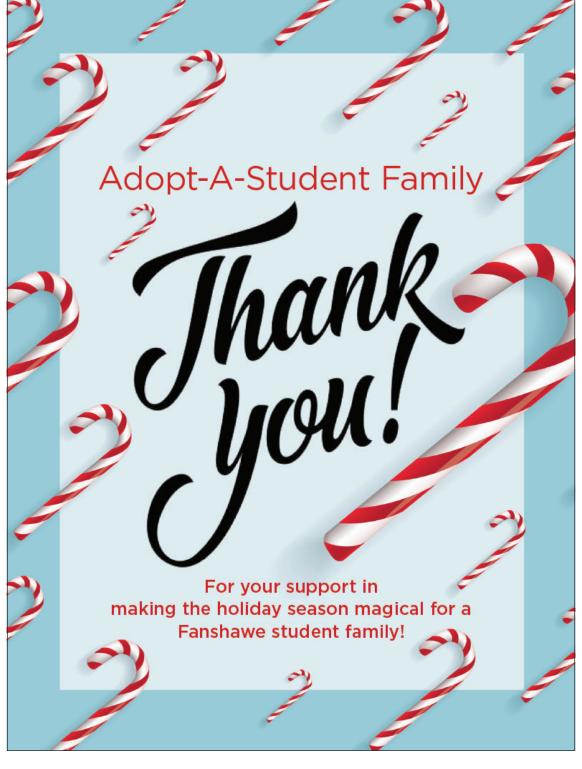
Happy holidays and have a wonderful new year, readers.

Sincerely,



Letters to the Editor: fsuletters@fanshawec.ca





New scholarship created to honour **Fanshawe student** killed in hit-and-run



Harrietha (they/them) **INTERROBANG**

A memorial award has been put together to honour the memory of Jibin Benoy, a 29-year-old Fanshawe student who was killed in a hit-andrun in London's east end on Sept. 18.

The international student was on his way home from work on his bike when he was struck and killed by a vehicle. Benoy was a recent graduate of the practical elements of mechanical engineering program (PEM) and was studying operations management (OPM).

The award will be granted annually to a current OPM or PEM student that demonstrates community service. Steven Lawson, a professor and the coordinator of OPM, was directly involved in putting the award together.

"After we heard the news, I went to the International Centre, talk to Brianna Santos. Then I went to Nikki Ross in counselling," he said. "I was kind of just looking for guidance, quite frankly, I had never had anything like this happen before."

Lawson and his colleagues discussed raising funds for Benoy's family, when the idea of a memorial award was brought up in order to honour his legacy. He reached out to the family to ask if they could establish the award in Benoy's memory, which they agreed to.

"They said, 'Yeah, keep the money there. Keep the money you've raised and put it towards the student award.""

Lawson didn't personally teach Benoy, but said he had only heard good things about him before his untimely passing.

"Jibin was someone who everybody liked. He was friendly. He was outgoing. Helpful," he explained.



CREDIT: FACEBOOK.COM

The scholarship will be awarded annually to a OPM or PEM student who demonstrates

about the academics. It's more about that community service."

Dan Smith, the program coordinator for PEM, did teach Benoy, for his capstone class. He said Jibin was always a very respectful and attentive student, even over the pandemic.

"He was asking questions. When I look back into the classes and the attendance, he always had multiple chats throughout the classes," Smith remembered. "He was a student that you remembered at the end of the semester."

Smith added that the award being focused on the community aspect of post-secondary perfectly fits Benoy and his legacy, describing him as "one you knew would be successful when he graduates.'

To Smith, the award means that students won't need to struggle so

"I thought, to me, it's not so much much in the future, especially international students. "Most times when they come to the college, they're either making friends here. Or they have no one. As a professor, I see that and it hurts. The award that's in his name, hopefully can ease the struggles some students go through."

A small memorial to Benoy is placed outside of B1016, one of the classrooms used in the PEM program. It contains a photo of him, a short paragraph describing him and what happened, a project he handed in, and the draft papers he and his partner did, showing how the project was put together.

The award is currently in the fundraising stage, according to the Fanshawe College Foundation. Monetary donations to the memorial can be given at justgiving.com/Jibin BenoyStudentMemorialAwardFund.

following symptoms:

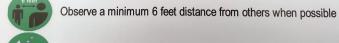
- · chest pain or
- shortness of breath
- fever and/or chills
- muscle aches/joint pain
 headache
- runny nose, congestion · nausea, vomitting,
- · coughing/barking cough diarrhea

sore throat



Please continue to observe:

SITE SAFETY



Disinfect common touch surfaces and equipment.

CREDIT: HANNAH THEODORE

Fanshawe College is encouraging masking campus as Ontario's pediatric hospital

Fanshawe "encourages" masking on campus



Hannah Theodore (she/her) **INTERROBANG**

On Nov. 21, Fanshawe College sent a notice to staff and students encouraging all campus community members to mask while on campus.

In consultation with the Middlesex London Health-Unit (MLHU), the college said the decision was made to "protect the pediatric population." This comes after a recent rise in cases of the flu and respiratory syncytial virus (RSV) have been reported in children under the age of five in Ontario, resulting in a surge of sick children in Ontario hospitals.

Ontario's top doctor, Kieran Moore, strongly recommended masking indoors on Nov. 14, citing the "perfect storm" of COVID-19, influenza, and RSV as the biggest

strain on the province's pediatric healthcare system.

"What we are facing is a triple threat that requires our collective action and action to protect the most vulnerable in our communities, the very young, the very old and those with underlying medical issues and to ensure that our health-care system remains able to care for Ontarians when they need it," Moore said last week.

Fanshawe is also reminding campus community members to screen regularly for COVID-19 and stay home if you are feeling unwell. It said the college is not currently considered "high risk" but stated that "masking will help protect our entire community as we continue into the colder, winter months.

While not an official mask mandate, that college had stated back in August that it would consider reintroducing mask and vaccine mandates on campus if they became necessary.

Downtown for the Holidays gets revamped



Kate Otterbein (she/her) INTERROBANG

Downtown for the Holidays, the annual holiday festivities that take place in downtown London, has gotten a little bit of a revamp this year. The traditional lighting of the lights at Victoria Park is taking place, along with markets, and a new outdoor portion at the Covent Garden Market.

"It was important with the addition of Santa's House, having that outside, just to create a Christmas feel as well as inside," said Amy Shackleton, General Manager and CEO of Covent Garden Market.

This outdoor portion will include horse-drawn carriage rides, a full entertainment lineup, food, vendors, free hot chocolate, and of course, a big Christmas tree in the middle of it all to top it off.

"We hope to make this an annual event from here on out so we'll see how things go this year."

This year is dubbed a "December to remember" because as the COVID restrictions remain lifted, there is more opportunity to get out and enjoy the time of year.

'I'm personally excited for Santa's house. I'm excited to bring my kids here just to see all the light installations we have, LED swings, and of course, shopping from our local businesses here in London."

Downtown for the Holidays also gave Fanshawe students some more practical work experience. All of the market huts were made by

"In the early stages, we wanted to build these market huts and we wanted our community to be a part of it. So, we reached out to Fanshawe College and Steve Crema said he could add this into his curriculum."

The students built six huts in total.

"Fanshawe is our neighbour. They're right here in downtown, so why not celebrate the people all around us?"

New Year's Eve in the park is also returning to London this year, after a two-year hiatus. Victoria Park will be filled with fireworks, free outdoor skating, live music, and other entertainment

"All of these free holiday events are being coordinated together this year as part of a larger campaign to support the vibrancy of downtown," said Ryan Craven, Manager of Core Area Programs at the City of London. "By working together with our community partners, we hope to provide a memorable and exciting holiday experience for everyone and support economic recovery throughout the month of December."

For a complete breakdown of all the events happening throughout the holiday season, it can be found on the Covent Garden Market website's event page.



CREDIT: COURTESY OF COVENT GARDEN MARKET

This year is dubbed a "December to remember" because as the COVID restrictions remain lifted, there is more opportunity to get out and enjoy the time of year

Fanshawe fashion show promotes sustainability



Harrietha (they/them) INTERROBANG

After not running in-person for nearly three years due to the pandemic, The Story came back to Fanshawe's Student Centre.

The pop-up shop ran in the days leading up to the actual performance, offering a curated selection of clothing that students spent time picking through, thanks to a collaboration between the fashion marketing and management program and Goodwill Industries. Saleem Dahi, a second-year student in the program, was part of the store planning committee, as well as taking part in the show.

"Not only did we get a lot of merchandise from Goodwill, the fashion department has like a bunch of stuff on hand already," Dahi said. "So we went through all of that thinking, 'who do we think we could sell these to?' It's all pretty loved clothes, it's a lot of like making sure there's no stains or smells."

On top of making sure the clothing is all in good condition, the students have to remove any old tags still left on the clothing, value the pieces, tag them, then plan out where to place each piece of clothing using a map of the store.

Dahi added that the experience was not only fun but a positive learning experience as well.

"Even though we were very well planned, it was still a small amount of time. We had to plan such a big



CREDIT: BEN HARRIETHA

The outfits put together for The Story fashion show were all pre-loved clothing hand-picked by students.

it came down to it."

The entire project was headed by Deb Trotechaud, a professor within the fashion marketing and management program.

"The concept of the name came up because everybody has a story," Trotechaud said. "All these pieces have their own stories. It was really just about listening to people and

learned how to really crunch when know what someone's going through."

> All the money made from the pop-up store is put towards a scholarship for fashion marketing and management students in their

"Goodwill's mission statement is based around helping people with their mental health and so is The Story," Trotechaud explained. "We event in such a short time, we all their stories, because you never have a lot of students obviously that

suffer from mental health issues, and so when we decided to do this scholarship it was really just to support them in their last year. So as they're leaving, we give them some money to help set up their life and change their story, make it a better story."

The last in-person iteration of The Story was held at the Goodwill Centre on Horton St. back in 2019. Trotechaud said that it felt great to

"Everybody's been craving it. There's definitely some social awkwardness because we haven't done it in ages, and some of the students have been online learning since high school."

She also mentioned that they chose to host at the college for their first year back to err on the side of caution, but the possibility of the show returning to the Goodwill Centre is not out of the question.

Fashion design partners with SILEX, massage therapy



Harrietha (they/them) INTERROBANG

A student team has created new covers for the simulation labs massage tables in a new collaboration.

In a partnership with the occupational therapist assistant and physiotherapist assistant program (OTA/PTA), the Signature Innovative Learning Experiences (SILEX), and the fashion design program, students were given the opportunity to create covers for the OTA/PTA's massage tables.

SILEX offers simulated experiences for students, such as mock ambulances, nursing labs with volunteer patients, and even a mock apartment for trauma response. Tania Killian, the manager of simulation, said that so many schools use the simulation labs, it can get hard

"There's a huge list, I have four schools that I cover. So I have all the nursing programs, PSW, Community Studies, all the Health studies programs, there's quite a few. And they all use the labs."

SILEX partnered with the fashion design program in order to create new covers for the massage tables located in the simulation labs.

"To get them redone, would have cost thousands of dollars. And so I reached out to [Fashion Design] and they were super keen on it," Killian explained. "We can buy covers online but they weren't as good, this material is way better than anything you could buy online and it didn't cost anywhere near as much."

One of the students who worked on the project, Biz Clarkson, said the experience was great for learning a different way to apply the skills she learnt in fashion design.

"My skill set is just that much more varied and can expand that way. Now that I've had experience working with something that isn't clothing, I could go and work for like an interior company."

Clarkson added that the overall experience of working with the massage team to be accommodating and friendly.

"The communication was pretty good in the sense that I could ask to come and check something out really quick," she said. "They really did seem to know what they wanted out of it."

Fashion Fits, the student run company that was behind the production of the covers, has already received 20 more orders for the covers for the other massage tables throughout the school. Lorrie Dunn, a Fashion Design Technologist at Fanshawe and the lead on Fashion Fits, explained how they hope this



CREDIT: BEN HARRIETHA

The new covers for the massage tables are expected to last for at least five years.

Have any questions or comments about Fanshawe's Mission, Vision, Values or board policies?

Tel: 519.452.4458 BOG.student@Fanshawec.ca

Samrat Raj

Student Representative to The Board of Governors

project is a continuing one throughthat's part of my mission here."

"The covers aren't going to last forever, they will break down depending on how much they are used," Dunn said. "But it sounds like

it's going to be a continuing project. So it will have an influence on future students as well." Killian's goal as the simulation

manager has always been getting the students to have real-world experience while they're learning at the college.

"From the beginning I'm like, 'even if it costs the same or a little bit more, we're getting the student experience at the same time.' And Killian was involved in the cre-

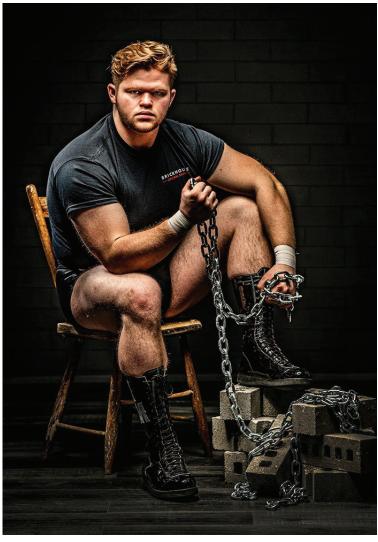
ative process as well, not just "So I picked the material, I came down and showed them what we

wanted, they did mock-ups with different materials, and then we gave them some feedback," she explained. "When the final products came,

I was down here to approve them. That was a good process all around."

SILEX has multiple other projects on the go as well. The previously mentioned apartment sim is getting an update thanks to second year interior design students. Their work will be presented on Dec. 5.

Student wrestler to compete at **Fanshawe**



CREDIT: HAMMERLOCK PURE WRESTLING

Colton Churchill (Mick "Brickhouse" McGuire) is excited to be wrestling at Fanshawe on



Otterbein (she/her) **INTERROBANG**

Calling all wrestling fans! Smash Wrestling is coming live to Oasis on Jan. 11, 2023 for all to enjoy. Fanshawe's own Colton Churchill, known as Mick "Brickhouse" McGuire in the wrestling world, will be competing.

When Churchill was little, he hood dream of mine." grew up watching wrestling with

"I have always loved the over the top nature of wrestling," said Churchill. "But it's not just all the show. It's show and athletics mixed together'

He said he was always an athlete in his childhood, playing baseball, soccer, football, and everything in between. But those sports came and went. It was wrestling that stuck and became his true passion.

"It's the best of both worlds, where I can punch somebody in the face, and I can also be yelling, screaming at the fans. I really feed on the crowd interaction and it's a whole different feeling when you're out there."

The crowd is really the reason for the sport. Without the fans in the audience, there would be no event.

'It was the crowd interaction, the athleticism, and the larger than life personalities that really drew me in."

Churchill is currently enrolled in Fanshawe's Fitness and Health Promotion program. This is something he chose because it goes along with his wrestling career.

"I figure if you can work into a field similar to what you want to do, you can be successful in that venture and maybe it'll help with your other one."

The short-term goal for Churchill is to win a championship within the next two years.

"I'd like to be able to hold a gold belt around my waist. That's a child-

The long term is to someday compete in the World Wrestling Entertainment (WWE). In the present though, Churchill is looking forward to the upcoming match where he has the hometown advantage.

"It's been three years since I wrestled at Fanshawe. It was my first year of doing wrestling shows and I lost a match in humiliating fashion."

He lost that match in two minutes and 45 seconds, something he said is not the greatest record.

"I think it might be time for redemption. I think it's time to get the people behind me. I tend to step up my game a little bit in front of the people that I know."

Although every match is different. Churchill's longest match lasted 40 minutes, while the average match typically ranges eight to 12 minutes.

Churchill looks forward to stepping into the ring once again and wrestling for his stomping ground, Fanshawe



Lexian Brown (left) and Solomon Ehiemua (right) reminisce on their Fanshawe experience as they revisit the MIA classrooms.

International Fanshawe alumni offer words of encouragement to current students



Kate Otterbein (she/her) INTERROBANG

Two international Fanshawe alumni have found great success following their time at Fanshawe. Solomon Ehiemua, known to his fans as Solo YT, went through Fanshawe's downtown campus for Theatre Arts Tech Production. Lexian Brown, known as JagHuli-Gin, went to the main campus for Music Industry Arts (MIA).

Upon coming to Canada, Ehiemua said there were some challenges.

"People think differently out here," he said. "I'm from Africa and it's a totally different world from Canada. There are certain things you can't do, I also had to learn how to communicate in the Canadian lingo.'

Between the two of them, the majority of the struggles came from just being in a new area altogether. Brown, who is from the Bahamas, had similar struggles.

"Not being able to navigate, just as simple as catching the bus, the bus system is way different from the Bahamas," said Brown.

But, this hasn't stopped them from adapting and succeeding in the field they both feel they were born to have a career in - music.

"I grew up in a very weird family," said Brown. "My sister was an athlete, my brother's an artist, and then I did nothing. I was just a fat kid, there was nothing that piqued my interest except for food."

Brown outlined a memory when they had food from the United States, when he first started singing.

"I was excited, so I just started singing. My sister stopped and was like, 'you can sing!' She ran to her room, got some lyrics to the national anthem and I started singing."

From then on, it was destiny and the music flowed through his veins.

Ehiemua learned about making beats from one of his friends, which then started the journey down the music path for him.

"I personally don't think I picked music as a passion," said Ehiemua. "I think it definitely picked me, it was more like an addiction."

Since the pair found their respective music careers, it has only been up from there. Solo YT was nominated in the hip hop category and Solo, JagHuliGin, and King Cruff, another fellow Fanshawe alumnus, were all nominated for Music Video of the Year for their song "Consolidate."

"I've put out a lot of videos and I wasn't getting any attention really," said Ehiemua. "To see that they

actually nominated me for not one but two awards, we have the right idea of where we want to take the music scene in London to."

Now, they are offering their words of encouragement for fellow international students.

"As soon as you enter, figure out what you need to do to get your permanent residence, if you plan on staying," said Brown. Get your stuff, don't procrastinate. For international musicians, network and put yourself out there. If there's a day that you don't do something to get you closer to your goal, that's a day wasted."

"Canada is an even playing field for everybody," said Ehiemua. "Canada does provide a lot of opportunities. I never would have gotten those opportunities if I was in Africa today. I love my African people, but it is what it is."

Now, they look forward to building their music careers and releasing more music.



OPINION Volume 55 Issue No. 8 December 2, 2022 theinterrobang.ca

Our peace deficit



Michael Veenema RELIGION

At this time of the year, a number of special days will be celebrated. They include the Winter Solstice, Hanukkah, Three Kings Day, St. Nicholas Day and Kwanzaa. But even in Canada with our diverse population, Christmas stands out as the most recognized. It is the celebration of the birth of Jesus Christ.

One of the enduring themes of Christmas is peace. This theme is not an invention of Christmas card wordsmiths. Christ himself is known as the "Prince of Peace." The title comes from a Jewish text, Isaiah 9:6 which reads:

For to us a child is born, to us a son is given, and the government will be on his shoulders.

And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

The Jewish folks of the first century who put their faith in Jesus saw this text as one of many in the Jewish Scriptures which looked forward to the birth of Jesus.

Peace.

In many respects, we have a great peace deficit in our world. Wars rage in Yemen and some of the African nations. Conflicts between Conservatives and Liberals, and south of us, between Republicans and Democrats show no signs of easing. A visit to the internet can easily draw you into taking sides in the gender and culture wars being waged online.

The people of Ukraine want peace. But to get the peace they want, a peace in which the Russians are driven out, they will have to keep making extreme sacrifices. There is no guarantee at all that they will be successful. Putin's promises may fail the Russians. But Zelenskyy's assurances to his people may not fair much better.

Recently I was in Halifax to look at the largest aircraft carrier on the planet. It is bristling with, I would guess, enough lethal capability to wipe out entire nations. \$14 billion USD, and 4,000 crew members.

Where do you and I look for peace? In mesmerizing machines of war? In the promises of the leaders of modern nation states? In the pronouncements of YouTube influencers



CREDIT: MARIA STAVREVA

In many respects, we have a great peace deficit in our world.

and social media celebrities? In movements such as Marxism, capitalism, socialism, feminism, woke-ism, environmental activism, or anti-racism?

In the opening lines of the first century Jewish-Christian text called Luke, after its author, we meet Herod the Great. As a servant of the Roman Empire, Herod saw himself as the bringer of peace. His father was a favourite of Julius Caesar, which gave Herod his shot at power and influence. The famous Marc Antony was among his supporters. The Roman Senate appointed Herod as king of Judea. He then went on to secure his kingship by means of a military operation and ruled Judea in Israel for nearly 40 years.

Herod, seeing further opportunity, married into the reigning family of Jewish priests and kings, the Hasmonean dynasty. He took as his wife Mariamne, one of the daughters of that dynasty. Eventually, Herod had several of his family members executed because, even among

his family, he saw only conspirators. Among the victims was Mariamne.

Like other Roman rulers, Herod loved building projects. The most impressive of these was the reconstructed Jerusalem temple. Acres of stone work, pavements, colonnaded buildings, and sacred structures: the Jerusalem temple that figures so largely in the New Testament.

By these methods, Herod worked to secure his reputation as the guarantor of prosperity and peace for the people of this Jewish region, Judea, in Israel.

But the pious Jewish people of the day were not buying into Herod's peace agenda. On the first page of Luke, we meet not only Herod, but also Zechariah and Elizabeth, and Mary and Joseph. The first couple became the parents of John the Baptist, the forerunner of Jesus The second became the parents of Jesus, Mary his birth mother and Joseph his adoptive father.

What are they doing? Joining protest marches against the Roman occupiers of their true peace.

land? Collaborating with the "zealots" of the day who, by means of the dagger, tried to defeat Herod's minions?

No. Luke tells us that they concentrated on living a righteous, obedient life in the sight of God. We see them joining with others of their Jewish community in prayer, in worship, in reverence for the living God, the God of the Jewish nation.

The contrast between Herod and these devout Jewish couples is striking. I believe Luke intends for us to see it. On the one hand, the peace promised by those who are overly in love with political power and are willing to be ruthless. On the other, people of God who, while not in the least avoiding work and political life — as can be seen throughout the biblical accounts — seek peace by means of prayer, worship, obedience to the Jewish God, and participation in the community of the faithful. They expect God to be the bringer of

Interrobang Rewind: A Charlie Brown Christmas — Vince Guaraldi Trio



Ben Harrietha (they/them) **INTERROBANG**

Christmas time is here. Time for an appropriately themed review of one of the best Christmas albums ever made, the soundtrack to A Charlie Brown Christmas.

I grew up watching a lot of the Charlie Brown specials, mostly in French class, strangely enough. A lot of the holiday ones, the one where they go to France, and a few miscellaneous ones. I was never a huge Peanuts fan, and other than those few miscellaneous television specials, I never went out of my way to look for it. The exception, however, is A Charlie Brown Christmas

Every holiday season, I make a point to watch A Charlie Brown Christmas, as a little reminder of my childhood. It doesn't take up a lot of time, only running 25 minutes total. But it harbours a lot of really sweet and warm feelings for me. Another holiday tradition I have is to do some baking. I've never been much of a baker, but I like making things to give to people for the holidays. When I'm baking, I usually

listen to the soundtrack to the special, as it's song moving. holiday themed, but not overly so.

same time as the special, the album was composed and recorded by Vince Guaraldi, a famous American jazz pianist. I found the album in high school, around the same time I was playing trombone in a jazz band.

The album runs for 40 minutes, with 11 tracks. The entire album reflects the spirit of the work it's scoring; laid-back, heartfelt, and almost a little melancholy in spots. It perfectly fits the special; Charlie Brown knows he should be happy around the holiday season, but is rather

It's hard to listen to this album and not be filled with some sort of holiday cheer. Jazz can be a dense genre, as it can get very technical, but the arrangements here are kept simple to be approachable to everyone (seeing as it was made for a children's television special), yet complex enough to still be interesting.

Songs like "O Tannenbaum" exemplify this balance perfectly. Starting with a piano rendition of the traditional carol, the song then goes into a more traditional jazz three piece, with the melody being played in a swing style, the drummer using brushes to give the song just an extra bit of texture, and an upright bass keeping the

Guaraldi's improvisational piano runs on Released in December of 1965 around the this song and the others on the album are downright addictive. He usually does the same style of improv run, but it always comes at the perfect time to just give the songs a little more oomph.

Part of what makes this album the "Greatest of all Time" is how, ironically, not Christmas-y it sounds. Most Christmas songs (and albums by extension) are either incredibly religious, or almost sickeningly sweet and joyous. This album is neither of those things.

The album is a lot more reflective. It captures those moments that come between the highs of the holidays. Yes, the holidays are, for the most part, an incredibly happy time where you see family and friends. But, at least for me, it has moments of quiet contemplation. Sitting outside with a space heater, watching the snow fall, or waiting for dinner to be ready while examining the spoils of the morning's gift exchange.

The instrumental version of "Christmas Time is Here," for example, is the song for those moments. It's a song that has joy in it, but it also has this feeling of melancholy, almost reflecting on what the holidays



CREDIT: FANTASY RECORDS

A Charlie Brown Christmas is the perfect soundtrack for the quiet contemplation that comes between the

truly mean

Oh, and the album has "Linus and Lucy" on it. You know, the really famous Charlie Brown song. Yeah.

Those moments are what make the holidays for me. And A Charlie Brown Christmas provides the perfect soundtrack to my holiday contemplation.

OPINION

Time to wage war on the War on Christmas



Gerard Creces (he/him) **INTERROBANG**

No phrase raises my holiday hackles as much as the misguided "War on Christmas."

For those of you fortunate enough to be unfamiliar with the term, the War on Christmas has been thrown around for years - largely by American conservative media outlets such as Fox News.

The underlying notion of "the war" is that Christianity is being forced into the shadows, society is going to hell in a hand basket, and people are so grossly offended by the idea of a Christian Christmas that it's being banned from public consumption.

North of the border, we still see the same self-righteousness, though it's mostly in meme form from out-of-touch relatives. You know, the ones that start with "99 per cent of you won't repost this..."

This is far from a scientific statement, but I'll bet most people who believe that Christmas is under attack also believe hitting their kids turned 'em out right.

It's all nonsense, of course, but every year as the memes begin anew, I somehow cringe, die, and explode with rage all at the same time.

There were times in centuries past where people actually did fight for their right to Christmas, but this ain't one of those times. What some think of as an aggressive PC takeover is really just understanding that demographics change over time.

Back when I was a small-town newspaper reporter, I would get one particular visitor at Christmastime whose goal was to remind me what the spirit of the season was all about.

She was a festively decked-out woman in her 60s, who would each and every year come to show off her button that proudly proclaimed, "It's OK to wish me a Merry Christmas."

She was worried that Christmas was being taken over by secularism and consumerism - that the true meaning was lost. I appreciated her wanting to make a statement and to be honest, had white space to fill. So, I took her photo and wrote a little caption.



CREDIT: GERARD CRECES

There were times in centuries past where people actually did fight for their right to Christmas, but this ain't one of those times.

But then she came back the next year and the next. I stopped taking her photo, inviting her instead to write letters to the editor. She took the invitation, and in the third year, I believe, she began selling buttons.

I couldn't believe people were buying two things:

- 1. The buttons
- 2. The idea that it was no longer OK to wish people, "Merry Christmas"

As a small-town news guy, I attended no less than five Christmas concerts a year at various schools in both the public and Catholic board. They were mostly awesome, with the occasional clunker.

Over time, Christmas concerts in some of the more diverse schools became holiday concerts instead.

It was no less cute. Kids would still pick their noses and talk to their buddies when they should be singing. There were still colourful sets and costumes made out of construction paper and tempera paint.

But was it an affront on Christmas? Were Christians being shamed? Absolutely not!

Canada is increasingly a multi-cultural country and each new wave of immigration brings with it more and more adherents of diverse faiths. Add to that the fact Christianity has been on the decline in Canada since the late 1960s. It's not war that subdued "traditional" Christmas — it's the decreasing numbers of people celebrating the Christ portion of it.

That is neither a good nor bad thing, it's just numbers.

The secular part of Christmas (family, friends, gifts and shining lights during the darkest nights of the year), are still equally special for people. The religious aspects of the holiday are now reserved for people of faith rather than imposed on all.

But back to the button lady.

The thing is, she did have one great point: Christmas consumerism has gotten entirely out of hand, and Canadians take on way more debt than they can handle this time every year. But that has nothing to do with religious persecution and everything to do with decades of aggressive marketing and easy to access credit.

That's about all we agree on, though. Actually, scratch that...

You can wish me a Merry Christmas too!



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Zoë Alexandra King (she/her) | Interrobang

s a recent immigrant to Canada, I have found many activities to celebrate the Christmas season whilst I am in London. As I am still pursuing my education at Fanshawe, my exams tend to finish only a few days before Christmas, leaving a short amount of time to celebrate the season before I visit my home country. With that said, there are still activities leading up to Christmas that I find myself doing to keep the festive spirit flowing through me!

To start things off, I always grab a featured seasonal beverage at Starbucks and with Victoria Park being right next to one, it's only right to brave the cold and take in the magical atmosphere. The snow starts to fall on the ground and there's colourful lights in the trees. I love doing this with my friends whilst having constant laughs about how crazy we are for walking in the cold weather. This is one of my favourite ways to kick off the Christmas season and if you leave out the Starbucks, it doesn't cost a dime.

As a Christmas fanatic, I am thrilled to watch *Elf: The Musical* at The Grand Theatre this year. For me, there is nothing better than watching a live production and appreciating all of the hard work that goes into it. Even just thinking about sitting down in a crowd and enjoying this Christmas classic gives me goosebumps. If you're anything like me, you'll make sure to take a friend or even venture out on your own to see this. I have high expectations of leaving this production in a cheerful and festive mood.

On that note, I can't help but bring my inner elf to reality during the holiday season! It all starts with a list on my phone consisting of friends and family that I plan on giving a special present to. Once the list is created, I completely rack my thoughts on what they might have mentioned throughout the years of items they want. Whilst the action of giving the presents to my friends and family is by far the best part, I would be lying if I didn't mention how much joy it brings me to wrap each and every present. That may come as a surprise to most as this is known to be quite a tedious task, but there's just something about having Christmas carols in the background, sipping on eggnog, and wrapping presents for your loved ones.

When it comes to music, I love to blast the Christmas albums of Michael Bublé as well as the cast of Glee. Don't get me started on Dolly Parton and Kenny Rogers! Is it even Christmas if there isn't "Hard Candy Christmas" playing through the house? My Amazon Alexa will be on full blast for the duration of December. Sorry not sorry to my neighbours!

One of the activities in London that I'm excited to do this Christmas, is to visit Covent Garden Market throughout December and support some of the local companies. I think this should be a great opportunity to purchase a few stocking stuffers and personally I'm excited to see what The Chocolate Factory will have to offer.

Another activity that I have heard all the rave about is visiting 100 Kellogg Lane during the holiday season. This is another destination that will be great for purchasing Christmas presents, especially during their Merry Market. With scouting most of the markets in London throughout the year, this event seems right up my alley.

These are just a few ways that I love to kick off the holidays and I hope that you give at least one of these activities a try. If you are in London and love to celebrate the season, make sure to do your research on the events that are taking place and take advantage of it.

How Jim Carrey Stole Christmas:

THE GRINCH MONIES RAMKED

Kate Otterbein (she/her) | Interrobang

There has always
been something so
interesting about the
Grinch. I remember
wishing the Grinch
would come and
steal my Christmas
tree because what an honour
that would be if the Grinch chose my
Christmas tree to steal! Plus Max is just
so cute (in all of the Grinch movies) and
he's hard not to love.

It's such a great, feel-good story. It shows how everybody, no matter how rotten to the core they are, can change with a little bit of love and sense

with a little bit of love and sense of community. Sometimes people just need some love and support.

How the Grinch
Stole Christmas
is one of the most
popular Christmas
movies of all time.
And it is the best
Christmas movie of all time.
With three versions, the original TV s

With three versions, the original TV special (1966), Jim Carrey as the Grinch (2000), and the most recent animation, *Dr. Seuss' The Grinch* (2018), there will obviously be varying opinions on the official "ranking" of the films. My personal ranking from best to worst is the 1966 TV special, then *Dr. Seuss's The Grinch*, and finally Carrey's *How the Grinch Stole Christmas*. The last one is definitely a controversial opinion.

Growing up, I have so many memories watching the *How the Grinch Stole Christmas* TV special with my dad in December and they are some of my favourite. Not to mention, the original TV special is a hard-to-top classic!

Dr. Seuss' The Grinch is number two on my ranking because of how family friendly it is and the cute animations. It was modernized, which is expected, but the animation and the story still gives homage to the original TV special and adds a little bit of humour to the story. I saw this one in theatres with my dad and I was pleasantly surprised. I had expected to not like it, after only having Jim Carrey's version and the original to compare. The family friendly aspect is really important for a holiday movie because for a lot of people, that's what the holidays are about. Curling up by the fire and Christmas tree watching a holiday movie with family is the perfect December night for many.

Carrey's version of *How the Grinch* Stole Christmas, directed by Ron Howard, made a heartwarming story about the Grinch who opens his heart to the community a little scarier than it needed to be, which is why it's put last. It isn't a bad movie by any means. In terms of families though, some kids are afraid of it. The Grinch is not supposed to be terrifying to the audience, especially when it is viewed as family friendly. Sure, he's maybe a little creepy, but not terrifying. Some people may like a scary Christmas movie, and all power to you! If spooky vibes are your thing, go for it. I just view Christmas as a happy, heartwarming time of year where you can spend time with your family. It brings me so much joy, so I like to watch happy Christmas movies to match that feeling—although it's not the same for everybody.

No matter how you feel about the Grinch movies and what order you would rank them, the Grinch provides a tale of what Christmas truly is about. The power of community can be so strong and is so important over the holidays. Nobody wants to spend Christmas alone. No matter who you're with, whether it be family, friends, neighbours, that sense of community and belonging really opens up your heart. That's the true meaning of Christmas and that's why the Grinch is the best Christmas movie of all time.



BUYNOTHIG BUYNOTHIG CHRISTNAS



Hannah Theodore (she/her) | Interrobang

f you're struggling to decide what to buy for your loved ones this holiday season, I might have a solution for you: try buying nothing at all.

The Buy Nothing movement is a global project with local networks around the world. The project brings people together to share, give, and receive goods and services amongst one another. Buying nothing means there is no bartering involved, no trading, selling or exchanging money of any kind. Rather, participants can access local Facebook groups or the Buy Nothing app and either post items and services they are looking to obtain, or items and services they are looking to give away.

When it comes to the holiday season, these groups can be especially beneficial. They make it easy to find free secondhand items from within your community, saving you from purchasing something brand new, and saving old items from ending up in a landfill.

According to CEO of the Buy Nothing Project, Liesl Clark, celebrating the holidays through the "gift economy" can be a gratifying experience.

"With inflation right now, that's one reason to try out your gift

economy model," Clark said. "But also in terms of just the amount of waste? And do we really need to buy all of these things? Why not try in your community to see if there's something that might be just reused? That would be just as wonderful."

The idea of a Buy Nothing Christmas is rooted in anticonsumerism, a direct pushback to the frenzy of shopping in big box stores and Black Friday sales that dominate the holiday season. A Buy Nothing Christmas might mean making handmade gifts for your loved ones, or finding something secondhand from a local Buy Nothing Facebook group.

"You can do it within your own family, you could set up a gift economy and just say, 'Hey, let's just give and receive from each other,'" Clark said. "How about we do a Buy Nothing Christmas, and we actually say, 'please don't buy me anything."

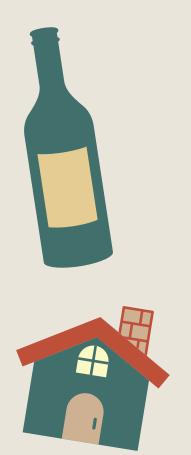
As inflation soars and the cost of living grows, this holiday season will likely be one of the most expensive in recent memory. Rather than going into debt, talk to your friend group and family, and plan for a holiday season free from spending. Clark believes we'll see many more families and friend groups planning for a Buy Nothing holiday season this year.

"Last year, right around this time, there were people struggling, partly because of the pandemic, but also there were supply chain issues... and right now we're seeing it again, there's so much interest in testing the waters and seeing if we can use these hyperlocal gift economies as a social safety net to rely more readily on our neighbours and keep items circulating within our community."

Although a Buy Nothing holiday may make for a different experience, Clark said doing Christmas this way can elicit even more warm and fuzzy feelings, by helping you not only connect with your loved ones, but also your neighbours.

"It's almost threefold in terms of the joy that people are experiencing through gift economies as opposed to [putting] in an order through Amazon, and then it comes to your doorstep and there's no human connection there. You're not connecting with anyone related to that item."

A quick search on Facebook can help you find local Buy Nothing groups in your area. Using these resources to connect with your neighbours and find treasures nearby can help enhance your Christmas experience while keeping your funds in check.





THE ARTOF CIFT GIVING

Ben Harrietha (they/them) | Interrobang

here's a certain art that goes into the process of gift giving, one that has to be refined over countless holiday seasons. Is it best to ask the person directly? Or try to guess what they want? How much time is appropriate to spend on wrapping? To narrow this art down, I spoke with my mom, dad and sister to figure out how to navigate the gift giving process.

When it comes to gifts, do you ask the person what they want or do you try to guess?

Mom: I take a look at their varied interests and then go from there and try to find something that's unique and that they may like. So then it's a surprise for them.

Dad: So I like to get a list of what people want. And then I work through the list. I always try to do something off book too. But for the most part, I'm pretty much a list guy. I love links too, cause then I know exactly what to get.

Savannah: I will try and go almost like a theme and I'll ask them questions to kind of go with that theme. For example, let's say I wanted to do something like a spa night themed gift. I'd ask what kind of scents they like, what do they do to relax?

What do you prefer when it comes to receiving gifts?

Mom: I think opening presents from someone can have the expectation of knowing you're getting something that you want but I don't really expect anything usually. So knowing that the person took the time to go out and put the thought into it, is more of a gift often than the gift itself.

Dad: I like a gift that has some thought behind it. I'm very, very big about making sure my family knows the things that I like. If it's from a

video game or motorcycle stuff or things like that, you can never go wrong.

Savannah: Let's say for like, bigger ticket items. I'd rather get something I want exactly. But for the clothes and stuff, if you see something that you think I'd like, I'll take it and probably I'll love it.

Do you find gift giving stressful?

Mom: Absolutely not. Because if I'm struggling with trying to find someone a gift, then that means I've usually put a lot of thought into it, so I'm more excited about their reaction to it.

Dad: No, because I have a list.

Savannah: I find the shopping process can be a little bit stressful, giving gifts is not very stressful in my opinion. It just brings me a lot of joy to give gifts.

How much time on average do you spend wrapping gifts?

Mom: I tend to do presents in one big batch whenever I have the time to. Only exception is with stockings, I do those a little bit at a time so that I can keep track of how equal they are. As far as time goes, I would say, overall, it's probably anywhere between four and six hours in total.

Dad: I spent a very minimal amount of time wrapping gifts because I get other people to wrap my gifts for me.

Savannah: Probably like two, two and a half hours. Five if I'm wrapping dad and yours.

What's the best gift you've ever received?

Mom: It was a gift that I got from my step-father. It was a bamboo box that looked like a small treasure chest

and inside of it were four cobalt blue wine glasses. He'd also put a bottle of mezcal that he got in Las Vegas that had the worm in the bottom of it. And the reason why that was my favourite was because all of that was picked out by him, not my mom.

Dad: Going back to when I was a kid, we didn't have a lot of money. The year I got my first set of road hockey equipment. I was probably 11 or 12. And they got me a full set of goalie pads, chest protector of black trapper and a helmet on and that sport consumed the next 10 years of my life. That was a big spend for my parents and I'm still really grateful.

Savannah: Honestly, the car is probably one of the best gifts that I've ever gotten because it is so functional and practical and I use it literally every day. I love my car.

What's your favourite gift you've ever given?

Mom: We'd always struggle a little bit when we were younger with mortgage and car payments and so on. But one Christmas, we just managed to pull it right out of our butts and give both our kids the same gifts, but they each got like a television, a computer and a Wii, when it was really hard to get one.

Dad: We got you guys these giant Lego play castles. We spent all night putting them together and you guys came out of your rooms and you were so excited to see these castles and you spent, you know, days in them. Your sister had a pink princess one and you had a grey knight one and they're just these big Lego castles and you guys loved it.

Savannah: I think my favourite gift I've ever given would be a Joker painting that I did for dad. He loved it and I liked painting it a lot.

























Zoë Alexandra King (she/her) | Interrobang

s the holiday season sneaks up on us, the Grand Theatre on Richmond St. will be sharing the Christmas classic, Elf. Name a better way to embrace the Christmas spirit, I'll wait!

The musical adaptation of the beloved film is directed by Dennis Garnhum, who is also the Artistic Director of the Grand Theatre. Elf will be on from Nov. 22 all the way up to New Year's Eve, on Dec. 31.

Elf: The Musical originally opened on Broadway in 2010, and later in the West End. It's now a holiday staple, getting its own limited run here in London, reimagined lovingly by Garnhum.

Garnhum grew up in London, Ont. and has been in the theatre industry for 30 years.

"It was the exposure to the arts as an elementary school student that made it really possible for me," Garnhum said. Garnhum

"The thing about *Elf* is it's really a joyful celebration; I think people always look at the holiday season for a way to celebrate or kick start their holiday, and I think this is the show that does that," Garnhum said.

Garnhum said the cheer a show like Elf brings can be just what audiences need around the holiday season.

"It's such an optimistic play for our times; joyful, fun, silly, and it has a gigantic heart," he said.

After looking into this musical, Garnhum also decided that *Elf* would become a Christmas staple in his household.

"I think it's been on many people's list and it hadn't been until I looked at it recently to do it as a musical but from now on...it will be my new Christmas tradition."

> Whilst you can always watch the different platforms out there, there is nothing quite like being in a

"There's nothing better than going to the theatre and being among 800 people celebrating and laughing and applauding," Garnhum said. He encouraged the community at Fanshawe to come out and have a good time whilst supporting the Grand.

For those who have never seen Elf before, Elf is about a boy named Buddy who finds himself in the North Pole, growing up as an elf. After constantly being called "special" by the other elves, he realizes he is actually human and embarks on a journey to New York City to find his birth father. Along the way, Buddy encounters a few difficulties that he had never faced in the North Pole. The musical follows the same story as the classic film, with a few new characters sprinkled in, as well as, of course, the inclusion of original music and lyrics by Matthew Sklar and Chad Bequelin respectively. After all, as Buddy the Elf would say, the best way to spread Christmas cheer is singing loud for all to hear.



The best made-for-TV, cheesy Christmas flicks



Dee-Dee Samuels (she/her) INTERROBANG

Christmas without cheesy movies is like Christmas without...cheese, I guess.

By "cheesy" I don't mean movies like Elf or The Grinch Who Stole Christmas (those fall under the must watch classics genre). What I'm talking about are the Hallmark and low-budget Netflix made-for-TV Christmas movies. The ones that use the same 20 actors and recycle the same plots or feature some former teen idol that keep you in a trancelike state watching while all intellectual activity you had dissolves into some dumb twinkly bliss. Even the predictability of every film seems to be unnervingly

Hallmark must be doing something right because according to Forbes magazine, the company has been producing an average of 40 films per year. Since 2009, Hallmark alone has aired more than 300 Christmas movies.

Forbes also mentions that these low-budget, easy to produce TV movies are mostly shot in Canada, where they get huge tax incentives

to shoot. So basically, we will never see the end of them. Which is not a bad thing considering the cheesy TV Christmas flicks have also added some new traditions to the season, like a drinking game where you knock one back every time a character says the phrase, "Christmas spirit."

There is no shortage of these films during the season. Here are a few top picks for you to binge on at your leisure.

1. Single All the Way

A gay man convinces his gay best friend to accompany him home to spend Christmas with his camp family and pretend to be his boyfriend to avoid their pity.

2. The Mistletoe Inn

An aspiring writer signs up for a romance writing workshop at The Mistletoe Inn, where she gets partnered with an annoying intrusive writing partner.

3. A Christmas Prince Trilogy

A young reporter trying to make a name for herself goes undercover as a tutor to get the scoop on a playboy prince; she gets more than a story.

4. A Hollywood Christmas

Hollywood director Jessica (famous for making Christmas movies), is confronted by a network executive who threatens to halt production on her



Those Hallmark and low-budget Netflix made-for-TV Christmas movies are the ones that use the same 20 actors and recycle the

5. Falling for Christmas

Lindsay Lohan's return to the screen. A spoiled heiress loses her memory and ends up in the care of some rugged widowed dad down on

A few things to remember about watching this genre of films: It is extremely rare for royalty to fall for junior editors of magazines. Not

all your problems will be solved by moving to a remote town where no one knows you, and if your dog walker or babysitter claims to be Santa, Archangel Michael, or an elf,

This season really does evoke a special feeling. Call it Christmas spirit if you like. Cheesy movies where everything works out in the end, where your whole life changes and you become a princess, where snowmen come to life and sleigh rides in the middle of winter don't result in frost bite; it's all a part of the magic. So don't over-analyze them, just surrender, and let yourself be enthralled by the mindless (sometimes plotless) made-for-TV movie madness.

SUSTAINABILITY TODAY

Mohamed Ahmed Shariff (he/him)

It's time that we consume responsibly

The last quarter of every year is the icing on the cake for every business. As the holiday season kicks in, consumer spending peaks. Amid the clarion of jingles and commotion at stores, what is being ignored is the cost of destabilization that we pay with every tap on a discounted product.

Participants of the PwC Holiday Outlook 2022 told surveyors that they are willing to spend more, or the same as last year, this holiday season, despite fears of inflation and rising costs. Although spending does drive economic activity and prosperity in general, overspending depletes one's monetary reserves, and most items purchased ignore sustainability. This spells doom for: environment – cheap products produced irresponsibly and shipped long distances driving climate change; people - low wages paid to employees working in harmful conditions; planet - waste production, mining and deforestation fueling species extinction.

Domestic Material Consumption, a measure of total materials used to meet demands for goods and services within and outside a country, globally, rose by 65 per cent in just 19 years, from 2000 to 2019. In 2019, the value was 95.1 billion metric tons – 12.3 tons per

person, equivalent to almost four poverty and we support local busirhinoceros!

Material consumption isn't the only issue; what happens when the product has completed its lifetime? Electronics, for example, are a major product sold during the season, but e-waste management is still a distant dream in much of capita, but only 1.7 kg was managed in an environmentally sound way. The e-waste collection rate in third world and developing nations is abysmal: sub-Saharan Africa is just 1.6 per cent and in Latin America and the Caribbean the figure is 1.2 per cent, compared to the 46.9 per cent in Europe and North America

This is where the UN Sustainable Development Goal 12: ensure responsible consumption and production patterns steps in. It not only envisions a responsible relationship with our planet but also with ourselves too. It focuses on creating a circular economy, so waste is reduced at the source, and resource efficiency is reached. It also clearly demonstrates how each of the SDGs complement one another. For example, when we consume responsibly, we efficiently balance our budgets - think of Goal 1: no

nesses that ensure standard working conditions for their employees (Goal 8: decent work). Responsible consumption also applies to entertainment. This year's football World Cup is a great example of how it should not be done. The tournament is being held in Oatar. the world. In 2019, global general a country where homophobia and ation of e-waste was 7.3 kg per suppression of women's rights is blatant, and reports of forced labour of migrant workers in harsh and deadly conditions are abundant. Time and money spent celebrating this tournament supports these human rights violations and gives the impression that the world will overlook these misdeeds, as long as it is entertained.

> As the year comes to an end, it's time to look inward and reflect on our actions. You can start small and at college by being part of initiatives from Fanshawe Sustainability by attending SDG Labs to understand more about the goals; supporting the local economy by shopping at the farmers market and the worth project; biking to campus or taking the local transit to help reduce your carbon footprint; and changing someone's world by a simple act of donation at the sharing shop. It's up to us to consume responsibly...Happy holidays.



CREDIT: FANSHAWE SUSTAINABILITY

Although spending does drive economic activity and prosperity in general, overspending depletes one's monetary reserves, and most items purchased ignore sustainability.

Days to look forward to:

- Dec. 3: International Day of Persons with Disabilities
- **Dec. 5:** World Soil Day
- Dec. 9: International day of Commemoration and Dignity of the Victims of the Crime of Genocide and of the Prevention of this Crime
- Dec. 10: Human Rights Day
- **Dec. 12:** International Day of Neutrality, International Universal Health Coverage Day
- Dec. 18: International Migrants Day
- Dec. 20: International Human Solidarity Day
- **Dec. 27:** International Day of Epidemic Preparedness

International students celebrate their own holidays during winter break



Emma Butler (she/her) **INTERROBANG**

With Christmas break coming up, most students have plans to celebrate with their families. International students have a different looking break than students who have families that live closer to them. Most international students also have different holidays to celebrate than the ones that are celebrated here in the winter months Some students take this break to travel back home and visit with their families.

Hanya Badr is an international student who is studying Film and TV Broadcast Production and is in her last year at Fanshawe. Badr is from Qatar and travels back home during the breaks.

"I do not celebrate Christmas," Badr said. "During my winter breaks I always fly back home as soon as I can and spend time with my friends and family. Having time off of school for Christmas is great because this is around the time I get the most homesick and it gives me the opportunity to fly back home and escape this weather and be

Although Badr doesn't celebrate Christmas, she does celebrate Ramadan and Eid.

"These are also very wholesome holidays and they make me feel joyous and refreshed. Gathering with friends and family and giving back to our communities during these holidays always warms my heart," said Badr. "I think the main difference I've noticed with Christmas and the holidays I celebrate is that back home I get a longer time



CREDIT: NINA HEPPLEWHITE

Most international students have different holidays to celebrate than the ones that are celebrated here in the winter months.

off to celebrate and really focus on Since I don't celebrate these holithe holiday. For example, Ramadan is a month long so everyone gets to leave work and school super early everyday of that month and then we get a week or two off. This happens to help us fully focus on celebrating the holiday properly and remembering why we celebrate it."

Badr explained that living here and seeing the winter come is wonderful and is a great way to see a different culture celebrate in these months.

"Around the holiday seasons, I enjoy seeing how the city dresses itself up and the overall festivities.

davs and I'm from a country that doesn't either, it's nice to see and experience the different culture and environment here during the winter. I think that Christmas seems like a very fun and wholesome holiday in this city and I thoroughly enjoy seeing people decorate their houses," said Badr.

Juan Felipe Indaburu is another international student who is in his last year of school and is from Bogotá, Colombia. Indaburu celebrates Christmas but in his culture, there is a little more to Christmas than the traditional festivities.

"I celebrate Christmas and all the parties involved around it. We also have 'candle day' on Dec. 7, which is a time to share with your family and light up a candle as a wish or something you want," said Indaburu. "For the New Year, we have a tradition that every family should make an 'ano viejo' which means old year. This means with old clothes, you build a man and fill it with newspaper, clothes, and all the things you want to forget from that year and at midnight you burn it. It is a big party with fireworks and sharing with friends and

Indaburu stated that being an international student can be tough around the holidays if you can't travel back home to be with your family, but he tries his best to have a good time here and celebrate with his friends. Also, the difference with weather here compared to Columbia is a huge shock which he loves to see the snow and all the lights.

Many international students have time to go back home during the Christmas break, but many cannot afford to. With that, there are many things to do in London over the break to celebrate the holidays and spend time with friends.



CREDIT: FSU PUBLICATIONS DEPT.

Fanshawe's retail services manager, Dave Smith, presents a \$17,000 cheque on behalf of Fanshawe Student Services to FSU President Ismail Aravai for The Sharing Shop. Pictured above, left to right: Ismail Aravai, Dave Smith, Santa, FSU Marketing Manager Deena Griffin, and FSU General Manager Ian Foss.

Rethinking social media



Zoë **Alexandra** King (she/her) **INTERROBANG**

It's not uncommon for people to be connected with Instagram, TikTok, Facebook, and other social media platforms. Some people use these apps as a marketing tool to build their businesses, others may use it as a way to stay connected with their friends and family. With social media being so accessible, the question stands of whether or not it is negatively impacting daily life. Former Fanshawe student Beth Eames explained her reasoning behind deleting TikTok.

"I would find myself using TikTok just as a way to fill space of boredom," Eames, 20, said. She realized she could replace an hour on TikTok with something that added value to her life. Eames indicated that since deleting the app, she has become more productive and has even increased her reading.

'With TikTok, it was making my attention span shorter because I was scrolling through such short bursts of entertainment," Eames said. Although she knew it was "quite normal" to make comparisons to people on social media, she said TikTok was worse because it was a constant stream of seeing an overwhelming amount of people.

"Sometimes I like to sit down and watch a movie or a show, and I don't mind doing that because I know it has an end time and it's also a lot longer for your attention span to focus on something," Eames said.

TikTok can be an easy app to spend a lot of time on because it's all in the power of one swipe of your digital device to keep the entertainment going. Eames expressed that it would be beneficial for college students to try taking a "TikTok cleanse" for a week or two and see how they feel.

Registered psychotherapist, Shirley Porter, shared her professional point of view on how social media use can impact college students negatively in terms of mental health.

"There's a lot of pressure and unfortunately some belief that people are exactly as they show themselves on social media," Porter said.

Porter further explained that social media can depict a "distorted" view of reality, whether they are using pre-made filters to present themselves differently or a "natural filtering" of only sharing what they choose to present. She noted that it can be hard for college

> students to see these posts of people living a flawless life and believe in the misconception that they don't face struggles.

"It is very distorted in terms of not presenting a whole picture of a person or what's going on in their lives, and yet some people aren't aware of that," Porter said.

With social media platforms being easily accessible for everyone, it can cause people to compare themselves with what they are seeing online. Porter explained that this can heighten anxiety and can 'dysregulate" their emotions.

Porter acknowledged that using social media isn't bad for everyone. She explained that there are people who can "take it and leave it" and understand that what they are seeing online isn't a reflection of reality. For others, though, it may benefit them to reduce their use of social media.

"It's a good idea to experiment," Porter said.

She added that finding the right balance for yourself in terms of social media might be the key. She gave the example of trying to not use social media as soon as you wake up and see how you feel. There are many ways to cut back on social media, it's just finding what you like to do in order to replace that time.

Porter and Eames agree on experimenting with time spent on social media can help increase productivity and decrease the constant comparing.

CREDIT: NINA HEPPLEWHITE

TikTok can be an easy app to spend a lot of time on because it's all in the power of one swipe of your digital device to keep the entertainment going

















CREDIT: IVAN CLINT ENRIQUEZ, FSU PUBLICATIONS DEPT.

Students and staff attend Wellness Wishes events at Fanshawe's London, London South, and London Downtown campuses

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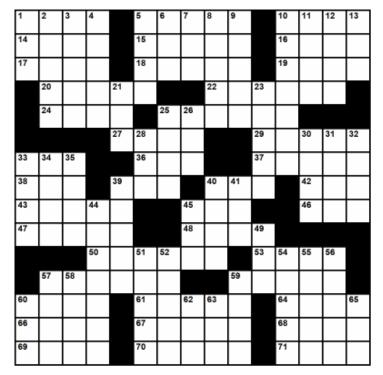
ACROSS

- 1. ____ Day vitamins
- 5. Dish with seasoned rice
- 10. Pickable
- 14. Integrity & honesty quote #1:
 - "No legacy is so ____ as honesty." – William Shakespeare
- 15. Basra native
- 16. Almond-ish hue
- 17. ____ Fjord
- 18. Integrity & honesty quote #2: "When you tell a lie, you someone's right to the truth." – Kaled Hosseini
- 19. Integrity & honesty quote #3: "Integrity gives you real freedom because you have nothing to fear since you have nothing to hide." - Zig Ziglar
- 20. College class that requires very little work
- 22. Integrity & honesty quote #4: "integrity reveals _
- Thomas Leonard
- 24. "What's ____ you?"
- 25. Cheers
- 27. Hybrid citrus fruit 29. Charged headlong
- 33. Hardly a beauty
- 36. Chemical suffix
- 37. Statement of defeat
- 38. Crumb
- 39. Female deer
- 40. Wallace of "E.T."
- 42. Actor Gibson 43. Caribou's cousin
- 45. Childhood game
- 46. "Do the Right Thing" pizzeria owner
- 47. Go after
- 48. Integrity & honesty quote #5:
- "Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not." - Oprah Winfrey
- 50. Percentage quoted by a bank
- 53. Former queen of Jordan
- 57. It's measured in radians 59. Integrity & honesty quote #6:

"Honesty is more than not _ It is truth telling, truth speaking, truth living, and truth loving." - James E. Faust

- 60. Integrity & honesty quote #7:
 - "Honesty is the best policy. If I ____ mine honor, I ____ myself." - William Shakespeare
- 61. Jungle climber
- 64. Ireland nickname
- 66. Tolkien creatures
- 67. Hirelings of old 68. Marketing prefix
- 69. God, in Latin

CROSSWORD



- 70. Integrity & honesty quote #8:
- "Healthy children will not fear life if their elders have integrity enough not to fear _____." – Erik Erikson
- 71. Had too much, briefly

DOWN

- 1. Spanish gold
- 2. Second-generation Japanese-American
- 3. Ostentatious display
- 4. Tons, poetically
- 5. Italy's Tower of
- 6. "Just Another Girl on the ____" (1993 indie drama)
- 7. New Guinea port
- 8. Jordan's only port
- 9. Seafood entree
- 10. Integrity & honesty quote #9:
- "One of the truest tests of integrity is its blunt ____ to be compromised." - Chrinua Adhebe
- 11. Rapper/actor on "Law & Order: SVU"
- 12. Beseech
- 13. 1940s war zone (Abbr.)
- 21. Integrity & honesty quote #10: "Live so that when your children think of fairness, caring, and integrity, they think of _ ___." – H. Jacksonn, Jr.
- 23. Cliffside home
- 25. Integrity & honesty quote #11:

"If you have integrity, nothing _ matters. If you don't have integrity, nothing ____ matters." – Slan Simpson

26. Integrity & honesty quote #12: "A half truth is a whole

- Yiddish proverb
- 28. Prefix meaning "earth"
- 30. Names, in Paris
- 31. On a cruise
- 32. Be a snitch
- 33. Integrity & honesty quote #13:
- "The strength of a nation derives from __." – Confucius the integrity of the _ 34. "East of Eden" brother
- 35. Classic Pontiacs
- 39. Integrity & honesty quote #14: "Honest people don't hide their ___ Emily Bronte
- 40. Certain Scandinavian
- 41. I, to Claudius
- 44. Integrity & honesty quote #15:
- "The foundation stones for a balanced are honesty, character, integrity, faith, love and loyalty." - Zig Ziglar
- 45. Theater purchase (Abbr.)
- 49. "No _
- 51. Angry, with "up'
- 52. Aromatic herb
- 54. Put one over on
- 55. How Santa dresses, mostly
- 56. Catlike
- 57. Exceptional
- 58. Alphabet run 59. Part of the eye
- 60. Was ahead
- 62. "Wheel of Fortune" purchase
- 63. Fishing gear 65. Land in a nautical adventure

CRYPTOGRAM

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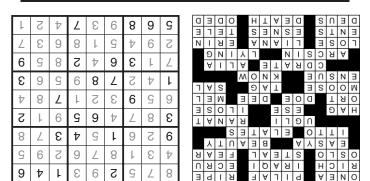
Ornaments Wreath Cards Garland Eggnog Hanukkah Presents Mistletoe Santa Snow Carols Holly Turkey Fruit cake Tinsel **SUDOKU** 6 3 1 4

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Puzzle rating: Hard

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

PUZZLE SOLUTIONS



singing loud for all to hear: " — Buddy the Elf

The best way to spread Christmas cheer is

FREE INTERROBANG

NEW ISSUE ON STANDS Bi-Weekly

















Freshman Fifteen



By Alan Dungo







Aries

 $Stop\ worrying\ about\ what\ others\ think\ and$ focus on what you know and how you can use the information to reach your objective. Holiday travel will lead to positive change. Put your plan in motion and set the stage for success. Indulge in situations that allow you to voice your opinion, and vie for a leadership position. Money matters will surface this month if you haven't managed your finances properly. Don't defer to an outsider when it's your responsibility to personally take care of your finances and health. You're in the clear and able to make your move; do whatever it takes to reach your goal.

lawws

Use what's available, don't make a fuss and you'll offset bad karma. A feud will erupt over shared expenses. Be fair and demand the same in return. Think twice before participating in something time-consuming or over budget this month. When in doubt, take a pass and do your own thing. Avoid impulse spending. Examine what you've accomplished and you'll discover something you can reuse to reach a new goal you set for yourself. Don't share your plans or secrets with anyone hostile or untrustworthy. Consider what you enjoy doing and find a way to participate in a worthy cause.

(zemini

Listen to reason but don't let anyone bamboozle you into something that isn't good for you. Tunnel vision and putting one foot in front of the other will get you where you want to go. You'll have a good eye, making it easy to focus on what you need to do to raise your profile. Put your energy where it counts and keep going until you reach your destination. Be careful what you agree to this month. Don't take someone else's word as gospel. Check the authenticity of whatever you hear before you decide to participate. You'll see clearly if you step back and view a situation from a distance.

(ancer

Use your imagination and you'll develop a plan to gain support as you advance. An unexpected change will improve your situation considerably, giving you a chance to do something good. Reach out to mentors who can offer insight into the possibilities heading your way. Getting clarification regarding what you need to fulfill one of your dreams will give you the momentum required to reach your objective. Recognize the implications that can manifest and counter an unusual and unexpected turn of events. Going above and beyond to help someone in need will inevitably help you get ahead.

A change will leave an opening for you to use some of your skills, knowledge and exertise that you haven't been able to show off yet. Don't be shy; step up and do your thing. Get out and have some fun with family and friends; you will have a blast and build better relationships. Include someone you love in your plans, enhancing your chance to make an excellent impression. Be sure you have facts straight before you go to battle or get involved in something costly. Push your way through to the top by being entertaining, informative and comforting. Romance is encouraged.

Don't lose sight of your goal because of what's happening in your vicinity. Change whatever is necessary to avoid getting caught in someone's dilemma. Focus on moving forward with a positive attitude. Explore how to cut your expenses to fit your budget. The changes you make may take a bit of a learning curve before running smoothly, but you'll feel stress relief once they are in place. Don't get angry; get moving. Stop worrying about who is with you and who isn't, and head in the direction that best suits your needs. Emotional spending will be your downfall.

Libra

Use your down time wisely. Honest and open communication will help keep you skirt trouble and achieve success. Keep your emotions in check. A business trip, conference or professional social event will give you the platform you need to carry out your plans. The more informed and experienced you are, the easier it will be to impress someone who can contribute to your success. Choose your words wisely when dealing with a friend, relative or colleague. How you treat others will determine your popularity and how much help you receive.

Scorpio

Be part of the solution and you'll change how people perceive you. Refuse to give in to temptation or associate with someone likely to tarnish your reputation. Problems will mount at home if you have neglected to take care of responsibilities. Find out how others feel and drum up assistance from those who share your goals. Not everyone will agree with your intentions, but if you consider your goals, you'll know which direction will help you excel. Take care of unfinished business and you will feel less stressed and eager to share downtime with people who contribute to your happiness.

Sagittarius

Stick to the plans you have and encourage others to do the same. Be prepared to carry on your journey, regardless of the decisions others make. Reach out to people who make you happy; it will lighten your mood and give you food for thought. The information collected will help liberate you from old habits. Don't let temptation step in. Question your motives and other intentions before you engage in something risky. Avoid indulgence. Don't overspend on things you don't need or other people's mistakes. You'll understand better what people want from you.

(Capricorn

Take pride in what you do and enjoy the company you keep. Your savvy attitude will help you convince others to do things your way. Á domestic change will be benevolent. Keep working toward your goal. Stick to the rules and check anything that appears to be out of place. Use insight and innovation when it comes to handling money. Stick to the truth and play fair. An emotional situation will escalate this month if you get into a feud. Don't lose sight of your intentions, or you will end up overspending to compensate for your mistake.

Aguarius

Expect someone to lead you astray or play mind games with you to force a change. Stand your ground; don't let anyone take advantage of you. Speak up and do your part to keep things running smoothly. You'll get an inside look at how things progress. Dissect every aspect of a conversation to ensure you have everything in its place. Romance is on the rise. Don't help someone reluctant to help you. Be kind, but don't be a sucker. Your intuition won't let you down. You'll see through foul play and recognize opportunities making it easier to decide what's best for you.

(Pisces

Jump in and help and you'll feel good and meet interesting people along the way. The changes you initiate will make life easier for you and those you help. Check off what you do as you go along and it will help build enthusiasm to finish what you start. Taking a serious approach to rules and regulations will spare you the hassle of dealing with bureaucracy. Emotions will escalate, causing difficulties to control. Take a moment to think matters through before starting something that will cost you mentally and emotionally. Pay attention to the way you look. The way you present yourself will influence how people view you.

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Exploring options for a productive holiday break



Zoë **Alexandra** (she/her) **INTERROBANG**

Starting Dec. 16, students will be on holiday break until Jan. 3, 2023 when campus re-opens for the winter

That leaves almost two and a half weeks for students to be away from the classroom. If you're a busy bee like me, I would expect that you already have a packed itinerary of activities to do during the break. However, if you're looking for a way to vamp up your productivity, this is the perfect article for you.

Regardless if you're in Canada or another country, there should be an overwhelming amount of holiday activities taking place. With that, this is the perfect opportunity for you to make research your best friend! With technology being such a big part of daily life, this shouldn't be too difficult of a task. Researching holiday activities and finding exactly what interests me was the first way I filled my schedule for the next few weeks. Local holiday markets, craft sales, tree lighting, caroling, and other holiday community events are great ways to find yourself away from your house and a digital device.

If you're looking for something to do outside of the holiday theme, it might be the perfect time to ask

yourself what hobbies or activities you have always wanted to do but never got a chance to. Although everyone's interests will vary, a few examples that I would suggest include:

- 1. Reading: Indigo is a great place to go if you're looking for a good book
- 2. Painting: Amazon has amazing paint-by-number kits for affordable prices
- 3. Daily walks: Parks are a great place to surround yourself in nature if you've been at home all day
- 4. Cooking classes: Covent Garden Market offers cooking classes throughout the week
- 5. Trying new restaurants/ bars: Fellini Koolini's is a great Italian spot, Wolfe Pack Company Bar has great oyster specials, Sagi has the most amazing potstickers out there, and there are so many others

These activities will certainly keep you active throughout the holidays. However, if you are looking for something slightly more low-key but still trying to get away from a gadget, there are self-care activities that you can take part in. Taking yourself to a spa to get a treatment done counts as being productive! Finding exactly what works for you is the key to a great winter break.



CREDIT: NINA HEPPLEWHITE

If you're truly eager to have a productive holiday break, you will find something to keep you busy.

semester, reading some of the course are so many activities that can be take advantage of the time they have content during the break would be a great way to do this.

If you're truly eager to have a pro-On a more educational note, if you ductive holiday break, you will find

done to fill your time, it's just a matter of finding exactly what suits you!

Whether it's getting a job for the break or finally having time for your want a head start on the upcoming something to keep you busy. There hobbies. Regardless, students should

away from studying as when January's classes begin, it is expected that students' schedules take over and make it harder for them to find time for activities and hobbies.

The best holiday-themed video games



Justin Koehler (he/him) **INTERROBANG**

For decades as the snow rolls in and the temperatures begin to drop, the festive spirit spurs on conversations of It's a Wonderful Life, Rudolph the Red Nosed Reindeer, Die Hard, and more. Everyone has their thoughts and opinions on what their all-time favourite holiday movie is. These debates and conversations have gone on for years and will continue long into the future.

One thing that isn't being talked about enough though are holiday video games and which among them ranks as the best. We've now hit a time where there are enough games out there with holiday themes and settings to properly have proper discussions about it.

Of course, there are plenty of games that have seasonal activities including Destiny 2, Animal Crossing: New Horizons, Overwatch 2, etc. All are great in their own right, but primarily we'll look more into discussing games that have a winter and holiday focus tied into a large portion of their content.

One of the latest that can be included on the list that swept the gaming community was Marvel's Spider-Man: Miles Morales. A spectacular third person action-adventure game that was one of the headliners for the new Play-Station 5 console. Its smooth swinging mechanics, great combat, and compelling story made it one of the higher rated titles of the time.

With the obvious holiday setting, the lights and snow adorning a modern



CREDIT: SONY CORPORATION

One of the latest holiday-focused that can be included on this list is Marvel's Spider-Man: Miles Morales.

New York City, it is an easy pick for

Another important one to mention for a list containing the best holiday video games is Batman: Arkham Origins. The third game in Warner Brothers' Arkham series, this one is a prequel to the rest and is set on Christmas Eve in a wintery Gotham City.

It didn't quite hit the same successes as it predecessors did, but Arkham Origins still stuck to the great maneuvering and combat that the series was known for, keeping it in a good enough spot to be in the conversation for best holiday video game.

There are obviously many other video games that can be brought into the conversation in terms of ones with holiday themes or set during the holidays. Bayonetta 2, Dead Rising 4, NBA Jam: On Fire Edition, and Saints Row 4 are all important games.

Of course, for many, the best holiday video games will be the ones that they have the fondest memories of playing. Many can recall opening up their new Wii and playing some Wii Sports on their Christmas Days, going through rounds of bowling the whole day. Some have memories of unwrapping Halo 2 and playing rounds of multiplayer with their friends.

This is exactly what video game companies target, knowing full well that there are massive increases in game sales during the holidays. Companies will either push through sales to increase their past products or very often you'll even see companies targeting holiday releases to capitalize on the time of year.

This can be said for many different industries, but with video games garnering so much attention now a days and becoming more and more on par with movies, it's an especially important time of year.

With the holiday season in full swing and with video games on their way to becoming the next major form of media in the world today, we may be getting past the point of just thinking about movies during this time of year. That being said, don't expect this to end with me telling you the best holiday video game. We already know how aggressive conversations can get when we tell people Die Hard is a Christmas movie.

Just be prepared with an answer of your own because we may not be too far away from this becoming a more common question to hear each year.

Video games to play while on break



Johan George (he/him) **INTERROBANG**

It's that time of year.

The semester's almost over, you've been feeling overwhelmed through several weeks of final projects or exams and you're looking to finally kick back and relax this holiday season and play some games.

You deserve a break from all the studying and grinding career goals so here are my picks for three great games coming out or going on sale that you can pick up early and play during your holiday season on various platforms.

1. Persona 5 Royal

Persona 5 is an all-time great RPG by AAA developer Atlus, a subsidiary of Sega. It used to be a PlayStation exclusive, as were the other games in the series, before Atlus decided to port it to the PC along with other entries in the Persona franchise.

The game plays like a life-sim RPG hybrid where the player character must battle shadows and the darkest desires at the heart of their enemies at night in a plot to reform society as the renegade Phantom Thieves. In between, our protagonist has to attend school and fit in social activities with the supporting cast that assist the player in the overall narrative of *Persona 5*. The game gets its name in the introduction of Personas, beings of immense power that reflect the personalities of the user, which help our cast of characters in battle when they travel to alternate dimensions called Palaces, which are physical manifestations of each major villains' inner mind. The mix of social mechanics and RPG dungeon crawling create an interesting progression and battle system that keeps the player engaged with the narrative and makes Persona 5 such a complete experience.



The holiday break is the perfect time for immersive games with great stories and experiences.

CREDIT: ATLUS

and definitive edition of the game released a couple years after the original with revamped battles, extra social links, new music and an entirely new semester of original content added to the calendar to expand on the finale of the original game.

The best thing is *Persona 5 Royal* was just on sale on Steam for their Autumn Sale and will likely be on sale again for their Christmas Sale (Dec. 22 - Jan 5). PlayStation and Xbox users can also rejoice because they had coinciding sales for the game for the same price at 30 per cent off the original.

2. Hollow Knight

Hollow Knight's earliest incarnation was in a Game Jam entered by indie developers Air Gibson and Team Cherry which they then meticulously

Persona 5 Royal is the expanded crafted into a Metroidvania that has exceeded all expectations and set new standards in the genre.

Metroidvanias get their name from the style of gameplay pioneered by old 2D Super Metroid and Castlevania games and have experienced a revival with the indie game boom

Enter Hallownest, a ruined kingdom of insects and heroes. You play as a wanderer called The Knight exploring twisting caverns, infected creatures, bizarre bugs and tribes all in a beautiful hand-drawn 2D style that will keep you wanting to see more of this world and uncover its secrets. The game is accompanied by an excellent atmospheric soundtrack composed by Christopher Larkin, a composer with a classical approach and creative use of sound design.

The game is hard but it is definitely one of those games you have to play at least once in your lifetime. It's just that good, and it was on sale for 50 per cent off, an already cheap base price on all platforms.

The game is a year out from the anticipated release of its sequel, Hollow Knight: Silksong, which Team Cherry expects to drop before July 2023.

3. Hades

The latest and greatest game from standout developer, Supergi-

Hades follows the story of Zagreus, prince of the Underworld, as he attempts to battle through the underworld and escape his unloving father Hades and reach his mother Persephone in the mortal world.

Players fight through the on PC, PlayStation, and Xbox.

underworld and start at the beginning each time they die to purchase upgrades and interact with denizens of the Underworld before they go on their next rampage.

It's the perfect combination of hack and slash and narrative gameplay. Supergiant has included a whopping 21,020 voice lines spanning 305,433 words of dialogue with an intricate trigger system so even if you keep dying over and over like I did you'll definitely enjoy learning about the underworld and witnessing the numerous unique situations that keep the characters as fresh and interesting as your first run to ascend the Underworld

Hades, which was Game of the Year in 2018 was 40 per cent off for Steam's summer sale and is available











CREDIT: ARNOLDO MILLA RAFFOUL

Students attend a Fanshawe Student Union (FSU) Chess Tournament in Alumni Lounge on Nov. 21, 2022.















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What is your main **goal for 2023?**

> You could be featured in our upcoming New Year's Issue!

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