

Happy Holidays

from our awkward family to yours

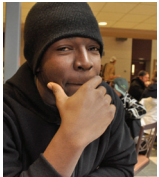


Question of the week

“What are you doing for the holidays?”

Edward Zhakata

—“Spending time with my family.”



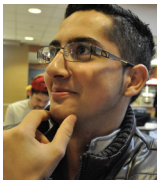
Kajin Abdullah

—“I’m going to Iraq.”



George Tzortzis-Dimakis

—“I’m going to take my mamacita out, and working at Taphouse.”



Raychel Haid

—“I’m celebrating my 21st birthday in Vegas!”



Mokhtar Hashimi

—“Black Ops all day, every-day!”



CREDIT: ALLEN GAYNOR

Fanshawe audio post production student Joe Racz won a trip for four to Daytona Beach for reading week. Racz won the trip by filling out a survey on fsu.ca.

10 Things I Know About You...

Eye-to-eye with Gilbert

Erin Gilbert is in her first year of general arts. She said, “I’m working as a residence advisor in Falcon residence. I’m a fun, outgoing jock who is secretly nerdy. I love *How I Met Your Mother* and N64, so if anyone wants to challenge me then you know where to find me!”

1. Why are you here?
To figure out what I want to do with my life.

2. What was your life-changing moment?

Joining wrestling and rugby in high school. They helped me be

more social.

3. What music are you currently listening to?
LMFAO – *I Am Not A Whore*.

4. What is the best piece of advice you’ve ever received?
Kick ass and take names.

5. Who is your role model?
Neil Patrick Harris.

6. Where in the world have you traveled?

Nowhere interesting yet, but I’m hoping Scotland.

7. What was your first job?
A dishwasher at Rooster Coops in Sarnia on Confederation Street.

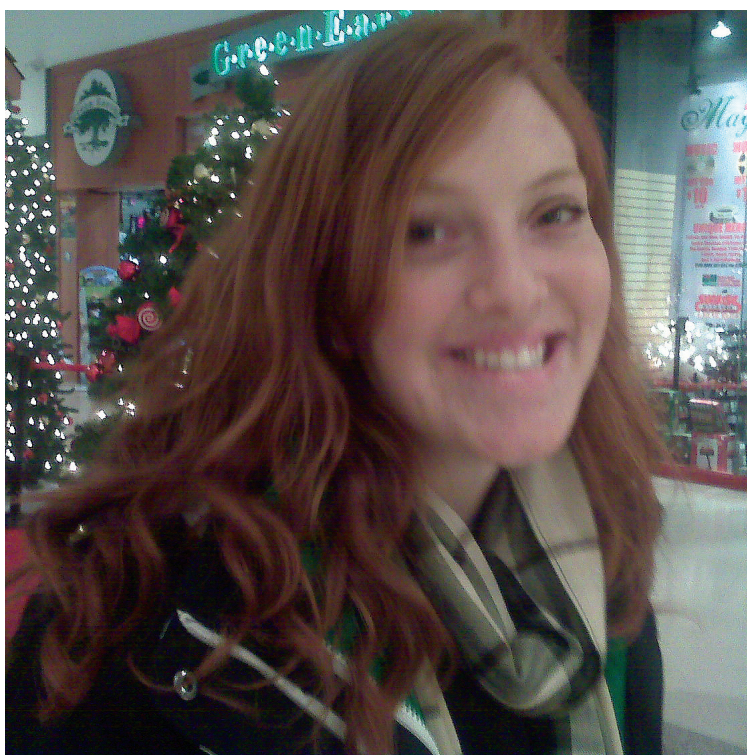
8. What would your last meal be?

Anything and everything. I’m dying soon, might as well go out with a bang!

9. What makes you uneasy?
When people don’t look me in the eyes or stand the opposite way in an elevator.

10. What is your passion?

Rugby.
Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Erin Gilbert is passionate about rugby.

holiday issue

dec. events

tues. 7

Nooner - Forwell Hall
Make-up tips with Vero

Free Movie
D1060 - 7pm
Home Alone

wed. 8

First Run Film
Rainbow Cinemas

\$3.50 students.
\$5.00 guests.

Easter OR Burlesque



thurs. 9

FSU Christmas Charity Pub

All proceeds will go to “Adopt a Family”
OBS - 9:30pm



fri. 10

LAST DAY OF CLASSES!



TICKETS AVAILABLE AT THE BIZ BOOTH FOR ALL EVENTS

Ciderfest

at the Welcome Kiosk!

Wednesday, December 15
from 9:30 – 11:30am

Celebrate the holidays with hot apple cider and sugar cookies.



Everybody welcome!

Kiosk Quiz

The Welcome Kiosk (between the Bookstore and the Library) is open Monday to Friday from 8 a.m. and 4 p.m.



Choose Cage-Free campaign gathers steam at Fanshawe

SONIA FARUQI
SPECIAL TO INTERROBANG

The Choose Cage-Free campaign that started at the beginning of November at Fanshawe College has collected 600 signatures of support. All of those individuals who signed are requesting that Fanshawe College serve eggs from cage-free hens as opposed to hens confined in battery cages.

The Choose Cage-Free campaign is a program of the World Society for the Protection of Animals, a charity that works for the protection of animals around the globe. WSPA is opposed to battery cages because they are one of the most inhumane ways to keep farm animals. Five to seven hens are typically crammed into each cage with almost no room to turn around or stretch their wings. They are unable to nest, perch, peck, or scratch, causing severe stress and frustration. In contrast, cage-free production means that hens can walk and perform their natural behaviours.

The Food Service Committee at Fanshawe College took the step of officially discussing cage-free eggs at a meeting on November 24. The president of the Fanshawe Student Union, Joe Scalia, is further evaluating interest in cage-free eggs.

Talal Bissar, Chartwells Food Service director at Fanshawe College, has expressed enthusiastic support for cage-free eggs. "It is great that we are focusing on the treatment of animals. The fact that hundreds of Fanshawe students signed petitions shows how many people are aware." Chartwells/Compass Group Canada expresses official support for cage-free eggs in its comprehensive sustainability program, known as 360°.

Fanshawe's Choose Cage-Free campaign is led by student Ali Radomsky, who is vice president of the Fanshawe Rotaract Club, a



CREDIT: HTTP://NEWS.SANTACRUZ.COM

The Choose Cage-Free campaign collected over 600 signatures for Fanshawe College to serve eggs from cage-free hens.

student group that volunteers in the community. Radomsky is eager for Fanshawe to start serving cage-free eggs because of her experience with small-scale farming.

Eva Evans at Fanshawe College has also been garnering support for the more sustainable eggs. The first-year student of the human services foundation program said, "I love animals and believe they deserve to be treated with respect."

Wes Plunkett, a police foundations student who contributed two hours of his time to support animals, said, "I already knew that egg-laying hens were in cages but I hadn't realized that the situation was so bad."

Chris Stevens, who is working on a general arts and science certificate, described the treatment of animals on factory farms as "horrible." He also realized the link between farming methods and nutrition. "We are not getting the same nutrition when we eat battery cage eggs," he said.

Fanshawe has the unique opportunity to lead the way in this important animal welfare reform. Brittani Facchini, a business marketing student, stated, "If Fanshawe switches to cage-free eggs, it would encourage other (schools)." Sixteen schools in Canada have already reduced or completely eliminated their use of eggs from caged hens.

Judging by the overwhelming interest shown for animal welfare and sustainability at Fanshawe College, WSPA is optimistic that the Choose Cage-Free campaign will be successful.

Do you have a dream?

PAIGE PARKER
INTERROBANG

So many people have dreams, but how many of us actually pursue them? John Davidson takes us all down the path of how to achieve our dreams in his new book *The Right Road*.

It all began in 1995 when John and his son Jesse Davidson began their trek across Ontario to conquer Duchene's muscular dystrophy. Jesse Davidson was diagnosed with Duchene's at the age of six. In hopes of finding a cure, John became the founder of Jesse's Journey, a foundation to fund cell research.

The walk across Ontario generated one and a half million dollars to go towards research, and it was only the beginning. From then on the story only became more and more astounding. From 1998 to 1999, John began his 8,300 km walk across Canada, this time alone. This walk raised \$2 million and began the Jesse Davidson's Endowment that is now over \$8.6 million just for research. Jesse's Journey to this day has raised over \$10 million.

From these many experiences, John found the words to write his first novel entitled *Jesse's Journey: A Canadian Story*. John said the book was a "biographical story of going across Ontario in 1995 and Canada in 1998. It was a story on what happened." His new book, released on November 26, takes a different approach. John writes *The Right Road* as more of an educational tool to show people that they can reach their dreams if

they really try. "I want people to live the dream, do things they really really want to do. I've met thousands and thousands of people who all have a goal ... that have always wanted to reach it. These are the types of people I want to push over the edge. If they can do that they'll be a lot happier. If they are unsuccessful, that's ok because they have a shot," said John. He uses his story and Jesse's story as examples to get people to go and try to pursue their dreams.

John began the book in 2009. However, a roadblock occurred November 6 of that year when Jesse passed away. John began working on the book again in 2010 with his primary goal to "light a fire in people," to help them realize they can do anything they want as long as they try. Davidson uses his book to instruct those willing to take a chance, on how to take those next steps.

Sixteen years ago John tuned his life around to do something tremendous for his son. It took courage, strength and, most of all, love to help John to see that he was capable. With that vision, he hopes one day victims of Duchene's Muscular Dystrophy will have a cure.

The Walk Across Canada In A Day event kicks off the month of fundraising for Duchene's on May 1. Although this is the official month of fundraising for Duchene's, donations are accepted year round.

For more information on John and Jesse Davidson, and their family visit www.jessesjourney.com.

Complete your BComm degree
in 12 months...

Bachelor of Commerce degree

for Fanshawe College Graduates in
Business Administration - Marketing
Business Administration - Accounting



Classes at Fanshawe campus in London

Apply now through the Ontario Universities' Application Centre (www.OUAC.on.ca) to start classes in September 2011.

To request an information package, please send an email to: cpp@nipissing.ca or call Herman Chang at 647-401-5273.



**\$1 Christmas
Re-gift Sale**

Do your Christmas shopping for only \$1
Tuesday, December 7th
11am - 1pm in Forwell Hall

Contact Darby Mousseau in the FSU Publications Office (SC1012)
for more information regarding the Adopt-A-Family Campaign.
dmousseau@fanshawec.ca | 519.453.3720 ext.229

Part-time faculty and staff votes remain uncounted one year later

JESSICA IRELAND
INTERROBANG

“Democracy denied” is the protest of the Ontario Public Service Employees Union. OPSEU has been waiting since early last year to have their votes counted from two elections regarding the formation of a union for part-time college faculty and support staff.

Prior to the votes OPSEU had to submit an application for certification, which required 35 per cent of eligible individuals to sign a membership card. These individuals had to be actively working part-time faculty and support staff at that time.

The employers have contested that 35 per cent and the Ontario Labour Relations Board agreed with them. Now, the process has begun where the OLRB is sorting through all of the membership cards to confirm whether the names on the card are still valid.

Over 24 colleges have been waiting for this process to be completed so the actual votes can be counted.

“Typically when you have this (situation), it’s done fairly quickly,” said Darryl Bedford, Local 110 OPSEU faculty president,

referring to the vote. “With the Labour Board going through the cards ... it’s a time-consuming process, card-by-card, to figure out if the person works here, when they worked here and does it count?”

“Many of the people who casted votes in January (2009) don’t even work here anymore.”

However, Don Sinclair, executive director of Colleges Ontario, said that any current or former college part-time employee who signed the cards at the time of the votes, including students who were part-time employees, are still considered members.

“The application (for membership) is frozen in time,” he explained.

While the Ontario Labour Relations Board works through the clarifications over who was employed at the time of the votes, it is costing colleges and the government \$5,000 a day, said Bedford. “It’s really the taxpayers paying this. If the government wanted it to stop, they could put a stop to it.”

But Sinclair said the cost is to be expected and is not outrageous.

“The cost of dealing with this

has not been prohibitive,” he said. “There is always a cost in dealing with this when you’re dealing with lawyers.”

As time stretches on, OPSEU is concerned over whether their votes will ever be counted.

“The longer it goes ... almost wonder if the ballots ... they become less relevant over time,” said Bedford.

OPSEU’s focus is on the political process, in addition to participating with the legal process of going through the cards. The group wrote to the McGuinty government with their complaints on the matter in April 2010 and as of last month, were still requesting a meeting with Premier Dalton McGuinty. However, the decision is mainly at the hands of the OLRB, said Sinclair.

“At the end of the day, we’re in the hands of the Labour Board,” he said. “The Labour Board makes the decision if the parties can’t make an agreement (over the 35 per cent).”

As for the length of time it will take to get through the membership cards before votes can be looked at, Sinclair estimated it could take about six months to a year.



CREDIT: JOHN SING

Corporate communications and public relations students hold up some of the gifts to be distributed to youth at Children’s Aid Society of London & Middlesex.

Fanshawe students make Christmas a little brighter for children in need

KARRIE BURKE
CORPORATE COMMUNICATIONS

On Thursday, November 25, students in Fanshawe College’s corporate communications and public relations teamed up with the International Association of Business Communicators London to help make Christmas a little brighter for youth at Children’s Aid Society of London & Middlesex.

The luncheon and gift drive, held at Ivey Spencer Leadership Centre was appropriately titled Inspired Presence. Guests were asked to bring a \$15 to \$25 gift for youth between the ages of 12 and 15 in support of the CAS Holiday Giving Program.

Pat Finch, communications director, London Middlesex

Children’s Aid Society thanked the students and IABC members by saying, “Congratulations on organizing this incredible event. Your generosity makes a real difference to the children at Children’s Aid and I offer my sincere appreciation.”

When speaking to the students, Anne Baxter, IABC London said, “It is so very important to give back to our community and thanks to you, it will be happier for many of them. On behalf of IABC, I would like to thank the corporate communication and public relations students for doing a wonderful job organizing this event.”

The donations of gift cards, new clothing and toys will help brighten up the holidays for youths in need.

Body art - should you be concerned?



College Knowledge
Joint Health and Safety
Committee

Remember Dennis Rodman? More than likely it wasn’t for his basketball skills or subpar acting career, but for the numerous tattoos and piercings that covered his body. This was rather unique at the time, but today, body art has become much more mainstream. Have you ever stopped to think about the possible health effects they may lead to?

A common complication associated with tattoos/piercings is infection. Usually the infection is localized in the area of the piercing/tattoo and, with the help of antibiotics, it is treatable. Sometimes it doesn’t go away so easily. Not long ago there was an incident with

a young girl here in Ontario. She woke up one morning and decided to get her tongue pierced. Ten months later that decision resulted in a brain infection that put her in a coma. Luckily doctors were able to operate and fix the damage before it was too late. This is an extreme example, but it highlights the potential side effects that are associated with body art. The following points emphasize some things you should know before getting a tattoo/piercing:

- Get to know the facility you plan on going to. Ensure it is clean!
- Ask if they have an autoclave and ensure it gets monthly tests. This is the piece of machinery used to sterilize the equipment – you want to ensure it is working properly.
- Needles must be new and sterile. There should be special containers for the disposal of used needles and other sharps (bio-hazard containers).

- Tattoo ink should be new and poured into a separate disposable container for your tattoo only.

- The artist should wear disposable gloves when performing the procedure.

- Ask if the facility follows Health Canada’s Infection Control Guidelines.

- The area you are getting pierced/tattooed should be disinfected first.

- Ensure your hands are clean prior to touching or applying anything to the pierced/tattooed area.

- Ensure the artist performing the procedure is adequately trained. Ask for certification.

Learn the facts when considering body art. Taking a few minutes to get information about the facility prior to making a decision can go a long way in ensuring your safety.

Don’t let your laptop become a pain in the neck

JOINT HEALTH AND SAFETY COMMITTEE
FANSHAWE COLLEGE

Believe it or not, at one time computers were so large they took up entire rooms! Try lugging one of those around to class.

Technology has come a long way since those “olden” days. Laptop computers are now miniaturized and portable so we can now take them with us wherever we go. The down side of this portability can be the increase in risk of developing a musculoskeletal disorder.

Laptops are frequently used in a variety of temporary locations, which usually results in the screen and keyboard not being setup in the best position for the user. People use them all the time on

couches, beds, in cars, on the bus, even when sitting on the floor. This is not exactly the ideal workstation.

When using your laptop, consider the activities you will be doing on it and adjust it accordingly. Here are some tips on how to use them and lower your risk of getting eye strain, carpal tunnel syndrome or some other MSD.

- Adjust the screen to be at eye level. This avoids having to bend your neck to look downwards when viewing the bottom of the screen.

- Keep the keyboard in line with your forearm so you don’t have to bend your wrists to type.

- You can buy docking stations, external keyboards, monitors and

pointing devices to use when at home or other fixed location.

- Don’t twist yourself into a pretzel when using your laptop. Remember proper posture.

- Reduce screen glare by adjusting the lighting, your position or the screen.

Finally, remember to take breaks when using computers for extended time. This helps relieve strain from your muscles and eyes and reduces the chance of injury.

Further information on this topic can be found at:

College Forums - <http://www.collegeforums.ca/articles/33-budget-laptop-student-tips.html>



CREDIT: ONE CHANGE

Fanshawe College’s international students embraced the volunteer spirit by participating in a One Change volunteer blitz. Many, volunteering for the first time, were excited by the opportunity to get out and meet the community and teach others that by simply checking your tire pressure once a month, you can save two weeks of fuel over a year. Geared up with One Change swag, loaded down with free digital tire gauges, and guided by maps the students blitzed the surrounding Fanshawe neighbourhoods having conversations with students and residents about the power of simple actions. Karthik Balakrishnan (back row third from left), volunteer organizer, recruited 10 friends and peers to ensure the blitz was a success.



Got a question, concern, or comment about college policies?

ph: 519-452-4458

fx: 519.451.8831

bog.student@fanshawec.ca

Mary Graham

Student Representative to
the Board of Governors

360° News: national and international briefs

NATIONAL NEWS

It turns out the rich aren't just spoiled brats – they work for their money, according to the Canadian Centre for Policy Alternatives. The 2,400 people in the top 0.01 per cent of Canadian income earners (who earn a minimum of \$1.85 million) get 75 per cent of the income from their wages.

In lieu of World AIDS Day on December 1, Alberta has been urged to make rapid HIV testing available. Unlike Ontario and B.C., Alberta does not have the blood test that allows patients to see their results in minutes. According to health officials in the province, they need to be sure the results of these tests are reliable before making the test available. However, these rapid tests have been proven to be reliable, particularly if they are carried out three months after possible exposure.

NATIONAL NEWS

Secretary of State Hilary Clinton has been strong in her stance that diplomatic relations will not be tarnished after the embarrassing leak of secret U.S. documents. She assured the media that none of America's "colleagues" had "any concerns" about working with the U.S. from that point forward. She held a news conference to address this issue in Kazakhstan on the second day of her four-day trip to Central Asia.

In other WikiLeaks news, France-based international police organization, Interpol, has put WikiLeaks founder, Julian Assange, on their most-wanted list. It turns out that the Australian is suspected of rape, sexual molestation and unlawful coercion.

– compiled by Jessica Ireland

Saving your poinsetta beyond the holiday

ALISHA BHARDWAJ
SPECIAL TO INTERROBANG

The botanical name for poinsetta (Christmas plant) is *Euphorbia pulcherrima*. While we think of it as a flower, it is in actuality a shrub or small tree that has a height range from two to 16 feet. This beautiful plant is native to Mexico. Here are some tips to keep your poinsettias fresh for a long time after Christmas. Always place your poinsettia near the window where it can receive plenty of sunlight. Most of the time a west, east or south facing window is preferred. A cold breeze can damage the leaves so beware of draughts in these areas. Temperature of 65 to 75 degrees Fahrenheit should be

maintained.

Watch for drooping leaves, this may be an indication that the plant needs water. Water your poinsettia only when it is dry. Normally, a plant should be watered about once every four to seven days. In very warm conditions, it might mean that you have to water more frequently and, of course, if it is sunny, the plant will dry out much faster.

When Christmas is over consider keeping the plant until next year. You start by watering the plant but only when it is needed. Then in April, start decreasing the amount of water given to the plant, but be careful as sometimes the stem begins to shrink which is an indi-

cation that the plant is dying. In May, cut the stems to four inches and then change the container and re-pot with fresh soil. Place the plant once again in sunshine and at a temperature of 65 to 75, and water plants whenever the surface of soil becomes dry to the touch.

In June, put the poinsettia outside in moderate sunlight and start fertilization using a balanced general purpose fertilizer such as 20-20-20. By August, branches will grow requiring you to give it a light pruning, but keep watering and fertilizing. To force the plant to re-flower, you have to use artificial light, 11 hours of light and 13 hours of absolute darkness for about 10 weeks. By the last week of November, your plants should begin to develop the colourful bracts that we are all familiar with, finally stop fertilizing the plant in December but continue watering.

Fanshawe Botanical Gardens has much to offer

ALISHA BHARDWAJ
SPECIAL TO INTERROBANG

A botanical garden is a home for a wide variety of plants from different parts of the world. The beauty of the world is stored in these botanical gardens so that their splendour can be preserved for a long period of time.

According to the Botanic Gardens Conservation International, botanical gardens refer to "institutions holding documented collections of living plants for the purposes of scientific research, conservation, display and education." Fanshawe College is home to 15,000 plant species that include small- to large-size plants and different types of trees. This garden presents unique and unusual plants to the public. For example, the Carolinian Garden at Fanshawe is a two-acre site, and is one of the largest outstanding botanical gardens in Ontario.

Fanshawe's two-year horticulture technician program teaches students the skills used to maintain landscapes and indoor spaces, identify plant species, produce plant life and engage in landscape design and field construction.

In 2007, the Cuddy family presented Fanshawe College with a gift: the spectacular Cuddy Gardens, a botanical garden that has a remarkable collection of rare and endangered species. In fact, Cuddy Gardens boasts more than 2,000 species of plants. This large variety provides an opportunity for horticulture students to work with a world-class plant collection. It attracts 10,000 visitors twice a year, so that they can get up close and personal with an outstanding variety of plants.

Beautiful botanical gardens are home to flowers that surround us in every stage of our lives: at birth, during marriage, with holidays, during sickness and at death. Initially, botanical gardens acted as medical gardens used for study purposes, as well as cultivation. Over time, the use of a botanical garden changed, and thus today they are primarily used for plant conservation and educational purposes.

Plant education plays an important role today. In a busy society, we often forget that plants are our main source of oxygen. Plants in universities, colleges or at home create a pleasing environment that provides a fresh and relaxing atmosphere. Biodiversity is one way that we can preserve the genes of plants that are nearing extinction.

Conservation of plants is of great importance. As a main source of oxygen, which balances atmospheric gases, plants are an integral part of our lives. Botanical gardens, then, are an important part of everyone's life. It is of paramount importance that we protect plants – especially those which are on the verge of extinction. This can be accomplished by respecting plant life. Plants, like us, are alive and breathing. They feel pain when damaged or crushed.

Plants can be protected for a long time by offering them healthy living conditions, and providing them all of their necessities, including proper sunlight and water. Please take some time to visit the Fanshawe Botanical Gardens at the London campus, and appreciate the plants.

Save plants, save our future.

Girls count

JESSICA IRELAND
INTERROBANG

The Girl Effect is a movement that's aiming to change the world one girl at a time.

It focuses on the "untapped potential of adolescent girls," said Jaimie Popp, of the Nike Foundation. The foundation created the Girl Effect in 2008 in conjunction with the NoVo Foundation.

The Girl Effect has shown through its research that when girls in Third World countries are able to break the cycle of poverty for themselves, they are more likely to contribute to their communities rather than marry young, be susceptible to illness and remain in that negative cycle.

"When you invest in girls, it's reinvested in the community," said Popp, adding that when girls from developing countries are able to rise above negative circumstances

and secure a future for themselves, they invest 90 per cent of their income into their families and surrounding area as opposed to the 30 to 40 per cent from boys.

Essentially, the impact girls can have on their surroundings is influential and the global community is noticing.

"People are realizing and reevaluating where money (global aid) is going," said Popp. International groups like the United Nations and the Clinton Global Initiative have promoted The Girl Effect's message.

But some of the most avid supporters of the movement have been girls from all around the world. They have started school clubs and are raising money for the cause.

Students interested in getting involved in the The Girl Effect can visit www.girleffect.org to download a toolkit to start your own group or fundraiser and learn more about the campaign.

Movember a hairy success

JESSICA IRELAND
INTERROBANG

December will see some smoother upper lips as Movember closes with some big numbers.

Canada reportedly is the international leader of fundraising this year with \$19,169,908 from about 118,597 participants.

Globally, 446,572 individuals got involved in the cause and raised \$58 million.

Fanshawe Student Union did their part by raising \$1,800, beating their goal of \$1,000.

The money was raised from paper moustache sales, fake moustache sales and the moustache and miniskirt pub ticket sales.

All funds go towards prostate cancer research, the most common form of cancer among men in Canada. It affects one in six men each year.

Movember not only raises funds for prostate cancer, it also raises awareness on getting tested – a task most men are hesitant to do.

Congratulations to all the bros and sistas for a great month of moustaches and fundraising!

OSAP LOAN PICK-UP

Don't forget to Book an Appointment to meet with Financial Aid to pick-up your Winter Term OSAP loan documents.

Bookings open on Monday, December 27, 2010 for appointments starting Monday, January 3, 2011.

Visit Money Matters at myFanshawe under the Student Services tab to book your appointment

<https://portal.myfanshawe.ca/student-services/moneymatters>

MONEY MATTERS
Helping You Pay For Your College Education

Remembering the sixth

By Jessica Ireland

On December 6, 1989, 14 women were gunned down because of their gender.

When 25-year-old Marc Lépine entered into a classroom at the engineering school, École Polytechnique in Montreal, he already had a target in mind: women. He divided the class between the men and the women, then proceeded to shoot all nine women in the class, killing six. After, he moved through the school, continuing to focus on women and killing 14 total before turning the gun on himself.

History has interpreted the attack as an act of anti-feminism as the shooter blamed feminists for ruining his life in his suicide note.

The anniversary of what has come to be known as the Montreal Massacre now commemorates the National Day of Remembrance and Action on Violence Against Women.

The 14 women who are remembered on this day are Geneviève Bergeron, Nathalie Croteau, Anne-Marie Edward, Maryse Laganière, Hélène Colgan, Barbara Daigneault, Maud Haviernick, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Annie St-Arneault, Annie Turcotte and Barbara Klucznik.

Fanshawe College is holding its own memorial ceremony on December 6. A violence prevention group, with representation from faculty and students, Counselling and Accessibility Services, Campus Security and the Fanshawe Student Union has brought back the ceremony after the last one took place in 2002.

“(We’ve had) less time to do (the ceremony) over the years, but now we’ve pulled together and we have renewed energy and new people,” said Candice Lawrence, a counsellor with Counselling and Accessibility Services. “The group we have going is great.”

Lawrence was working as an instructor at Fanshawe when the attack happened, and women who were in engineering programs on campus at the time were deeply rattled by the event, she said. “They were really questioning their choice (of program).”

“We recognize this is one man, but he was a flashpoint for women dealing with harassment in the first place,” she said, referring to how women were starting to break into a traditionally masculine field.

In the 1980s, about two to three per cent of engineering classes involved women said Lawrence. Now, half of formerly male-dominated programs, such as medicine and law, are women.

While one event may have unfairly ended the lives of 14 women, it hasn’t prevented the bright futures of others and instead will forever serve as a reminder that violence against women will not be tolerated.

Fanshawe’s commemorative service will begin at noon on Monday, December 6 in Alumni Lounge, above the Oasis.

Speakers for the ceremony include Fanshawe College student Catherine Kedziora, whose mother Theresa Vince was murdered as a result of workplace sexual violence in 1996, speakers from the Sexual Assault Centre as well as Joy Lang who, like Kedziora, was instrumental in bringing about the success of Bill 168, which amended the Occupational Health and Safety Act to include protections for workers against violence and harassment.



Anne Marie
Lemay



Anne-Marie
Edwards



Annie St. Arneault



Annie Turcotte



Barbara Daigneault



Barbara Klucznik



Helene Colgan



Maryse Laganiere



Maryse Leclair



Maud Haviernick



Michele Richard



Nathalie Croteau



Genevieve Bergeron



Sonia Pelletier



5 QUESTIONS

JOHN SAID — FSU PUBLICATIONS & COMMUNICATION MANAGER

JESSICA IRELAND INTERROBANG



1. IF YOU COULD SWITCH PLACES WITH ANYONE IN THE WORLD, WHO WOULD IT BE AND WHY?

"I'd swap places with Charles Wang, owner of the New York Islanders NHL team, so I could finally fix my beloved Isles."

2. IF SOMEONE PUT A GUN TO YOUR HEAD AND FORCED YOU TO GET A TATTOO — WHAT WOULD IT BE OF AND WHY?

"I'd get a tattoo of a shell, to represent my wife Shelley."

3. WHAT'S BEEN YOUR BEST MEMORY AT FANSHAWE SO FAR?

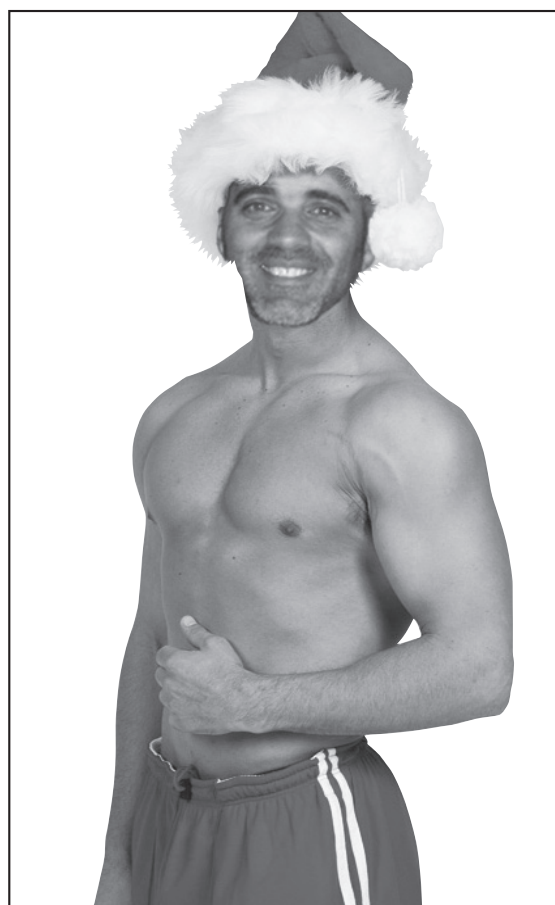
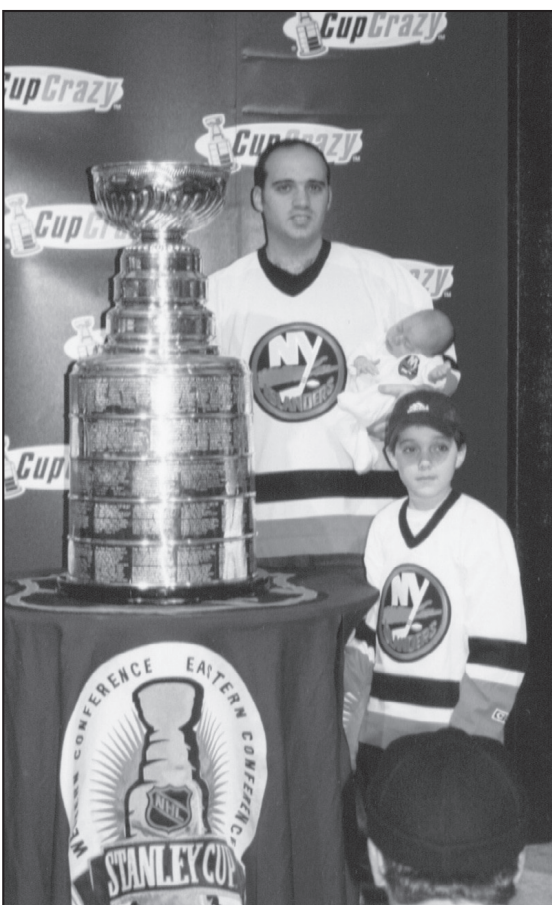
"Yikes, I've been here a long time so I've got a lot of memories... so I'll keep this PG. About nine years ago the Stanley Cup was brought on to campus for Fanshawe staff and students to see and have their pictures taken with it. Well, me and my boys, one six and the other under a year took our pic with the Cup... including one where the baby sat in the top of it. I couldn't believe the white gloved guy let me stuff my kid in there."

4. WHAT'S YOUR PERFECT DAY LIKE?

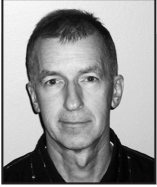
"Everyday is perfect, it's one more than the last one."

5. WHAT'S THE LAST CD YOU LISTENED TO?

"It was either Led Zeppelin *Remasters* or Lee Aaron's *Metal Queen*."



The (guaranteed) true meaning of Christmas



LIFE MEETS FAITH
MICHAEL VEENEMA

Around 100 years ago no one remembered the Holocaust. They also did not recall the hundreds of thousands of young men (almost exclusively) who died in World War One. Nor did they remember those who died in the next Great War, about 100 million I think. They also did not recall for posterity the 14 victims of the Montreal Massacre.

People did not recall these horrific events because they had not yet happened. Things have changed. Today we spend a lot of energy keeping the memories of those events alive. During the last several decades dark memories have been collected. The fall in Canada is filled with remembrance events and stories of war.

At the community college nearest me, students heard from a Holocaust survivor, Philip Riteman. Now 88 years old, he tours our region telling students how his family did not believe his brother when he came home to say that Jews were being shot in the village square. By the time he and his family were placed in railroad cattle cars, he probably did believe. The "one-hour ride" by train to a new "settlement" turned into a day and a half. A baby cried non-stop for over 18 hours. Finally she stopped and the body stiffened. The "settlement" had a name. Auschwitz.

Early every December, thousands pause to recall the slaying of the 14 women in Montreal. Even in some of our Catholic university colleges faculty seem more concerned to observe their deaths than the great Catholic-Christian holiday called Christmas.

At the same time, while these memorials

to atrocities pile up, every year the real meaning of Christmas is undermined by gift buying and giving. I am not saying that the buying and giving of gifts is, in itself, a bad thing. I engage in both every Christmas. What I am saying about Christmas is that with so much attention being given to the exchange of gifts, the real meaning of Christmas has become obscure.

This is very unfortunate for us all. It is unfortunate because the real meaning of Christmas is an antidote needed to counter the memories of horror and the fear that more of it is coming if we don't fuel those memories to the best of our ability.

What do I mean by the real meaning of Christmas? I do not mean the sentimentality that says that we must all try to spend our way to happiness for one day and then, disappointed perhaps, return to our usual patterns of living for the rest of year. I mean that God became a human being. This happened. I guarantee it.

The main reason many of us do not feel ready to believe is a simple one. It is not that the evidence for it - or for God for that matter, angels, and love being at the core of the world and many other things - is all that bad. It's pretty good if you go in for that kind of thing. The main reason many are not ready to believe the true meaning of Christmas is simply that our teachers and parents have not taught much about it when we were younger.

Ironically, just when we need a message of hope that will outstrip the memories of atrocity and mass killing that so fill our brains, the one we need to hear is barely audible. Economists are blathering on about the importance of boisterous December spending (as if an economy dependent on crazy Christmas spending is sustainable). The rest of us rush to our apartments every evening to make purchases online.

In the meantime, what we really need to understand is that God became a human



CREDIT: 1HAPPYCORNER.COM

With so much focus being put on consumerism during the Christmas season, the real meaning of Christmas is becoming obscured.

being and lived with us. That changes everything. It means that God has not given up on us but is bound to work in our world with you and me. It means that we ought not give up on the pursuit of justice, dignity, freedom, compassion and, yes, love. Above all, love.

You will be able to go to churches anywhere in the country to celebrate the birth of Jesus Christ. Yes, some of the celebrations will be poorly planned and executed. Some will lack artistic integrity. But then again, much in our own lives is poorly planned and executed and lacking in artistic integrity.

So, maybe the thing to do this Christmas is

to get to any church at all. To join the rest of group that's there, people who, like me and you, have their share of issues and failures. Beggars looking for a glimpse of the glory of God. With some luck, we'll see what we came searching for.

INTERROBANG

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Library incompatible with studying

Dear Editor:

What has become of our library as a place for quiet, studious contemplation? The library is a place for acquiring new knowledge, be it from the tomes that line the shelves or the classroom texts used at the study carrels staggered throughout the floors. But, as I see it, there are two things that prevent this from happening; the library layout and lack of monitoring in those areas.

The Fanshawe library layout is not conducive to a quiet environment. The floors circle the open concept centre which, while being bright and giving the illusion of space, only serves as a venue for the noise from each floor to be carried to the others. The “quiet study” areas are nestled in the corners but seem to draw groups of students; many students catch up on the latest gossip or use their cell phones, and while some do work on school projects, all are at a noise level that is far from muted. Yes, there needs to be areas for group project work, and areas on the main floor work well for that. With the layout that exists, perhaps the corner quiet areas need to be glassed, with a door to help keep the external floor noise out.

What else can be done? Since manners and common consideration for others appears to be a propensity lacking in many students, I still think that the expectation of adherence to quieter behaviour could be addressed. For a student to self-police these areas is ridiculous, because it is ongoing and a waste of time when trying to do one’s own work. You may get one group to do their loud work elsewhere but the space will shortly be filled by yet another. All of this takes away from valuable study time, and adds to stress and frustration. Staff or volunteers could monitor the library usage, directing noisier users to appropriate areas and having consequences for those who continue to choose this venue as a social outlet, interfering with others in the area.

We have made a commitment to learning by attending this college. It would be very advantageous to have a place in our library to go to so we can keep up with our workload. It would benefit many to have these hallowed halls accommodating learning again.

Nancy Banick

Breaking up is hard to do in a “wired world”



CALL ME OLD-FASHIONED BUT...
Rose Cora Perry
www.rosecoraperry.com

I don’t know about you, but I’m definitely someone who opts for a “clean break,” whenever possible. Regardless of whether we’re talking a business deal gone awry, a messy split with a romantic partner, or a desire to cease communications with someone you’re not quite certain as to how they ended up on your friends list in the first place, once the presumed benefit of continuing the relationship has been lost, I frankly don’t see the point. Let’s face it folks, we can’t be friends with everyone and if someone no longer wishes to have us in their lives, we should respect that.

Now, if you just interpreted what I stated as self-serving, don’t kid yourself - all relationships are based on some idea of mutual perk, even the seemingly altruistic ones. For example, while it is true that people participate in charity work to help those less fortunate, some also do it because they receive positive recognition from others in society, it looks good on the old resume, and because it provides oneself with a sense of purpose, fulfillment and satisfaction that you are giving back.

This “alliance strategy,” of course, can be traced back to our evolutionary history: it is and always has been in the best interest of any species to maintain strong ties to its kin in order to ensure protection and survival of its kind. Kin, in the modern sense of this perspective then, can be defined as those with whom you share the same values, morals, attitudes, beliefs, passions and more – these are the individuals with whom you already have or wish to make a connection.

On the other side of things, there are those with whom you’ve had falling outs, or those whose values are dissonant to yours. From a “survival” perspective, this latter group stands in the way of the perpetuation of people like yourself; therefore adding to their “fitness” by expanding their network isn’t in your best interest. Make sense? In other words, you are who you hang with.

So what does all of this have to do with being “old-fashioned?” Well, frankly because we live in such a “wired world,” it’s

next to impossible (particularly if you work in the entertainment business, like myself) to maintain any sense of anonymity. Essentially what I’m trying to say is that nowadays, even if you block all incoming hate mail on one social networking site from an established antagonist, you can easily find yourself being “cyber-stalked” through another or worse, having your identity “mimicked” without even knowing it, whereas eliminating delinquents from your life, at one point, was as easy as changing your phone number.

I’ve had ex-boyfriends from high school with whom things ended extremely unfavourably, along with my old high school bullies, friend request me on Facebook - are you kidding me? Why the hell would I want anything to do with them? Moreover, why the hell would they want anything to do with me? I’ve still got my battle wounds, and those are not really times I wish to ever revisit. Thanks.

While admittedly, people are far too free-wheeling about the level of personal detail they are willing to put online, I also feel that the idea of privacy is being reduced to a whole new level because of social networking sites and the web.

The other day, for example, a teenaged girl got suspended by her school because someone anonymously sent her principal a photo, stolen from her Facebook page, which showed her participating in underage drinking. Agreed, this is an illegal act that should be sanctioned, but seeing as the drinking did NOT occur on school grounds, and the photo was likely submitted by one of the girl’s adversaries, I really don’t feel that the principal was justified in getting involved. If anything, he should have contacted the girl’s parents and allowed them to deal with her as they saw fit.

The points I’m trying to make here are as follows: First, it is never in proper taste to air one’s dirty laundry publicly. Also, be respectful of others’ desires to maintain their privacy. I mean, considering how easy it is to track people down these days, if they wanted you to be in their lives, you likely already would be. Finally, if someone has decided they feel it is necessary to “cut you out,” accept it; continuing communications, after all, is only likely to merit you a higher place on their shit list.

Greening the campus



FSU PRESIDENT
Joe Scalia
fsupres@fanshawec.ca

This year the Fanshawe Student Union and the college have focused their efforts towards creating less waste on campus. Olive Oyle’s has stopped selling water bottles and has more locally focused menu items. The Oasis and Out Back Shack have started a reusable takeout container program, and have also switched to more local suppliers. The college has set up receptacles specifically for your Tim Hortons cups. A bottle filling station has popped up in A building, and a few more should be coming in the near future. We have all these initiatives popping up, and we will see many more to come, but none of them can be successful

without the buy-in of the college community.

The college can’t become greener without its inhabitants thinking greener. The success of the eco-projects at Fanshawe depends on you and your actions. Sometimes it takes a little extra effort, but it’s worth it in the long run to take ownership and be a less wasteful person. We’re not expecting you to be 100 per cent eco-conscious overnight, but small things like bringing a reusable water bottle to school instead of buying a plastic bottle goes a long way (for the college and your wallet). The same concept applies to reusable bags versus plastic ones. Side note: Did you know that part of our dependency on oil is a result of the amount of plastic we consume? Either way, my message this week is to start taking the steps towards a sustainable lifestyle. Even if you don’t completely get there, at least you’re beginning to make an impact.



CREDIT: ISTOCK

Newspaper headlines on April 12, 1954 showed nothing of significance happened a day earlier.

April 11, 1954



B.A.L.L.S.
TIM HANDELMAN

Recently a bored American scientist, William Tunstall-Pedoe, decided to work out which day of the twentieth century was the most boring. He plugged over three million global events into his computer and came up with a date, April 11, 1954. I think by the very fact that this date is now receiving global attention makes it quite interesting. The most boring day of the twentieth century is now made the most interesting by proclaiming it as the most boring.

It is hard to imagine a boring day in the twenty-first century. We have all the action that corporations, extremist religions and greedy governments can dole out. In fact, we are in the midst’s of a global circus: clowns, trained sheep, an array of unnaturally coloured dogs that are whipped to jump through flaming hoops, people teetering on a high wire, and like most of us, the trapeze artists, floating through the air, arms outstretched to catch a hand from another. The lives of many are held in the sway of few.

We are entertaining ourselves to death! I wonder what the average person that walked a quiet street on April 11, 1954 would think if they all of a sudden popped into 2010? Probably the first thing that would hit them is the smell.

We are consuming, trashing, hating, bul-

lying, grand standing and ignoring our planet to death. I will hazard that the aforementioned bored scientist would have a hard time finding a boring day in this century!

There is a form of boredom that does fit well with today’s populace, ennui. Ennui is boredom, but it is more than that: it is a lack of interest, a sort of weariness with life. Perhaps we have over-stimulated ourselves into a state of complete indifference?

Wading through our daily routines, constant reminders for those willing to see: Angry drivers driving angry cars, built by angry workers trying to hold their jobs. We are litterers, panhandlers, idlers and addicts, taggers, players, beaters and slayers. We are hiding behind our jobs, our videos, our drugs and booze, our televisions and porn, our money and food. Ennui, the grand evasion, the global turning of a collective eye as we reason to ourselves that someone else will do it. There will be someone there to grab us as we float through the air on this trapeze of life.

What I would give to have that boring day in 1954! Just for a moment, to not have to distract myself from the weight of the world.

If your child was dying of cancer, but you could save her by giving up every penny you owned, every material good that you valued, I believe that most of us would do it.

Well, our Earth is dying of cancer, what are we willing to give up?

There is time though. We have been so distracted lately that we have a lack of experienced trumpeters; therefore, the end of the world has been postponed for a couple more weeks.

The joy of Christmas

SARA VARLEY
INTERROBANG

When you are a child growing up, the event of Christmas and the idea of a Santa Claus is this overwhelming and awe-inspiring moment that makes the whole month of December feel like an eternity until that magically day finally arrives. You go to bed at night and try to keep your eyes so tightly closed and try to fall asleep as your parents tell you, "Santa only comes to houses where the children are sleeping." Then finally it's Christmas morning, and you burst out of bed and quickly make it to the tree to see all of the presents Santa brought for you. You don't know it at the time but these magical years only last for so long before the "mystery" of Santa is revealed to you many years later usually by that certain uncle we all seem to have or that kid at school who's parents don't believe in Santa and decided he shouldn't either.

As the years have gone by each Christmas has been special in its way, but it has never been as great as back in the days of being a child. Sure, I came up with my new way of celebrating with a good shot of Bailey's in my coffee on Christmas morning, and there was always the "Boxing Day Bash" with all of my friends that left you with many fun memories and the worst hangovers ever! These were all great substitutes and worked at the time but it wasn't until recently when I rediscovered the true joy of Christmas.

My joy came last year when my daughter of two years old had her not first but "first" Christmas where she was really aware of the whole event and Santa Claus. That night when she was looking into the fireplace and calling "Santa where are you?" my heart melted, and it brought the true spirit right back to me. The next morning when she went down the stairs and saw the gifts Santa had brought her and the smile on her face, it was truly one of those Kodak moments. As my husband and I sat there drinking our coffees (sans Bailey's - I'm a mom now) and watching her open her gifts and scream with joy, there was nothing greater than that moment. This is my new Christmas gift, and each year all I want for Christmas is to see the joy of my little girl before the magic wears off. Of course, it's not about the gifts and honestly, she would be happy with empty boxes and bubble wrap, but it's about being in the presence of true beauty and innocence. These years go by so fast and it's nice to get caught up in a moment even if it only lasts for one day of the year.

This Christmas I wish you all your own joy of Christmas in any form that it may appear for you. Even though those years of believing in Santa have passed you can keep the magic alive and don't let the spirit of Christmas die. I thank my daughter for bringing back my spirit of Christmas and there has been no greater gift to me than this. Happy Holidays!

Marijuana remains legal taboo

AMANDA DEAKIN
INTERROBANG

The debate over whether marijuana should be legalized for medicinal and recreational purposes has been a hot topic for years. Ethan Nadelmann, the founder of the Drug Policy Alliance, argues that the overall cost of keeping marijuana illegal outweighs the benefits both financially and in matters of punishment for those involved in the use or sales of marijuana.

Nadelmann states that the financial cost to tax payers is approximately \$10 to \$15 billion and those who are imprisoned for association with marijuana are being unjustly punished. The Office of National Drug Control Policy contradicts Nadelmann and claims that marijuana is more harmful than people seem to think.

According to the ONDCP, it causes physical, mental and emotional problems for those who use it and encourages violence in those who sell it. Although the ONDCP has a seemingly valid point on the behaviours of those who sell and use marijuana, it ignores the facts that not all individuals who associate themselves with marijuana act in that way, marijuana does have its benefits, and it would be more beneficial to legalize marijuana in the long term.

Punishment for the possession of marijuana in the U.S. is extremely harsh and unnecessary. About 87 per cent of all marijuana-related arrests are for possession of small amounts and altogether 700,000 people are arrested yearly due to marijuana charges, this is an unreasonable amount when compared to the 600,000 people arrested for relations to cocaine, heroin, meth, ecstasy and all other prohibited drugs combined.

The charges for possession can include; 15 years to life in prison, losing custody of children, being deported if one is not American born, suspension or lost driver's licence, inability to gain financial aid and so on. The marijuana charges one can face are comparable to murder in some states, the fact that someone can spend the same amount of time in jail for marijuana charges as murder is obscene. The punishment for those who are charged with marijuana-related charges needs to become much less

severe since the crimes are not severe enough for this level of punishment.

The claim that marijuana is a gateway drug is an overrated statement. In fact, the majority of those who use marijuana, whether it be once or on a regular basis, do not continue onto more serious drug abuse such as taking cocaine or heroin. Keeping marijuana illegal to prevent the gateway effect is like "trying to reduce motorcycle fatalities by cracking down on bicycle riding," according to hempworld.com.

In a medical sense, marijuana has been used in many treatments for various conditions such as glaucoma, asthma, convulsions, epilepsy, migraine headaches, reduction of nausea and vomiting and loss of appetite associated with chemotherapy treatment. In many states, voters have passed the legal use of medicinal marijuana but the government still refuses to legalize it officially.

The ONDCP believes marijuana use causes physical, mental and emotional harm as well as promotes violence in those who sell marijuana. Marijuana causes no more physical harm than smoking cigarettes or drinking heavy amounts of alcohol yet it is still illegal. The mental and emotional effects of marijuana again are not as harmful of those related to long-term smoking or drinking. To state that drug dealers will have a higher potential to be violent in order to protect their assets could also be said about those who have expensive cars, homes or other assets; most people who possess items of value are more likely to go to further extents to protect their investments.

The legalization of marijuana is and most likely will always be a touchy and high tension issue. To many, the benefits outweigh the consequences, but to others the consequences outweigh the benefits. In order to resolve this issue, the government should allow citizens to vote on whether they want to legalize marijuana or keep it illegal, and should the votes choose to legalize it and problems arise, it can then be criminalized once again. Although this may be a lengthy process, it would, in the end, produce a majority agreed upon decision.

There's no such thing as free education

MERCEDES MUELLER
THE FULCRUM

OTTAWA (CUP) — Education is a right, according to a recent campaign launched by the Canadian Federation of Students.

With the intention of lowering tuition fees across Canada, this campaign seeks to increase access to post-secondary education by decreasing the associated costs — costs perceived to be detrimental to enrollment rates.

The broke-ass student side of me wants to support this campaign; believe me, I have double the debt possessed by the average university student in Canada. But I've also spent the last four years pursuing a degree in economics, and the economist in me cringes every time I read, "Education is a right!"

In my first lecture, on my first day of university, a wise professor stood before the class and proclaimed, "There is no such thing as a free lunch!" It is one of the basic principles of economics. Whenever one individual or group receives something at no cost, the commodity is not free; another actor in the economy inevitably pays for it. In the case of education, lower tuition fees relieve the economic burden faced by students but the cost is transferred to other individuals — taxpayers.

Another important economic lesson is that intended actions have unintended consequences. While an actor in the economy may intervene in order to achieve a particular result, this action can adversely impact other parts of the economy — including the problem area it meant to remedy.

Too many students, not enough staff

The price for anything is determined by good ol' supply and demand. Without intervention from any other actor in the economy, the price of education should be the result of how those that demand education (students) perceive its value and how those who provide education (universities) respond to that demand.

A government subsidy lowering the cost of education causes tuition fees to be below the price they would be as determined by a free market. At a lower cost, an increased number of students will choose to enrol, one of the CFS's campaign mandates is fulfilled, and we all live happily ever after, right? Wrong.

Government resources are scarce and its ability to subsidize universities is limited over time. This is a main reason why funding for education from the federal government has declined in recent years. When an increased demand for education, due to lower tuition fees, cannot meet this weakened supply, due to a subsequent reduction in government funding, two things happen: Overcrowding and rationing.

Think your classes of 400 are too full? The ratio of students to on-campus resources — housing, athletic facilities, administrative staff — is lower than ideal according to many students, and this can be directly attributed to a lack of resources. This reality forces universities to be more selective of who they let in. Ultimately, lower tuition fees cause overcrowded campuses, which creates the need to limit the number of students accepted into university — an unintended consequence directly opposed to the CFS's campaign's mandate.

Investment, please!

While universities struggle to provide students with the resources they need as fund-

ing from the government declines, the continuation of reduced tuition fees serves as a barrier to investment from other actors — most notably, the student. No student loves paying tuition, but many would readily pay more than the current fees if they thought a degree would pay off in the form of higher wages in the future.

Requiring an individual to pay less than they are willing to pay crowds out private investment, capital that is seriously needed as universities struggle to meet the increased demand for their services. The result? Poor ratings in the notorious student-based surveys conducted by The Globe and Mail and Maclean's.

Why should I care if you get a degree?

Have you ever wondered what the point of getting your degree is, other than to get a high-paying job in the future? You aren't the only one. Economists too have considered the real effects of higher education for the economy.

In fact, the idea that degrees are nothing more than a piece of paper that assures a potential employer you are a competent employee was first thrown around by Michael Spence in 1973. In his seminal paper "Job Market Signaling," Spence argues that employers and employees possess different information about a worker's skills. One way to side-step this discrepancy is the creation of a signal that allows a boss to differentiate between good and bad workers — i.e. a university degree.

The thing is, while studies may show that more years of education increase an individual's wage, that same increase in education does not imply higher levels of gross domestic product, meaning education has very little impact on the productivity of our economy as a whole. This forces us to question how much public spending higher education deserves. If the private return to the individual exceeds that to the economy as a whole, shouldn't the individual be forced to invest more in his or her education, as opposed to having it paid for by society?

So, who's paying for lunch?

Government subsidies to education come from taxes, which involves taking money from one group of people and transferring it to another that believes they deserve it. That's obvious. What isn't so obvious is who comprises these groups — the winners and the losers.

A report published by Statistics Canada in 2001 reveals students from low-income families are less than half as likely to attend university than those from high-income families. The result is that low-income families are being taxed to fund institutions of higher learning that are more likely to be attended by children from middle- to high-income families due to more favourable socio-economic factors.

While it is evident that some groups within society are more likely to obtain a university degree than others, the way to remedy these inequalities is not necessarily through lowering tuition fees. The intended consequences of these actions create short-term solutions to problems that will, ultimately, bar those from our institutions of higher learning that they were instated to aid.

Sure, we'd all appreciate a little extra lunch money in our pockets, but it's time to start asking who's paying for lunch.



We are still looking for volunteers for the charity ball,
 please contact fsuexternal@fanshawec.ca for more details

Alexisonfire rides into London on hot streak



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. These days, it's not all that common to encounter a band like Alexisonfire, a home-grown success story born, raised, and embraced by southern Ontario like favourite sons and sent off lovingly into the world.

In fact, in the current musical climate, that has developed since the Internet and downloading created a stark new music industry beginning some 10 years ago, the very concept of a small-town band going on to the levels of artistry and success the likes of which have been achieved by Alexisonfire is simply unheard of.

You might remember that it wasn't very long ago that the group — vocalist George Pettit, guitarists Dallas Green and Wade MacNeil, bassist Chris Steele, and drummer Jordan Hastings — were still just hardcore heroes tearing up the scene in St. Catharines, their music ever-so-famously described as sounding like “the sound of two Catholic high school girls in mid-knife fight.”

Hard work and spirit mixed with the band's growing reputation helped to launch the band in 2001, helping them sell to gold-level numbers their self-titled debut album. Fast-forward to 2010, and it becomes apparent that despite all the downtime, despite all the work on side projects (from City And Colour to Black Lung and everything in between), the gentlemen in Alexisonfire are the epitome of the concept of hard working, consummate professional musicians.

Luckily for us in London, the gentlemen are coming to the London Music Hall for performances on December 14 and 15 with Four Year Strong, Norma Jean, and La Dispute — demand for tickets was so high that a second show was introduced.

There's a chance that 2010 has been one of the biggest years for the band, who have seen all the highs and lows that one can experience while touring. Barely taking the time to rest, the band prepared and released their iTunes Originals album on September 28, tearing down yet another wall and bringing their fans all the closer in the process.

The album paired brilliant live versions of selections from their catalogue — mostly songs collected from their latest two releases, 2006's *Crisis* and 2009's *Old Crows/Young Cardinals* — and

compellingly intimate, insightful interview footage recorded for the release, in which they discuss everything from the evolution of the hardcore scene to the renewed interest and energy they felt in their band and music when Hastings took over the role as drummer in 2005.

“I think there was a lot of murky water as far as Alexisonfire goes,” said Pettit in an interview on the opening track of the iTunes Originals release. “The future was very, very unwritten after *Crisis*, and after we'd been on the road for so long playing *Crisis*. In my mind ... I had no idea what the next record was going to sound like, or what was going to happen.”

“As much as we may have been very interested in the screamo scene, and being part of the hardcore scene when we got started, it's changed so much,” agreed MacNeil. “As we've grown and started listening to more music, I feel like we've drifted away from it, and maybe it's drifted away from what it was like when we started as well.”

Hot on the heels of iTunes Originals came *Dog's Blood*, an EP long anticipated by fans of the band (which Interrobang readers will know was originally reported to be due in January). *Dog's Blood* is unique and nearly out of character for the band, due to its willful dive into experimental musical landscapes.

The title track is pulsing and upbeat, an energetic track in keeping with their work these past few years. But then the record takes a bit of a different direction, sonically — the second track, called *Grey*, is large, lumbering, and textured in ways that recall *Watch Out!*, the band's gloomy second album from 2004.

Gears shift again on *Black As Jet*, the third track; Alexisonfire channel the type of canonic punk energy more reminiscent of American punk acts like Minor Threat than of the Canadian underground. Then they drive into *Vex*, a down-tempo instrumental piece that conjures up the ghosts of *Turn The Page* and the hardened life of performers on the road.

“I think for us, every time we do a record, we just want to do something ... better,” said Green in an interview on iTunes Originals. “It doesn't have to be different, but it ends up being different because I think that's just the way we write songs.”

And as if that weren't enough, the band recorded two cover songs as a special limited 7" vinyl release for their diehard fans in Australia — a gesture meant to thank Australians for their loyalty and passion over the years,



CREDIT: DUSTIN RABIN

Alexisonfire comes to London for shows on December 14 and 15 at the London Music Hall. The first show is sold out, so if you want to see the band you'll have to move quickly to snatch up a ticket for December 15.

Alexisonfire recorded versions of songs by two famous Australian groups: *The Dead Heart* by Midnight Oil, and *I'm Stranded* by The Saints.

Much to the band's surprise, *The Dead Heart* found a home in rotation on Australian radio and climbed to number six on the Hot 100 charts. In gratitude, the band decided to release the songs digitally, hitting iTunes on November 22 in Canada and November 26 in Australia.

If any of the music and momentum proves anything, it is that Alexisonfire are riding into London in a few weeks on a hot streak of massive proportions. Tickets for their December 14 performance at the London Music Hall have sold out; however, if you act quickly you can still get tickets to their show on December 15 through Ticketmaster.ca.

Follow the band on Twitter at (@AOF_official) and on their website at TheOnlyBandEver.com.

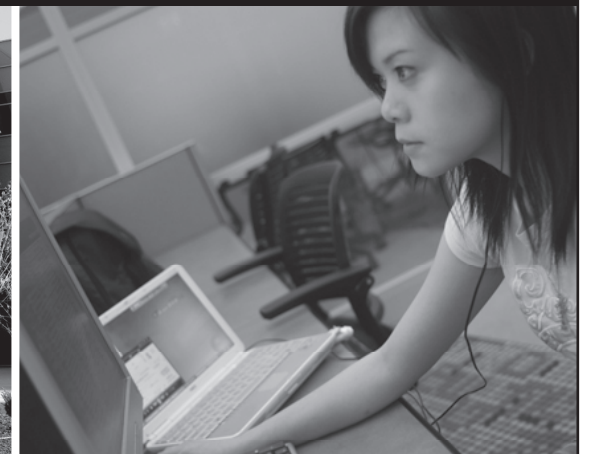
All of their recent releases are available on iTunes, while their *Dog's Blood* EP was also released on vinyl to select retailers across the country.

As always, you can get more music news, views, and downloads by following (@FSU_Bobbyisms) on Twitter or by reading the Music Recommendation discussion thread on our FSU social network. Stay safe during the holidays, and look for this column to continue in 2011. Be well, I'm out of words.

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Documentary explores "girl from the Apple commercial"

DAN HAWIE
THE SILHOUETTE

HAMILTON, Ont. (CUP) — Canadian songstress Leslie Feist has spent the better part of the last decade under the luminescence of the world's spotlight, earning multiple Juno awards and multiple Grammy nominations.

But if the name doesn't ring a bell, most people simply know her as "that girl from the Apple commercial."

After cutting her teeth with Toronto indie giants Broken Social Scene, Feist found success through showcasing her prowess as a solo act, with the single *1234* propelling her 2008 record *The Reminder* into international levels of acclaim, with over 1.5 million copies sold to date.

Yet in the shadow of that ubiquitous girl-with-a-guitar image lays a group of contributors that have been just as important to her radiance. The substance of Feist's own stature is very much concealed in a veil of colours behind her, and puppeteers, musicians and visual artists are all part of the production.

Fittingly then, her most recent endeavour with film auteur Anthony Seck pulls back the curtain on what she describes as her "amplifiers" in a documentary-meets-poetic piece titled *Look at What the Light Did Now*. Culled from hundreds of hours of footage

taken during the writing, recording and cross-continental touring of *The Reminder*, Seck sheds light on the helping hands behind the creative process of Feist.

The film was shown at a sold-out screening in Toronto last week that brought out hometown fans and artists alike, including members of Sloan, The Barenaked Ladies and Howie Beck, to celebrate the Canadian indie darling.

Seck takes us on a visual journey of the 2007 tour, while circling back to cover the album's recording process in a decrepit French mansion, then forward to the creative assemblage of her very image. And in this collaborative frame of motif, we learn that the songstress is very much reliant on the support and comfort of those around her.

When performing in a packed arena, she shies away from the glare of the spotlight over top, as one interviewee notes her fear of being "exposed" and insistence of being dimly lit. Instead, a canvas-like backdrop of kaleidoscopic shadows and clay finger-paintings are projected behind her, as puppeteer Clea Minaker and her helpers craft a visual masterpiece from the back of the stage.

Swift montages of the creative processes behind choosing the album's artwork reveals a whole new perspective on each helper's absorption in the finished product



CREDIT: TORONTOIST.COM

Canadian songstress Leslie Feist's documentary *Look at What the Light Did Now* offers insight into the singer.

too. We learn that the iconic shot of Feist's silhouette was pushed more by the photographer behind it, and that the multi-coloured streamlines in the artwork are artist Simone Rubi's conceptual idea of human connection.

Ultimately, the film unveils a vibrant world behind the shadows of one artist, whose path to stardom is just as colourful as it is brimming with like-minded personalities. The film itself is not so

much biographical then, as it is impressionistic to the viewer in revealing that sweet spot of where art meets music, which certainly resonated through the warm Toronto reception.

In a brief chat after the screening, the leading lady couldn't help but gush about the importance of bringing the film back to where the bulk of her career took off. She explained, "The film's been screening all over the place, and

this one's smack dab in the middle. But it's certainly the most special because it's where everything started.

"The stakes are higher because everything's a little harder at home. But everyone's been so enthusiastic tonight, and I can only hope for the same wonderful reception with the rest of the tour," she added.

Understanding the sound behind the music

T.K. DALLMAN
INTERROBANG

"*Strawberry Fields Forever* to this day is like comfort food," said Dr. Jay Hodgson, professor of Popular Music at the University of Western Ontario. "Some people go have their peanut butter cookies, I have to hear *Strawberry Fields*."

Hodgson has a long history with The Beatles. Not only was *Magical Mystery Tour* the first record he ever owned at the age of five, he has devoted much of his professional career to studying their influence — not in a cultural context, but as pioneers of recording technology alongside the *Abbey Road* engineers and producer George Martin. Dr. Hodgson will be speaking at the London Music Club on December 9 about Martin's role in the development of such modern production techniques. But although he's now considered an expert in his field, Hodgson's aspirations didn't always revolve around academia.

"Initially, I was going to be a guitarist. I went down to Berklee (College of Music) and I fell in love with songwriting. I started playing rock more than anything else. I think I've played honestly in my life something like 1,300 gigs."

Still, something just didn't feel right to him. "I actually felt like I was stagnating as a person, to be frank. Life intervened, I fell in love and I wanted to be able to support my family and, of course, what do people do at that point in their life? They go back to school."

Hodgson didn't study pop music's politics or context, however. He studied its art, making him a target for scrutiny, particularly from the old guard of classically educated music professors.

"To this day, I constantly have to justify what I do, and that's not

just in terms of the subject, but also the way I approach it," he said. "There's been this longstanding taboo on pop music and the funny thing is that it doesn't exist in other departments. You go to Media Studies or Cultural Studies or Sociology, and of course they study pop culture, why wouldn't they? The traditional methods came to the conclusion that pop wasn't worth studying."

Certainly, George Martin came from the classical stream, but as Hodgson asserts, Martin was one of the few that could still appreciate popular music of his time.

"I think to a certain extent he understood himself to be an outsider, (and) his greatest strength in understanding pop music is that it wasn't second nature to him, so things that are perfectly obvious to somebody with a pop background weren't perfectly obvious to him. So he wondered, 'Why not do this? Why not throw in a harpsichord solo?' whereas somebody in pop music, what do you do? Guitar solo, right?"

The same went for Martin's comprehension of psychedelia, something one might have thought difficult given Martin's extremely professional demeanour and reputation as a straight-laced individual.

"(The Beatles) had to sit down playing the tune acoustically, and if the song would sound, then they would proceed with production and arranging. A lot is made about how The Beatles came up with all these ideas, and it was all very psychedelic, but when you really look at what they were doing they have a really professional approach and I think that's George Martin's."

This all ties into Hodgson's motivation to give a public lecture about Martin in the first place — to give him the credit Hodgson feels



CREDIT: COMMUNICATIONS.UWO.CA

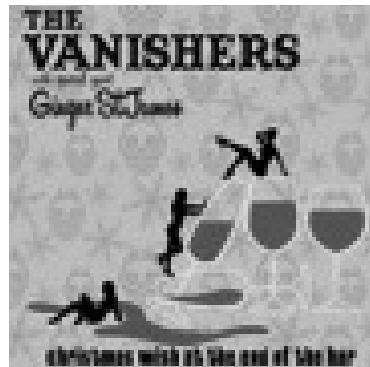
Jay Hodgson will be giving a free lecture at the London Music Hall on December 9.

he's owed.

"Engineers and producers have gotten the short end of the stick in our culture for a long time. Think about how much money John Lennon made from *Strawberry Fields Forever* and think about how much George Martin and (engineer) Geoff Emerick made off the track at the time, or the sort of recognition they get for really crucial contributions. We recognize the director's role in creating a movie over, say, the screenwriter's (but) you learn all the things that focus your ears on the songwriter's role in a recorded production. I think it's important for understanding who's actually doing the talking."

So hear what Dr. Hodgson's talking about, and check out his public lecture featuring demonstrations on December 9 at the London Music Club. The best part? It's free!

The Vanishers pack Christmas punch



JAYMIN PROULX
INTERROBANG



Rockabilly is a genre of music that is developing a cult following, especially here in London. Taking on musical aspects of country, rock and punk rock, rockabilly lends itself to a sound that is reminiscent of older icons like Elvis Presley and Johnny Cash, but also similar to present-day musicians like The Reverend Horton Heat (or Jim Heath, his birth name).

Rockabilly remains somewhat off the radar. There are parallels between the swing-style beat and images of Cadillacs driving up to a mom and pop diner. You can see waitresses wearing roller skates, delivering milkshakes and hamburgers, and sporting pretty hair and red lacquered nails.

Paul Pengelly (vocals), Gary Kruiper (lead guitar and vocals), Darrel Lascelles (bass), Paul McGrath (rhythm guitar, vocals), and Spider Costello (drums, vocals) of the Vanishers team up for a delightful but short rockabilly album titled *Christmas Wish At The End Of The Bar*. Ginger St. James, a pleasant and sweet sound-



ing vocalist, lends her sass to the album with much sincerity. As her website states, her performance origins trace back to the burlesque circuit — first as a member of Toronto's Les Coquettes, then as the prime mover of her own troupe, the Steeltown Sirens. She gives the album, which is already quite good, an extra "oomph" to get it square in the ear of the listener. If you check out The Vanishers on Youtube, you'll see that this siren can act just as well as she sings.

John and Amber, show hosts at 94.9 CHRW at UWO called this band "Ontario's next big thing." And arguably they are: their album is "throat punching country rock" that is energetic and fun. A small criticism would be to add more songs to the short one-song Christmas album. Perhaps some rockabilly carols. Or some songs with a Christmas twist. Regardless, the band has a finely-tuned cohesiveness and it is obvious that they have fun. Their older albums, *The Biggest Hand* (released in 2009) and *Hagersville Dance Party* (released spring of 2010), are better choices that showcase the band's talent.



SCIENTOLOGY

Although Scientologists don't necessarily celebrate anything on December 25, they do celebrate Freedom Day on December 30. Freedom Day celebrates the official recognition in 1974 of the Church of Scientology in the United States.

SOME ABORIGINAL GROUPS

Many tribes accepted Christianity over 400 years ago, and have put their own stamp on Christmas traditions. It is custom to have a dance on Christmas Eve, where gifts are offered at the Christmas Crib – the manger. This idea comes from the many depictions in aboriginal culture of the great Thunderbird bringing glad tidings to braves in the fields, and scenes with the wise men of the traditional manger image being replaced by the chiefs representing the great Nations.

top to bottom (Ôsouji), and then install the decorations for New Year's Day. A kadomatsu is placed on each side of the front door. This decoration is made of pine branches (pine is a symbol of longevity, prosperity and purity), bamboo and straw and is said to have the power to attract good fortune inside the house.

ZARTUSHT-NO-DISO

On December 26, Zoroastrians commemorate the death of their prophet, Zarathustra. Religious services are devoted to his memory and to the fravashis, the spirits of the dead. The Zoroastrian religion was founded in ancient Persia (modern Iran) by the prophet Zarathustra, who taught that there was one god, Ahura Mazda (wise lord), symbolized by a living flame.

HANUKKAH

Hanukkah is a Jewish festival celebrated on eight successive days beginning on the 25th day of Kislev, the third month of the Jewish calendar. This year, Hanukkah takes place from December 1 to 9, beginning at sunset on December 1. Hanukkah commemorates the rededication of the Temple in Jerusalem after its desecration under Antiochus IV. Spiritually, Hanukkah commemorates the Miracle of the Oil, when one day's worth of consecrated oil burned for eight consecutive days – enough time to prepare more oil for burning.

The most important Hanukkah ritual is the candle lighting. Each night, a candle is lit in a special candleholder called a menorah or a hanukkiah. The middle candle, the shamash, is lit every night, and is used to light each of the other candles.

JEHOVAH'S WITNESS

Jehovah's Witnesses are best known for their non-celebration of holidays, and the seasonal celebrations during December are no exception for the faith. All holidays, including birthdays, are considered pagan holidays and are traditionally not observed by Witnesses. They claim that Jesus never told followers to rejoice in his birth, only his death. The only holiday Witnesses celebrate is the Memorial of Christ's Death, which usually occurs around the same time as Christian Easter and the Jewish Passover.

CHRISTIAN

The history of Christmas dates back over 4,000 years. Though Christmas is currently thought of by many as a celebration of Jesus' birth, many of our Christmas traditions were celebrated centuries before Jesus. Traditions such as the 12 days of Christmas, feasts and the Yule log, gift-giving, carnivals (parades) with floats and carolers who sing while going from house to house can all be traced back to the early Mesopotamians.

WINTER SOLSTICE

Although Atheists don't subscribe to faith or that of a higher power, many of them celebrate the Winter Solstice, which is the shortest day of the year. This year, the solstice falls on December 21 at 6:38 p.m. EST. Romans, Babylonians and ancient Greeks originally celebrated this day as a rebirth of the sun, sun god or saviour man-god and the beginning of a new year.

Today, atheists spend this time with friends and family, share a meal and exchange gifts. It is seen as a time to set aside the religious divide of the season and portray the Winter Solstice as a universal, secular holiday with ties to nature.

YULE

Wiccans celebrate Yule in late December during Winter Solstice. Yule is a celebration of the rebirth of the Sun God and a time to honour the Horned God. Wiccans celebrate by decorating a tree, exchanging presents, hanging mistletoe and caroling. The traditions are similar to Christmas because both holidays are rooted in the Nordic, Celtic and Roman traditions. Many Wiccans burn a Yule log for 12 hours for good luck.

FESTIVUS

Festivus started in 1966 with former Reader's Digest editor Dan O'Keefe. It was not popularized until 1997 when O'Keefe's son, Daniel, a writer on the television sitcom Seinfeld, wrote the tradition into the script.

Festivus is celebrated on December 23 (although the original was celebrated in February) with a Festivus (aluminum) pole, instead of a Christmas tree. Those in attendance generally participate in Airing of Grievances. The celebration does not come to an end until the host of the party is wrestled to the floor and pinned, also known as The Feats of Strength. Festivus has caught on throughout Canada and the United States for those wanting to celebrate what was termed "a Festivus for the rest of us" without religious denominations or materialism attached to Christmas.

BODHI DAY

Bodhi Day is celebrated on December 8 every year by Pure Land Buddhists, who are mainly found in Japan and the United States. The original Bodhi Day was in 596 BC when Siddhartha Gautama, the historical founder of Buddhism, reached the founding principles of the faith, also known as the Four Noble Truths. Those principals include: Suffering is universal; The cause of suffering is Ignorance; Ignorance can be overcome; and the way to overcome Ignorance is the Eightfold Path.

If we have missed your specific holiday celebration let us know in a letter to the editor, fsuleters@fanshawec.ca, and we can include your festivities in an upcoming issue.

A HOLIDAY FOR EVERYONE



BY INTERROBANG STAFF

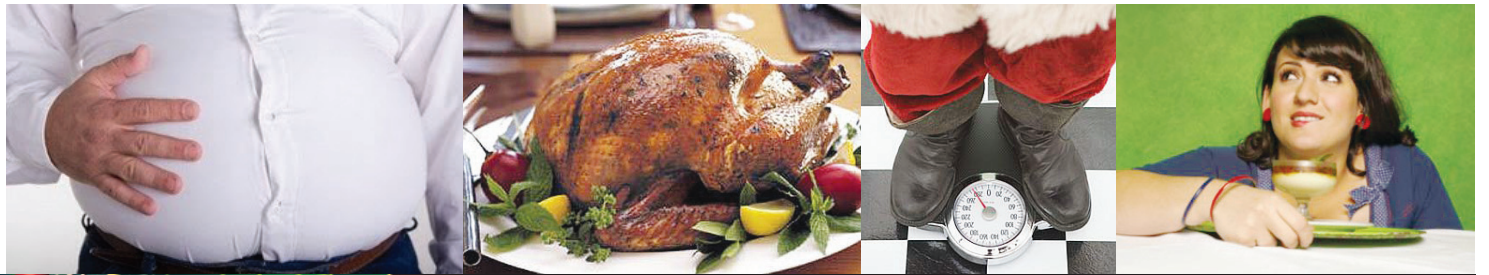
KWANZAA

Kwanzaa is a non-religious African American holiday focusing on traditional African values of family, community responsibility, commerce and self-improvement. It is celebrated for seven days from December 26 to January 1 with each day representing a different principle: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.

Despite some misconceptions, Kwanzaa is not a substitute for Christmas. The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. The kinara is the centre of the Kwanzaa setting and represents the original stalk from which we all came from.

OMISOKA

On December 31, Japanese families get ready to welcome the New Year. They clean their houses from



Avoiding holiday BLOAT

BY ERIKA FAUST

"This recipe is a great replacement for your traditional pumpkin pie at holiday time!" said Martin. "Not only will you eliminate the trans fat of the pastry, but you will add the nutrition of soluble fibre from oat bran. Pumpkin is a great source of antioxidants, and egg whites are a great source of protein. If you have leftover pudding, enjoy it guilt-free as a healthy snack!"

Noelle's Pumpkin Pudding

Makes ten ½ cup servings

Ingredients:

- 1 large can E.D. Smith Pure Pumpkin (NOT the pie filling)
- ¼ cup brown sugar
- ½ Tbsp cinnamon (depending on your taste preference)
- 1/3 cup NatureEgg Egg Whites
- ¼ cup oat bran
- 1 tsp vanilla

Instructions:

- 1) Combine canned pumpkin with other ingredients.
- 2) Spray an oven proof pan/dish with Mizola or Pam to prevent sticking and pour mixture into the pan.
- 3) Bake uncovered at 350° for 45-50 minutes, or until mixture is warmed through and sides are browning.

Serving Suggestions:

- 1) Dessert: Serve warm with Dream Whip, Nutriwhip, Cool Whip or frozen yogurt.
- 2) Dessert: Serve as part of a parfait: layer pudding (warm or cold), crumbled graham crackers, and Dream Whip in a glass serving dish. Top with E.D. Smith no sugar added caramel drizzle or no sugar added maple syrup.
- 3) Breakfast or a snack: Top with vanilla yogurt and All Bran buds with psyllium or Kashi Go Lean Crunch.

The holiday season is finally here, and visions of sugarplums, pies, cakes, gingerbread, eggnog and chocolate are dancing in our heads.

When all the delicious foods that appear on plates across the world during the holiday season, it can be tough to make smart food choices. And with celebrations that span over a number of days, like Hanukkah and Kwanzaa, it can be even tougher to eat healthy.

We're not saying that you have to limit every food choice you make this holiday season, but making smarter food choices will help you feel great and leave you feeling satisfied without feeling stuffed.

"One of the biggest things that I talk to people about is remembering there's often more food exposure and fewer opportunities to be active over the Christmas season," said Noelle Martin, a registered dietitian who works in London. "Remember ... you will eat again."

Martin encouraged people to think about their absolute favourite foods and to make each bite count. "Truly be in the moment and enjoy them." Using the example of shortbread cookies, Martin illustrated a scenario of a person eating three shortbreads before realizing they hadn't actually tasted one. Then he needed to eat a fourth cookie to actually enjoy it.

"Savour each bite of those decadent things. Not to say you can't have (them), but to say, 'I'm going to have a bite, rather than a large amount.'"

Beyond tasting each delicious bite of holiday treats, the order in which you eat your meal can matter a lot. "Vegetables or salad is often the last thing we put on our plate," Martin said. She encouraged people to put these items on their plates first, as a visual cue that veggies are the most important thing to eat and should take up most of the plate. "People can make sure they're getting their vegetables and protein (first), then there's limited room left for starch. It's a way of monitoring their portions."

Timing is also an easy way to ensure you don't stuff yourself during the holidays. "Take a break between a main course and a dessert option ... taking some time away and going for a walk as a family or opening gifts or playing a game and then coming back to the dessert," Martin suggested. "People will have the opportunity to realize how satisfied they really are. If you eat dessert right away, your body is still digesting and your mind may not even know yet how satisfied your body is."

There are many dishes to enjoy, no matter what holiday you're celebrating. Martin said there are a few healthier options to consider when preparing your perfect holiday dinner.

Meat dish:

"White turkey or a lean ham are going to be your healthiest (options)," explained Martin, adding that goose and duck are less healthy protein choices due to their fat content.

Stuffing:

"If you're making your own stuffing, try to use whole-grain bread – a pumpernickel and a whole-grain seedy bread. (Try) putting some nice chopped vegetables in there – not just the onions, but maybe some celery, peppers and spices. You can toss it in olive oil instead of butter to give it that little bit of moisture."

Gravy:

"Take the (drippings) that you're going to be using and put some ice cubes into it and put it in the fridge for a few minutes. The fat will rise to the top, and you can just scrape it off ... Put a little cornstarch in a small bowl and a little water to make a paste. Put some heat under the juice and put the paste in. As the heat is exposed to the cornstarch – it won't happen instantly, give it a few minutes – it does get thick, and it looks like it's creamy again."

Martin also said that instead of using the drippings, cooks could use some low-fat, low-sodium condensed mushroom soup and add some water for creamy gravy.

Mashed Potatoes:

Martin suggested switching up the traditional white mashed potato with something a bit sweeter. "Sweet potatoes are a much better for us; (they contain) higher levels of vitamins, antioxidants, fiber – lots of really great benefits. It's still starch ... but certainly it's better for you."

Cheese dishes:

Martin has a unique way of thinking about cheese: "Cheese is like solidified whipping cream." She explained that milk comes in .4 per cent (skim), one per cent and two per cent fat. "Whipping cream is 35 per cent and most cheese is 33 per cent milk fat. Light versions ... are at least better, but nine times out of 10, if you're at a celebration for Christmas or Hanukkah, they have not bought the low-fat cheese."

"A great way to help with cheese portion size is a true portion size is the size of your thumb. Having that once every other day is fine, but large amounts on a regular basis can contribute to weight gain."

Dessert:

"Make a crisp instead of a pie. Then you can have your oats and whole wheat flour." She suggested using Becel Buttery Taste margarine, which uses non-hydrogenated margarine and buttermilk powder to create a buttery flavour that doesn't pack the fat like real butter.

She also recommended poached apples or pears: "Sprinkle a little bit of cinnamon and a little bit of brown sugar on top, slice them and put them in the oven ... Serve them with a little bit of vanilla frozen yogurt or plain yogurt – it's delicious."

Many Kwanzaa dishes are made with vegetables, but Martin cautioned that moderation is still key. "I think one of the traps people can fall into is as soon as food is healthy, they think it's free game to eat as much as they want."

"Certainly, vegetables should be seen as free, but even healthy foods, like chicken dishes or sweet potatoes or fruit muffins – whatever it may be – even if it's healthy, we still want to remember portion size still matters," she said. "There are tensions around our stomach that, when they get stretched, they want to stretch again and again and again."

Have a delicious holiday!

have a delicious holiday

We asked Fanshawe staff and students to send in their favourite holiday recipes. Here are the top treats this holiday season!

Holiday Wraps

John Said

Ingredients:

One roast chicken (already roasted or roast your own)
Tortilla wraps (use a combo of the green or red wraps to add colour)
2 boxes of your preferred stuffing mix (or make your own stuffing mixture from scratch)
Turkey gravy
1 can whole cranberries.

Directions:

Cut or shred the chicken
Make the gravy
Make the stuffing mix
Take one wrap, take some chicken, take some stuffing mix, add a little gravy, add some cranberries, roll and fold tortilla. Repeat until all chicken and stuffing mixture used up.
Wrap the wraps individually in cling wrap and allow to cool overnight in the fridge.
Next day unwrap, cut each tortilla in half.
Serve cold or warm (but they taste better warm!)

Baileys Mint Kiss

Bob Serif

Ingredients:

3 oz. coffee
1 oz. Bailey's Irish Cream
1/2 oz. Peppermint Schnapps
1/2 oz. Ruple Minze

Directions:

Combine ingredients in a highball glass and top with fresh whipped cream.



Presidential Sugar Cookies

Joe Scalia

Ingredients:

2 3/4 cups all-purpose flour
1 tsp baking soda
1/2 tsp baking powder
1 cup butter, softened
1 1/2 cups white sugar
1 egg
1 tsp vanilla extract

Directions:

Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients.
Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



1/2 tsp cinnamon
6 peeled and sliced large apples
3/4 cup flour
1/4 tsp salt
6 tbsp butter

Directions:

Combine 1/4 cup brown sugar, 1/4 cup white sugar, lemon juice, water and cinnamon in bottom of small baking pan. Slice in apples. Blend remaining sugar (white and brown), flour, salt and butter until crumbly. Spread over apples and pat smooth.

Bake at 375°F. for 40 to 50 minutes, until apples are tender and crust is browned. Serve hot with ice cream or milk!

Candy Cane Cheesecake

PC.ca

Or, for the completely baking-challenged, you could always pick up one of these babies and claim it as your own.



Chow Mein Noodle Cookies

Sara Varley

Ingredients:

2 (6 oz.) pkg. chocolate chips
2 (6 oz.) pkg. butterscotch chips
1 (5 1/2 oz.) can (or two 3 oz. cans) chow mein noodles
1/2 cup cashews or peanuts

Directions:

In a heavy saucepan, combine chocolate and butterscotch chips. Melt, stirring constantly over low heat. Remove from heat and stir in chow mein noodles. Add nuts if desired. Mix quickly to coat each noodle, spoon with tablespoon onto waxed paper. Cool.



The Zeus of Cupcakes

Melyssa Gloude

Ingredients:

10 tbsp butter, softened
3/4 cup white sugar
3 eggs
1/2 tsp vanilla
1 3/4 cups sifted all purpose flour
1/4 tsp salt
2 tsp baking powder
1/3 cup Nutella

Directions:

Preheat oven to 325 degrees. Lined muffin pans with muffin/cupcake paper liners.
Combine sugar and butter. Add one egg at a time, combining after each.
Add vanilla, flour, baking powder and salt. It will look lumpy.
Fill each muffin cup just over half full.
Glob Nutella on each cupcake and mix with a toothpick to create swirls of colour.
Bake for 20 to 30 minutes.
Eat 'em cool or warm.
Icing's optional - these guys are pretty good without it!

Staying sane during the holiday

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

HEADING HOME FOR THE HOLIDAYS

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

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

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

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

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

HOW TO GRACIOUSLY ACCEPT A TERRIBLE GIFT

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

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

MEETING YOUR SIGNIFICANT OTHER'S FAMILY

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

"How you shine is by putting the spotlight on others," said Fox. Still get hit with an intrusive question? Call on your sense of humour and change the topic. If you want to score some brownie points, remember to bring something for the host of the gathering – extra points if it relates to their interests, but a vase of flowers will be just as thoughtful.

DEALING WITH FAMILY FEUDS

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

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

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

By Jessica Ireland and Erika Faust

CREDIT: ANTHONY CHANG



— Beat Holiday Stress —

Erika Faust | Interrobang

Between finding the ugliest sweater for the Christmas party, the pressure to find the perfect presents and cooking a delicious holiday meal, it can be tough to get through the holidays without a major meltdown.

But not to fear — Heather Burke is not only an organizational wizard (she owns the Ottawa-based Smart Space Organizing and is a member of the Professional Organizers of Canada), she's also got plenty of tips on how to keep a cool head this holiday season.

Before heading home for the holidays, Burke recommended coming up with a plan to pack smart. "If you have room (in your suitcase), take back anything that you are not using so your room doesn't get too full," she said. "You'll want to bring back more winter clothes."

"When you're using those cafeteria trays as sleds, you'll want your long underwear," she laughed.

Since December just began, it's already time to start planning out your break from school.

"Take your calendar and start marking in the days that have been planned for you," advised Burke. This means writing down the dates

of holiday dinners and parties you know you have to attend. That way, you can plan ahead to make time for seasonal fun, said Burke, such as special holiday shows, skating and other winter fun.

Burke strongly recommends giving "event" gifts — such as a day at the spa together or a fancy coffee treat. "Really look at who you want to give gifts to and generally try to do it as an experience. People don't remember the gifts they got; they remember the times they had with the people they love."

She cautioned, however, that these types of gifts might require a little extra planning. "Anything that you think is going to happen, you have to book (time for) it, especially during the holiday season. It gets so crazy."

If you are planning on giving material gifts, Burke has a solution that will avoid some irritations typically associated with gift-wrapping presents, such as choosing the proper colours and designs — not to mention the cost. "Go to Staples or the bookstore and get a big roll of white paper." To make it colourful, Burke suggested use different coloured ribbons. "That way you've got gift-wrap for all year

round." If you're feeling like you need to spice the package up — and you have some extra time — decorate the paper with markers, crayons or even stickers.

For those students that love spreading holiday cheer by sending out cards, Burke recommends sending e-cards instead to save on postage and paper.

Parties can be another source of holiday stress. One way to ease party pressure, Burke said, is to "Pick out a few favourite outfits and make sure they're always clean." Having a few outfits at hand can save you time when getting ready.

And when it all becomes a bit overwhelming, Burke had some tips on how to blow off some steam. "Yoga, a nice walk or any form of exercise" will help. Instead of turning to alcohol when you feel the need to relax, snuggle up with a warm beverage like herbal tea or hot chocolate instead. "Alcohol is a stressor," said Burke.

Don't let holiday stress get the best of you this year. A solid plan and a smart schedule will leave you cool and calm this year.



Don't let holiday stress make you doggone tired this year.



Holiday stress is common, but with these tips, you can have the best Christmas yet

Ring in the New Year with Style

Erika Faust & Jessica Ireland | Interrobang

What are you doing New Year's? It's the time to plan! While the deadline for the New Year's trip to Montreal has passed, there are plenty of other places to celebrate the start of 2011. We've got everything from cheap and easy to rowdy and classy to suit all party tastes.

London

Victoria Park

Whether you're out clubbing for the night on Richmond Row or at a house party in the area, get some fresh air and check out Victoria Park's festivities. Besides the skating that will be going on all season, there are fireworks at midnight! And it's free, so it's a fun and affordable way to ring in 2011.

Storybook Gardens New Year's Eve Family Hoopla

For the families, Storybook Gardens has a fun-filled night featuring outdoor activities, like a campfire and outdoor skating. To be part of the night, each family member requires registration and payment. It starts at 6 p.m. on December 31 and runs until 9 p.m. Storybook Gardens is located at 1958 Storybook Lane. The party, for returning visitors, is \$12

for kids aged two and up or \$15 for new visitors. The pass holders' discount applies.

Visit www.storybook.london.ca for more information.

New Year's Eve Extravaganza Club Crawl 2011

Starting at the Taphouse, the night will feature party bus transportation, VIP access with no lines or cover for some of the hottest parties in the city and more. Tickets are \$30.

Visit www.clubzone.com to order tickets online or call 1-866-824-8212.

New Year's Jazz Gala at the Aeolian Hall

Ring in the New Year with dancing, hors d'oeuvres, desserts and champagne while enjoying some jazz music from the Golden Era. Come check out this increasingly popular venue for a classy New Year's night for \$60. The doors open at 8 p.m. and the show is at 8:30 p.m.

Visit www.aeolianhall.ca for more information.

Toronto

Citytv New Year's Bash 2010

This is the 25th year of the Citytv bash, and it's going to be one of the biggest in

Canada. There will be a free outdoor concert featuring performances by Anjulie, Kardinal Offishall, The Mission District, Rock of Ages and more. This free event is for everyone and is alcohol-free, but bringing warm drinks and holiday treats is highly encouraged.

Nathan Phillips Square

Unicorn Pub New Year's Party

The party goes on 'til the break of dawn at the Unicorn Pub. There will be a love band, party hats and streamers, plus with every meal purchased off the regular menu before 11 p.m., you'll get complimentary champagne at midnight.

Unicorn Pub
175 Eglinton Ave E

The Seventh Annual New Year's Eve Family Countdown

Party like an animal at the zoo! This year, the zoo's New Year's events will include live music and entertainment, buskers, animal visits, meet-the-keeper talks and more. It's all kid-friendly fun, beginning at 6 p.m. There's also a special kids' countdown at 9 p.m. so young ones can ring in the new year, too! General

admission for those aged 13 to 64 is \$10, seniors (65+) are \$7, children (age 12 and under) are \$6 and toddlers (age 3 and under) are free!

Toronto Zoo
361A Old Finch Avenue

Toronto's Largest Singles New Years Party

Feeling single and ready to mingle? Head to Arcadian Court and hit up the biggest singles party in Toronto — no tuxes or fancy dresses required. General admission is \$40, or \$60 for the VIP treatment.

401 Bay St. 8th Floor
Tickets at clubzone.com

Masquerade 2011 NYE

If you want to add a little whimsy and mystery to your celebration, this may be the party for you. The first 400 patrons received a masquerade mask, so things could get pretty wild! The masks come off at midnight after a champagne toast to ring in the new year. Early bird tickets start at \$40. Feeling super fancy? Spring for the VIP Bottle Service package, starting at \$699.

Club V
88 Yorkville Avenue
Tickets at clubzone.com

Niagara Falls

Niagara Falls New Years Party in the Park!

Last year's bash drew approximately 30,000 people to Queen Victoria Park, and this year's party is expected to be even bigger. With fireworks, live music, food and beverage vendors and an outdoor licensed area, this is a great way to kick off 2011. But dress warmly!

For more information, visit www.niagaraparks.com or call 905-371-0919.

Ring It In!

Class up your New Year's experience at the Harbour House Inn. For \$405 (plus HST) per person, you'll spend two nights in beautiful Niagara-on-the-Lake. On New Year's Eve, you'll indulge in a seven-course dinner with wine pairings and a shuttle to and from dinner. You'll also receive a bottle of sparkling wine in-room, and a sparkling wine breakfast on January 1.

For more information, call 866-277-6677 or visit tinyurl.com/harbourhousenye.

Shopping Safely

Erika Faust | Interrobang

Bustling malls and stressful situations do not mix. Shop safely this holiday season using these tips provided by London Police Service .

You're at the mall, and there's only one thing on your mind: finding the perfect present. You're focused and driven, but you may not be as aware of your surroundings as you would be during any other trip to the mall.

It's holiday season — a time when safety may be the furthest thing from your mind. Keeping safe doesn't have to distract you from your hunt for the perfect present, but it is something that you need to keep in mind at all times.

The London Police Service has some advice to keep you shopping safely this holiday season:

- Make shopping fun by going with a friend or family member. Crime prevention officer Rob Black advised shopping in a group and designating a meeting spot in case you get lost or separated.
- "Park your vehicle in a well-lit area and look inside the vehicle before entering," advised Black.
- To avoid break-ins, "lock your vehicle and leave personal items and purchases in the trunk or out of sight."
- When shopping, return to your vehicle throughout the day to drop off your purchases and avoid becoming overloaded. Black advised moving your vehicle to another location each time you return. "This gives the thieves that may be watching the impression you have left the area and reduce the chances of your vehicle being targeted."
- Black encouraged shoppers to not be afraid to speak up if something seems weird. "While walking to and from your vehicle, be alert and prepared. Report any suspicious people to security or police immediately."
- "Carry only cash and the credit cards that you need for the day," advised Black. "Whenever possible, use bank machines in visible and active areas during active periods." Keep a close eye on your credit card use online or on your bill, and notify your credit card issuer immediately something seems suspicious.
- Keeping receipts for all items purchased can help you keep track of what you've spent and provide proof of purchase if needed — stores need to take extra precautions during the holidays, too!



www.askmissa.com



astoriedcareer.com

- Finally, Black advised to keep a close eye on your personal items. "Never leave personal items, especially purses, unattended in a change room or shopping cart." Keep these items on your person at all times.

Keep these tips in mind when you're braving the malls this holiday season to ensure the best shopping experience possible.

Party overload

Erika Faust | Interrobang

You thought Reese Witherspoon and Vince Vaughan had it bad in last year's flick *Four Christmases*? Those chumps have got nothing on me.

I had seven Christmases to attend, spanning over eight days.

My boyfriend and I both have divorced parents, plus he has a huge extended family on both sides. We visited all four sets of parents over four days, which meant driving from London to Port Stanley to Delhi (east of Tillsonburg), finally ending up in Cambridge for my mom's extended family's Christmas.

That's a lot of turkey.

You might not be in the same situation — maybe you only have one or two holiday celebrations to attend — but I've come up with some tips that can be used by everyone to avoid feeling overwhelmed this holiday season.

Funk-ify your road trips

It may sound like a simple suggestion, but making a special playlist or mix CD for the car can make your travels a whole lot smoother. Skip the usual holiday songs, because you'll hear enough of those at the ac-

tual parties. Pick some classics and some new favourites to keep your car groovin' — it's how we ended up with the Beastie Boys' *Intergalactic Planetary* as our Christmas theme song last year.

Don't pig out

The first party was an all-you-can-eat extravaganza of turkey, mashed potatoes and other seasonal delights. Totally delicious the first time around, but by the time we made the buffet rounds in Cambridge, the sight of foods that had been my favourites just a few days prior made me want to hide under the table. Making a plan to pace yourself and not gorge on your favourites can save you a few tummy aches and ensure you'll enjoy those dishes every time. Making an effort to try something new at every party can also really spice up your usual holiday fare, and can help keep you from piling your plate with the same thing every time.

Feel gifted

Rather than trying to buy individual gifts for each member of your extended family — whom you may not know very well — why not buy a "family-sized" gift? This doesn't mean you have to spend a lot of money; donating in the family's name to a charity that may be meaningful to them makes for a much better present than a box of chocolates.

Know when to go

Part of my party problems stem from the fact that I just don't know when to leave. This year, my boyfriend and I have worked out a secret signal that lets the other know we're ready to head home. It'll make

us feel like spies, plus we won't burn out on parties so quickly because we won't feel as though we're trapped there. Another bit of advice is one I picked up from a blog: the best way to leave a party is to look as though you're having the time of your life. Heading out the door with a big smile will leave the host feeling as though you've had a great time.

Spend time alone together

One of our biggest problems last year was that, despite spending virtually every moment near each other, my boyfriend and I hardly spent any real time together. Every minute was spent hanging out with other family members. Making some time to spend with just your significant other — or alone — is a great way to relax, take a little break and de-stress, even if it's just for a few moments in the guest bedroom with a cup of tea.

Catch some z's

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

As stressful and exhausting as the holidays can be, it's fantastic to be able to spend so much time with our families. Whenever you get overwhelmed or just need a break, this is the best tip I can offer: remember you're surrounded by love.



www.itelgraph.co.uk

HAT SURVIVING THE MALL DURING THE HOLIDAY SEASON

JOHN SAID INTERROBANG



I hate the mall at the best of times, and I hate it even more during the Christmas shopping season. But like most people I can't avoid forever going to one, two or three malls to part with my hard-earned cash. In that vein here are some tips and strategies to help you fight through the chaos that's going to unfold in the next month.

Be prepared

Before going to the mall make sure you've eaten and drink at least a couple of glasses of water. This way you can avoid going to the mall food court for overpriced drinks when you become dehydrated and eating stomach-curdling crappy food. That should save you an extra hour.

If you like it, buy it.

I've never understood the phenomena of putting it on hold and then visiting every other similar store to see if you can find something better, or slightly cheaper. If it looks good on you and the price is right, why put it on hold? Buy the damn thing, you can always return it if something else comes up.

Have a purpose

Nothing is more frustrating than walking aimlessly through the mall like a

zombie with no direction. It takes me about half-an-hour after entering a mall to become useless and comatose much to the chagrin of my wife. I don't want to be there, I'm missing a football game (Saturdays and Sundays in December), watching two kids who are fighting and don't want to be there and I'm still an unpaid luggage rack.

Know what you want, know where to get it and go. And if you happen to come across a sign that says sale, don't stop, you don't really need it if it wasn't on your list. Plus the sales are better at the end of January when stores are trying to get rid of their stock for their new spring arrivals.

One of the things I absolutely despise about the mall at this time of year is all the people that have come out from under their rocks and manhole covers who haven't had human contact since the last Christmas shopping season. The general rudeness of people fighting to get ahead of you in line, the lack of manners - "hey, excuse me" and "thank you" work just fine - and people on their cell-phones mindlessly chatting and wasting your time by taking up valuable aisle space are all frustrating. And when I'm standing in the checkout line, pushing up against me won't make the line move any faster, so stand back.

Finally, to survive the mall you must escape the cesspool of infections and viruses that the mall is with out becoming ill yourself. When you're in the mall keep your gloves on, that way your hands do not come into contact with anything, and only remove them if absolutely necessary. If you don't have gloves, bury your hands in your pockets and don't remove until necessary. Don't shake hands or hug anybody either. Do you know who the hell they've been touching or kissing before you? Carry hand sanitizer and don't rub your eyes or itch your nose, areas viruses and infection can enter the body easily. And if you want to make it to Christmas healthy, avoid the biggest cesspool of infection in the mall, the food court.

Of course you could survive the mall by avoiding it all together and heading down to the Richmond Row area. You can find some great deals, interesting shops and unique gifts if you're into the sort of thing.

Rules of Holiday Engagements

MARGARET SHERIDAN INTERROBANG

Christmas means more than just receiving, and giving presents, or that we get a two-week holiday from school. It means that we get together, party and, of course, drink. But all parties are not the same, and your regular behaviour at a run-of-

the-mill kegger isn't how you should act when it comes time to your company parties.

So I've taken this opportunity to compile a list of things you should remember before hitting up that office shindig.

- Unless the party is sponsored by Playboy, you should probably avoid showing too much skin. There's a fine

line between looking hot and looking skanky, one that too many women tend to cross without realizing it. For the men, it tends to be the opposite: avoid jeans and running shoes. Most parties call for casual a-la-slacks and a button-up.

- This one is more for the women, but if you know there's going to be dancing or that you'll be on your feet for most of the party, make sure you wear comfortable shoes. The little stilettos may look great, but if you're going to be in pain within the hour, what's the point?

- Before you invite your significant other, or usual party date, make sure guests are allowed. Most parties are open that way, but sometimes the host may want to keep it small and intimate.

- Gossiping may be easy, but this is a chance to get to know your co-workers outside of the confines of your desk. Avoid talking about work or acting like an old hen.

- Just because it's an open bar doesn't mean you have license to get hammered because nothing is more embarrassing than having to be told the next day about what you did at the party - everyone will remember it and you may well get a new nickname.

The rule of thumb may well be to remember that this isn't your frat - these are the people who sign your cheque.



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CREDIT: MY.SPILL.COM

Former wrestler Bill Goldberg stars in *Santa's Slay*.

Santa's Slay spreads yuletide fear



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Santa's Slay (2005)



Move over *Miracle on 34th Street*. Step aside *It's a Wonderful Life*. See you later *The Search for Santa Paws*. There's a new film that can claim the title of the greatest Christmas movie of all time, and that movie is *Santa's Slay*.

Santa's Slay begins innocently enough, with a family sitting around a table, eating Christmas dinner. Not just any family, but a family portrayed by some of Hollywood's elite. There's Chris Kattan (*Saturday Night Live*), Fran Drescher (*The Nanny*), Rebecca Gayheart (the Noxzema girl from the late '90s) and legendary actor James Caan (*The Godfather*).

Wait a second, James Caan? I'm going to have to watch this again right now to make sure that was really him. I'll be right back.

Well that was definitely James Caan. And why wouldn't it be? Anyways, Caan and company don't last long in this film. Less than five minutes in, the entire crew is brutally murdered – by Santa Claus, no less! It all makes sense now.

You see there is a reason you didn't receive the Tickle Me Elmo, or Chuck Norris Karate Kommando action figure you asked for that one Christmas. It's because Santa is a no good S.O.B! Don't believe me? Well, keep reading.

The film explains that Santa is actually the son of Satan. Many, many years ago, an angel challenged Santa to a curling match, with the stipulation that if the angel won, Santa would have to spend the next 1,000 years spreading joy. The angel won the match, so Santa was forced to deliver presents, be nice to people, and overall just go against his nature for the next millennium. That time has passed.

Santa is out for revenge against that angel, and any other poor souls that stand in his way.

Santa travels to a small town called Hell (coincidentally enough) in search of the angel. Two youngsters in particular face the brunt of Santa's attack. One is the grandson of the angel, and the other is his girlfriend, who is played by Emilie de Raven (Claire from the TV series *Lost*). While in town, Santa is also responsible for the following acts:

- Kicking a dog into a ceiling fan
- Drowning a woman in eggnog
- Punching a minister
- Running over an elderly man with a reindeer
- Killing a strip club patron with a stripper pole (but only after wiping it down before touching it)

While this may sound like a dark and disturbing film, all of Santa's dastardly deeds are done with tongue planted firmly in cheek. Including the part where he stabs someone in the eye with a candy cane.

Former NFL player, professional wrestler, and *Celebrity Apprentice* contestant Bill Goldberg is an absolute revelation as Santa Claus. Some might think that a 280 pound wrestler, who also happens to be Jewish, would not be an ideal choice to portray the embodiment of Christmas. Well, I believe it was the great philosopher Bart Simpson who stated, "Christmas is a time when people of all religions come together to worship Jesus Christ."

Goldberg's deliciously over-the-top performance has catapulted him to the upper echelon of pro wrestlers who have conquered the silver screen. Dwayne "The Rock" Johnson, "Rowdy" Roddy Piper and Helen "The Angel of Death" Mirren, you all now have company up at the top.

Santa's Slay is a true hidden gem that is ideal yuletide viewing for children and adults alike, as long as the children aren't offended by the coarse language, brutal violence and brief nudity. If they are, make them watch it anyways. It'll make them stronger. Merry Christmas everybody!

The Millennium Trilogy serves up justice for Salander



REEL VIEWS
Alison Gaze
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The Girl Who Kicked the Hornet's Nest (2010)



Since the release of the original Swedish *Män Som Hatar Kvinnor* (*Men Who Hate Women*) in 2005, later renamed *The Girl With The Dragon Tattoo*, readers and audiences alike have been captivated by the enigmatic, vengeful and perpetual victim Lisbeth Salander in both the series of novels by the late Stieg Larsson and the Swedish films. In the latest film, by Daniel Alfredson, the Swedish trilogy comes to its much-deserved resolution.

The third and final installment of *The Millennium Trilogy* is *The Girl Who Kicked the Hornet's Nest*, wherein all conflicts are resolved, and the tragic story of Lisbeth Salander finally takes a peaceful turn. Picking up moments after the violent conclusion of *The Girl Who Played with Fire*, Lisbeth Salander has been shot in the head, buried alive, and upon digging herself free from her own would-be grave, smashes an axe into her father's head. Lisbeth is recovering nicely in a Swedish hospital with miraculously no residual damage from the bullet in her brain. She is, however, being charged with the attempted murder of her father, the Soviet defector Alexander Zalachenko.



CREDIT: MARQUEESTARS.COM

Noomi Rapace, left, in *The Girl Who Kicked the Hornet's Nest*.

The film follows Lisbeth and her fight for her life, her freedom, and her revenge on the men who have treated her poorly her whole life. *Hornet's Nest* also contains an ingeniously complex and intriguing storyline about a secret government agency who has been continually victimizing Lisbeth in a convoluted Cold War-mongering effort.

The cast from the first two installments of the Swedish films returns to conclude their roles. Noomi Rapace is brilliant as the troubled Salander. The caliber of her acting is frankly one of the best performances of the year. From the excruciatingly violent scenes that Lisbeth must play in her mind again and again to the quiet contemplation of isolation in the hospital and later in her jail cell, Rapace can do it all. Michael Nyqvist continues his role as hard-line journalist Mikael Blomkvist, who counts himself among the few friends of Salander. Nyqvist does an impressive job playing a target-

ed man feverishly trying to both uncover the corrupt government agency while simultaneously proving Salander's innocence. Lena Endre and Annika Hallin also command respect in their roles as empowered women, Erika Berger and Annika Giannini, editor of *Millennium Magazine* and Lisbeth's lawyer respectively. The performance of Mikael Spreitz as Ronal Neidermann, the blond giant who literally feels no pain, is also worth noting. At the height of his performance in this particular installment of the franchise is his unfortunate run-in with Salander and a nail gun.

At the heart of these films is a message that speaks strongly about the incidents of violence against women in Sweden. It is in the quiet and non-violent conclusion of *The Millennium Trilogy* that Salander finds justice and is able to move on with her life. For Salander in *The Girl Who Kicked the Hornets Nest* the story ends in a powerfully satisfying manner.

CHECK YOUR GRADES on WEBADVISOR

Grades will be available on WebAdvisor between December 21 and 23 (for programs ending December 17th)

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

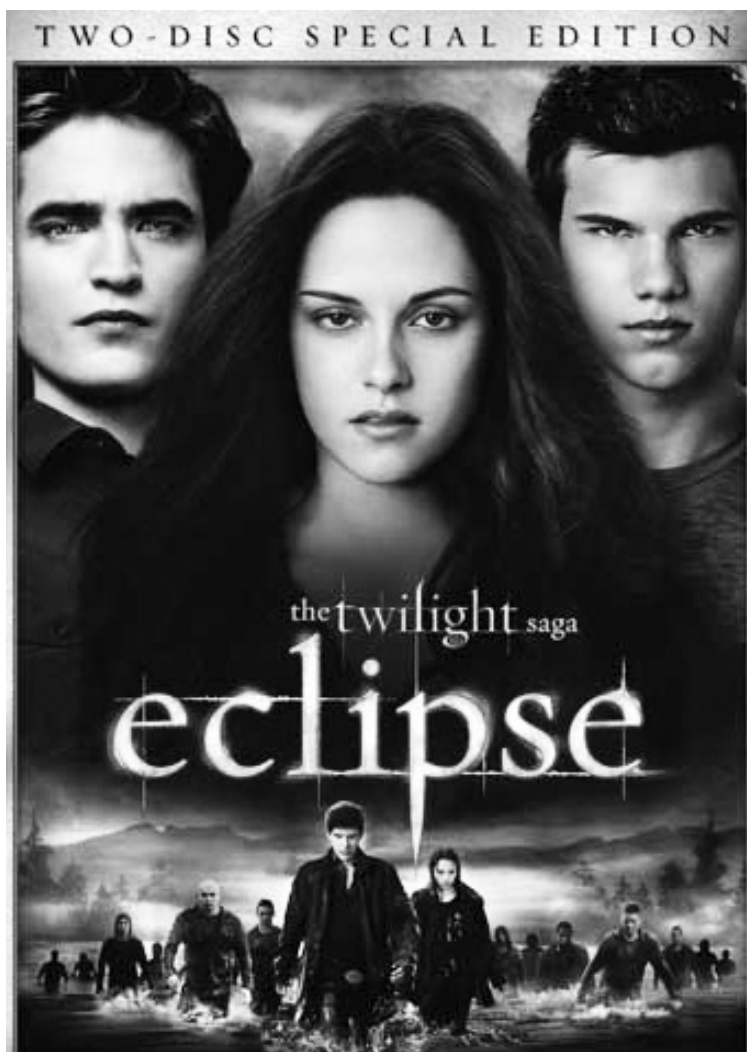
If your academic standing is "Required to Reapply" you must contact your Academic School before December 24, 2010 or the week of January 3, 2011. Many of the Schools will have extended hours the first week of January to assist students.

More information regarding grades, academic standing and registration for the next term can be found on MyFanshawe under Office of the Registrar, Student Records.

We wish you good luck on your exams and final assignments.

We're here to help you succeed.





Eclipse DVD delivers

MADDIE MICELI
INTERROBANG

The Twilight Saga: Eclipse (2010)



If you're looking for that perfect Christmas gift this season look no further than *The Twilight Saga: Eclipse* DVD that hit store shelves on December 4. It's sure to please the *Twilight* fan in your life.

If you've been living under a rock for the past three years this cultural phenomenon that has set women's hearts aflutter is the brainchild of author Stephanie Meyer. While it's true *The Twilight Saga* has more of a female following, I think men can find much to like about the series.

If you missed the theatre screenings of *Eclipse*, the third installment of the series picks up where the previous *Twilight* films left off: the accident prone and danger magnet Bella (Kristen Stewart) is once again in harms way as a string of mysterious killings plagues nearby Seattle. Bella's nemesis, Victoria (Bryce Dallas Howard), looks to avenge the death of her partner James, who was killed in the first installment of the series, by raising a vampire army.

The threat of the vampire army makes for an uneasy truce between vampire family, the Cullens, and the werewolves as they try to protect Bella. In the midst of it all, Bella is forced to choose between Edward (Robert Pattinson) and Jacob (Taylor Lautner) as they struggle for her affections.

What comes off as interesting is the portrayal of Edward. I found it amusing that a 107-year-old vampire is dealing with jealousy issues towards 16-year-old Jacob. While I

shouldn't laugh, I couldn't help myself in one particular scene where Edward leans towards Bella and asks if Jacob even owns a shirt. Later in the movie, on top of a frigid mountain, Jacob enters Bella's and Edward's tent because he can't stand to hear Bella's teeth chatter. An uneasy moment occurs when Jacob leans into Edward and remarks that he actually is hotter than Edward. He climbs into Bella's sleeping bag and suggests that she remove her clothes to warm up faster as part of survival 101.

One of the aspects I enjoyed in this film is the further character development of a couple of the other Cullen vampires, Jasper (Jackson Rathbone) and Rosalie (Nikki Reed). Learning of their back story and how they came to be vampires adds depth to a couple of characters that don't normally have a lot of screen time. Maybe we will get more of that in the next installment when it comes to some of the other characters when *The Twilight Saga: Breaking Dawn - Part 1* is set to be released in November 2011.

On the two-disc DVD release of *Eclipse*, you can enjoy a six-part "making of" feature that gives greater insight into the movie. There are also two commentaries so you can watch the movie with added audio and thoughts provided by Stephanie Meyer and producer, Wyck Godfrey, as one duo and Pattinson and Stewart as another duo guiding viewers through the production process. If you like the soundtrack, you can soak up music videos by Muse and Canadian band, Metric. You will also find some deleted and extended scenes, a photo gallery and the ability to watch only scenes featuring either Edward or Jacob.

Valhalla may not be for every audience



REEL VIEWS
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Valhalla Rising (2010)



The latest DVD from Danish filmmaker Nicolas Winding Refn, produced by IFC films is *Valhalla Rising*, an English language period film set in the year 1000. The flick hit theaters in April of 2010 on a limited number of screens, and now this little known film is available for home viewing.

The film's plot follows the Norse warrior known only as One Eye and his struggles through captivity, his voyage with Christian crusaders, and his travels to hell and back. The story is quite simple and is noticeably without any subplots or interwoven story lines. It is a pure and simple tale of a man and his journey. The plot is constructed in a chronological yet choppy format and, although the run time is a mere 92 minutes, the viewing experience feels dramatically longer.

The casting choices are superb in *Valhalla Rising*, especially that of Mads Mikkelsen, who plays the warrior One Eye. Mikkelsen's performance is impressive, as he has virtually no dialogue and communicates only through facial expressions and his physicality. Mikkelsen plays it quiet and contemplative, although he has another side of vengeance and pure animalistic hate. The range of his acting in the film is nothing short of



CREDIT: VALHALLARISING.DK

Mads Mikkelsen is One Eye the warrior in *Valhalla Rising*.


awe-inspiring. Playing alongside Mikkelsen are Maarten Stevenson as Are, the young boy who accompanies One Eye for much of his journey, and Gary Lewis, Jamie Sives and Ewan Stewart as the crusaders with whom One Eye travels.

This flick has many distinctive qualities that set it apart from any Hollywood blockbuster. *Valhalla Rising* is constructed Tarantino-style into chapters: Wrath, Silent Warrior, Men of God, The Holy Land, Hell and The Sacrifice. It also gives a vast amount of credit to the viewer's intelligence in that there are long stretches without dialogue, and when there is dialogue, it does not serve the purpose of obvious explanations or unnecessary details. Instead the spoken lines offer up an atmosphere of an utterly bleak world that is vast and empty and where every man must embrace solidarity. The visuals of *Valhalla Rising* stand out in both

their beauty and their horror. Breathtaking landscape shots contrast with brutal violence that seems excessive even for the desensitized audiences of today's cinema.

The DVD contains a minimal amount of special features, not uncommon among IFC releases, but includes both French and English language and subtitle options as well as a "making of" featurette.

If you are looking for a challenging film that pushes many media conventions close to their extremes, and an experience where you must figure out for yourself what you are watching then this is certainly the DVD for you to watch next. However if slow moving flicks with a heavy emphasis on the visuals are not quite your thing, or ultra-violent gore makes you queasy then *Valhalla Rising* is most likely worth skipping.





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Re-vamp fine Fanshawe fashion show



ALYSSA PAGEOT
FASHION WRITER
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November 25 was a night to remember. Held at the London Music Hall, the annual Re-vamp Fashion Show put on by second year fashion merchandising students was a night of great fashion and a good message.

This year, the focus of the show did a great job of somethings that are often forgotten in the world of fashion. The theme "True Colours" held an important message: look through the superficialities and negativities that can attack your self-image. Remember who you are, who you want to be, and try to always hold the utmost respect for others as well as yourself. Using fashion as a positive form of self-representation is one of my favourite things to do, and the students who put on the Re-Vamp show saw an opportunity to speak to a large audience, and use their power to remind us all that individuality and expression is one of the most beautiful things in our world.

In collaboration with Goodwill, the show raises money for My Sister's Place, a women's shelter that is a part of WOTCH Community Mental Health Services and has been doing amazing things for the London community for some years now. The signature drink of the night "True

Blue" helped raise money as well as ticket sales and the silent auction. A big congratulations goes out to all who helped put on the show because it was an immense success, and many thanks were given throughout the night to all of the teachers who made it all possible. Models from Anita Norris Modeling Agency stunned us on the runway and brought life to the garments with their energetic smiles. Habitat for Humanity also helped with the décor by donating doors to use as a backdrop on the stage; they were painted in a Mondrian style with the signature colours of the night: red, yellow, blue, black and white.

The show began with an interpretive dance done by three girls in second year merchandising. Once the music began, the room brightened with a parade of yellow garments. The clothes were designed and made by first year merchandising students, as well as some design students, and this yellow group incorporated many design elements into their work. Studs and jewels were seen as accents and gold appliques were a favourite medium to work with. A '80s influence was seen with legwarmers, big skirts and crop tops. My favourite piece from this group were a pair of ruched yellow pants with a fishtail train that were very well constructed and stood out amongst other pieces.

The red group was possibly the best of the night. The audience was the loudest during this segment, and there was a clear use of design

elements such as balance, repetition and gradients. An outfit with plaid and sequins caught my eye first, but it was the large bustle-back pieces that the audience appreciated most. Crinoline and large trains, beading and feathering were popular, as well as lots of cutting and shredding of fabrics, layering and ruffles. The first place winner of the night was from the red group; a red gown with a large fabric lampshade for a hat, created by Derek Flamand and K.L. Denyluk. It just proved that on the runway, bigger is better.

The blue group worked with materials like crinoline and tulle, reusable items like cellophane and paint chips, rope and ribbon. A futuristic feel was present, and the third place winners came from this group: first year merchandising students Carlie Lammers, Lauren Neely and Amy Racine with their blue bodysuit, large shoulders made of puzzle pieces and a mysterious hood with a couture influence.

The final group of black and white had a classy lineup of outfits including silky textiles, structured jackets and shorts, hoop skirts and corsets and tight busts with large trains that created fabulous juxtaposition. The second place winners were from this group: my favourite garment of the night that was constructed by Silvana Lainez Miccolo, Liting Gao and Haley Hansford.

Overall the show was a success as usual, and the turnout was immense. I was very excited to see



CREDIT: ANTHONY CHANG

The first place winner of Re-vamp Fashion Show, themed "True Colours," was a red gown with a large fabric lampshade for a hat, created by Derek Flamand and K.L. Denyluk.

the support from the community and the school, and I was delighted to note that year after year the shows are only getting better and

growing stronger. This is still just the beginning of a wonderful tradition.

The rise of Ed Hardy



ZOOT
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Born and raised in California, Don Ed Hardy, now 65-years-old, has created one of the most artistic, unique brands that is now recognized worldwide. Hardy began his artistic career by achieving a bachelor of fine arts in printmaking and then furthered his education by going to Japan to study tattoo artistry with Horihide, a Japanese classical tattoo master. This is when Hardy began adding ancient Japanese art into his more modern style of art. After showing his artwork in hundreds of galleries and museums worldwide as well as having his own tattoo parlour called Tattoo City, Hardy was given the title as "godfather of the modern tattoo."

As his reputation was rapidly growing, Hardy and his wife created Hardy Marks Publications in 1982 which allowed him to expose his artwork, as well as that of other artists' in various catalogues and books called *TattooTime*. Hardy was quickly becoming one of the most respected modern artists of that time and was later appointed to the Oakland's Cultural Arts Commission.

It was in 2002 when the Ed Hardy brand began to skyrocket and was on its way to becoming one of the world's renowned clothing lines. Hardy licensed all of his artwork and designs to Ku USA Inc. so they could produce a line of



CREDIT: GOOGLE.CA

Christian Audigier, left, famous French fashion designer and Don Ed Hardy, the creator and genius himself.

clothing with his imagery. It only took two years for other large companies such as Saks to draw a huge interest in Hardy's artwork and clothing line. It was then when Hardy formed Hardy Life LLC, which now holds the trademark ownership as well as the copyrights to all of Hardy's works of art.

Two years after the clothing line was created, Christian Audigier, a French fashion designer who is known as the "king of jeans" for his distinctive designs that are featured on denim brands such as Diesel, Levi's and American Outfitters, licensed the rights to produce a clothing line with Ed Hardy's imagery. Audigier began by marketing the clothing line to upscale celebrities such as Madonna, Britney Spears and Kanye West and in the major fashion districts of the world such as New York, Los Angeles and Mumbai. It was after that, the brand exploded into fame and fortune with many celebrity followers

as well as demand from the general public.

Today it is almost impossible to go into a store without seeing some article of clothing, accessory, furniture or other paraphernalia with Ed Hardy's designs on them. Once a very exclusive brand, it was in 2010 when Ed Hardy products could be purchased from about anywhere like Shoppers Drug Mart, the Dollar Store and even here at our own Fanshawe Clothing Store! Although the original clothing line remains a highly-priced item, everyone is able to afford some sort of Ed Hardy item whether it is a lighter, bottle of vodka or perfume.

For someone who simply started as a tattoo artist, Ed Hardy has turned into one of the most creative and reputable brands known to the fashion industry. Even though Hardy has retired from his tattoo artistry, his artwork and creations continue to be shared and recognized across the world.

'Tis the season to dress up



CHRISTINA KUBIW KALASHNIK
FASHION WRITER

With the Christmas season approaching we can't help but get excited. Soon exams will be finishing up and the first semester will be coming to a close. With homes awaiting our arrival, we already have an idea of what's in store. Purchasing gifts for parents and siblings, hanging out with friends who have also been away at school, tobogganing, hot chocolate and my favourite thing about the holidays – the parties.

A common holiday "tradition" is that we all seem to have difficulty finding what to wear when we're invited to these parties. Is it casual? Black tie?

Upon receiving an invite, one of the first things to do is to assess what level of fancy is appropriate. Nobody likes to be overdressed or underdressed, but when it comes down to it, it's better to be overdressed. It shows you put effort into your outfit.

With Christmas, 'tis the season to be jolly, and it's also the season to push things to the limit.

When dressing for holiday parties, try and tweak your outfit so it helps you stand out in a crowd. No, we aren't talking about a Lady Gaga-like outfit but a simple statement accessory or bright heel could really change your outfit.

I find that the best way to choose what to wear for a holiday party is to look at fabric, specifically

colour and texture. Style and cut is important but these two elements previously listed will really help you spice up your outfit.

When looking for dresses or tops, look for gem colours such as emerald green, azure and cobalt blue, amethyst, dark amethyst and topaz. These colours will really help you choose an appropriate colour for the holidays, and they'll also help you stand out in a crowd. Think of these colours as Christmas lights, they'll brighten the room and make everything feel more festive.

Then there is texture. It is important because depending on the texture, it shows a certain richness to your outfit and having different textures (good ones) will really add excitement. Fabrics to consider for the holidays are: velvet, lace, feathers, sequins, chiffon, brocade and silk. You want to be looking at fabrics that might make you feel too dressed up to wear to class.

When I was shopping at Joe Fresh I saw great a V-neck velvet top for cheap. The tops were in a rich burgundy and black – a classic. If you were to pair a top such as this one with a slinky pencil skirt, gold heels and decorated yourself with great gem-coloured accessories, you would surely be noticed. Why you ask? Because you look festive, you look appropriate for an assortment of events and because an outfit such as that one flatters a range of body types. Keep things simple and go from there, don't overwhelm yourself and try pushing past your comfort level. You may be impressed with the results.

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by Dylan McCormick

NOT NEUROTYPICAL ANOTHER LIFE LESSON LEARNED

BY LAURA BILLSON

laura.billson@gmail.com

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

You're all about initiative and activity. It feels perfect, complete and natural to do what must be done. Spend quality time playing at the sport in which you excel.

Taurus (April 20 - May 20)

You'd rather watch than participate. Film is preferable to theatre, and a book is even better still. The world passes by for the sole purpose of entertaining Taurus. You'll know when this attitude gets old.

Gemini (May 21 - June 20)

Problems shrivel up and blow away when all concerned parties talk about them. For once, the advertisement accurately reflects the product. Coming from the right sources, factual advice is priceless.

Cancer (June 21 - July 22)

Take care of business for now, and let the results take care of themselves. The official version may not be the whole story, but it gives a sense of context. Your actions serve as an important lesson to others.

Leo (July 23 - August 22)

Play dates are not a problem for Leo. You're spirited, attractive and popular. It might be easier to have a party than to decide which friend gets the most of your quality time.

Virgo (August 23 - Sept. 22)

A big issue becomes more confusing as you break it down. You're in no position to decide anything when rational discussion may not even be possible. Virgo is uncomfortable around emotionally intense people.

Libra (Sept. 23 - Oct. 22)

You're still in the same place, but your perspective is different. This journey happens one step at a time. Each brick must rest on the one laid below it. Who says Virgo is the only one that understands the flow of process?

Scorpio (Oct. 23 - Nov. 21)

Embrace the Zen of your situation, enabling rather than preventing. Change your idea of what you want to increase your chances of getting it. Show the kind of self-restraint that most thinking people would envy.

Sagittarius (Nov. 22 - Dec. 21)

Get busy without getting serious. If there are children in your life, involve them in the current project. A hands-on experience strengthens a natural bond between the participants.

Capricorn (Dec. 22 - Jan. 19)

A relative or lover is in serious need of your attention. If you run away from this now, it might no longer be here when you get back. The stars in your eyes are there for sharing, not hoarding.

Aquarius (Jan. 20 - Feb. 18)

Some higher power is still giving you an edge. Your visionary powers are welcome. Air and Fire are a potent team when provided with the right fuel. Save the world, or at least cheer it up.

Pisces (Feb. 18 - March 20)

It's obvious that your head is in the clouds. It's less clear where you put your feet as you walk. You're already a member of the club, but you need to pay better attention to the rules.

Pierce.

QUIRKY FACTS

1. The word Christmas is Old English, a contraction of Christ's Mass.

2. The first president to decorate the white house Christmas tree in the United States was Franklin

3. Electric lights for trees were first used in 1895.

4. The first Christmas cards were vintage and invented in 1843, the Victorian Era.

5. *It's a Wonderful Life* appears on TV more often than any other holiday movie.

6. Rudolph was actually created by Montgomery Ward in the late 1930's for a holiday promotion. The rest is history.

Sudoku Puzzle

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

puzzle rating: medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 26.

Across

- Waterproof cover (informal)
- Exams
- Unit of land
- Smell
- Muslim's god
- Pun: The most important thing to know about becoming a urologist is that you have to be able to go with the ____.
- Written note
- Assuage
- Blood vessel network
- Pun: A pessimist's blood type is always ____.
- Up until now (2 words)
- Repents of
- Shatter
- Speed detectors
- Rowing tool
- Pun: The cannibal had a wife and ____ kids.
- Water retention in the body
- Pun: Male deer have ____ teeth.
- Baby louse
- Attack (as a command to a dog)
- Multi-colored rock
- African antelope
- Rocky peak
- Pun: What the mason decided to do with the heavy load of sand: ____ and bear it.
- Set of principles as a philosophy of life
- Compass direction
- Basic monetary unit of Bulgaria
- What kind of voice the colt had when he had a bad cold: a ____ voice.
- Entertain
- Vended
- Commercials' cow
- Pun: What job the very thankful person had: ____.
- Pun: He was given free ____ to do his job in the horse stable.

7. *The Nutcracker* is the most famous Christmas ballet.

8. *Jingle Bells* was first written for Thanksgiving and then became one of the most popular Christmas songs.

9. If you received all of the gifts in the song *The Twelve Days of Christmas*, you would receive 364 presents.

10. The poinsettia plant was brought into the United States from Mexico by Joel Poinsett in the early 1800's.

11. Holly berries are poisonous.

12. Contrary to common belief, poinsettia plants are non-toxic.

13. In 1843, *A Christmas Carol* was written by Charles Dickens in just six weeks.

14. Coca Cola was the first beverage company to use Santa for a winter promotion.

15. Clearing up a common misconception, in Greek, X means Christ. That is where the word X-Mas comes from. Not because someone took the Christ out of Christmas.

16. Traditionally, Christmas trees are taken down after Epiphany.

17. More diamonds are sold around Christmas than any other time of the year.

18. Christmas pudding was first made as a kind of soup with raisins and wine in it.

19. The Christmas turkey was imported to France by the Jesuits and it is still known in some French dialects as a Jesuite.

20. Christmas Pudding originates from an old, Celtic dish known as frumenty.

21. The first Christmas stamp was released in Canada in 1898.

22. In Germany, Twelfth Night is known as Three Kings Day.

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
20				21					22				
				23				24	25				
26	27	28						29			30	31	32
33							34				35		
36						37	38					39	
40				41					42	43			
44				45					46				
			47	48					49				
50	51					52	53				54	55	56
57						58					59		
60						61					62		
63						64					65		

- Water pitchers
- Mafia head
- Pun: How much is a messenger worth? one ____.
- One side of a multi-sided object
- Masculine name
- Units of work
- Small children
- Alliaceae plant
- Vault for the burial of the dead
- Port in Yemen
- Capital of Italy
- Pun: Why the software engineer was fired: he just couldn't get with the ____.
- Eats a morsel
- Immigrants' island
- Certain European
- Escorts on a date (2 words)
- Feminine pronoun
- Bushy hairstyles
- Pun: The novel about a musician in treble was a real ____.
- Supreme Catholic court
- Water pitcher
- Halo
- One of the Channel Islands
- Dried outer covering of the nutmeg
- Takes a break
- Goodbye (Spanish)
- Pun: It has been discovered that sales of irons are ____.
- Prongs
- Short musical composition
- Pun: What animal is present at every baseball game? A ____.
- Greek mythological god of war
- Pun: The definition of a will: It's a dead ____.
- Adhesive
- Carbonated drink
- Revolutionary
- Raised elongated blocks of land bounded by faults on both sides
- Aromatic plants
- Period of extravagant indulgence
- Gaelic language
- Look slyly
- Strike with a pointed object
- Bargain
- Fencing sword
- Pun: The Irish lass was disappointed with the engagement ring from her fiancé because it was a sham ____.
- Newt

Solution on page 26

Word Search

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

SIGNS OF THE SEASON

(Words in parentheses not in puzzle)

- | | | |
|------------|-----------|--------|
| Cards | Holly | Snow |
| Carols | Mistletoe | Tinsel |
| Fruit Cake | Ornaments | Tree |
| Garland | Present | Turkey |
| Jesus | Santa | Wreath |

KIOSK QUIZ ANSWER

FROM NOV. 29

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

BEST IN LATE NIGHT COMIC RELIEF

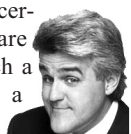
THE TONIGHT SHOW with Jay Leno

There's a Nerf automatic dart gun that fires 60 darts in 20 seconds. Our kids are so fat now that it takes 60 darts to take them down.

It's my 30th wedding anniversary. I had a big surprise set up for my wife, but she found out about it on WikiLeaks.

President Obama announced a two-year pay freeze for all federal employees. This means the next time the TSA agent is reaching into your pockets, he's looking for spare change.

A 19-year-old Somali man was arrested in Portland for allegedly planning to detonate a bomb at a Christmas tree lighting ceremony. His parents are devastated. He had such a promising career as a pirate.



JIMMY KIMMEL LIVE with Jimmy Kimmel

If you're a turkey or a sweet potato, congratulations on making it through the weekend alive.

It turns out that it's not the turkey that makes you sleepy — it's being drunk at 4 p.m. on Thursday.

In the olden days, they didn't have electric lights, so they would put ornaments on a witch and light her hair on fire.

Rep. Peter King says WikiLeaks presents a clear and present danger to our national security and should be branded a terrorist organization. Former Vice President Dick Cheney says we should waterboard the Internet.



CONAN with Conan O'Brien

WikiLeaks released more than 250,000 secret documents, some of which refer to computer passwords for world leaders. The most shocking revelation: Kofi Annan's password is "BieberFan9."

Starbucks is reportedly making plans to begin selling beer and wine at their coffee shops. Apparently, Starbucks is having trouble finding sober people willing to pay nine bucks for a cup of coffee.

In a recent interview, Sarah Palin said we have to stand with "our North Korean allies." When told that North Korea is not our ally, Palin said, "Sorry, I meant East Korean allies."



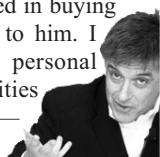
THE LATE LATE SHOW with Craig Ferguson

President Obama needed 12 stitches after taking an elbow to the mouth during a basketball game, but he learned a valuable lesson: Don't get in the way of Hillary's tomahawk jab.

John Wayne's wig was up for auction. He wore wigs in all of his movies after 1948, but made up for it with his cool walk.

Last month, Darth Vader's suit went up for auction and it didn't sell. They should try putting John Wayne's wig on it.

I admire John Wayne as an actor, but I'm not interested in buying stuff that belonged to him. I prefer collecting personal items from celebrities that are still alive — which is stealing.



THE LATE SHOW with David Letterman

We commemorate the Pilgrims' first Thanksgiving. They sailed for 65 days with only primitive food and sanitation. It was like a Carnival Cruise.

Vice President Joe Biden turned 68 years old. President Obama was so excited. He asked Biden to attend the party for him.

Larry King just turned 77. He celebrated quietly with a few close wives.

Charlie Sheen went through airport security and was patted down. After he was done, he said, "Do you take American Express?"

Happy birthday to Rep. John Boehner from Ohio. If you want to get him a present, you can't go wrong with bronzer.



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EARLY CHILDHOOD EDUCATION TEXTBOOKS: The following first year early childhood education textbooks are for sale: Early Learning for Every Child Today, Early Childhood Education Workbook, Day Nurseries Act, Standard First Aide, Interpersonal Communication, Guidance of Young Children, Developmentally Appropriate

Practice, A Canadian Writers Reference 3rd and 4th Edition, Children and their Development, Observing Early Development. Asking \$450 for all or best offer. Contact Joo Hee Lee at thebballstar@hotmail.com.

ANNOUNCEMENTS

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you can do to help us is: 1. This is the most important part, give blood and 2. When you do give blood on campus, sign up using the ID FANS011333. That way your ID will be counted towards our total of 160 units. You can use this ID when you register either the day of, or you can register in advance by clicking this link and entering FANS011333 in the Partner ID field.

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A single girls guide to surviving the holidays



Love, Lust & Lies
Patricia Cifani
asklovelustlies@gmail.com

What do Christmas and Valentine's Day have in common, besides large red boxes filled with way too many calories? They both represent a time of the year when single people are made to feel sad about their relationship status. At least with Valentine's Day, you can hide in your house all day and avoid romantic couples that make you ill. During the holidays, you can't escape, you are forced to mingle with the outside world. Since the holidays are focused on family and relationships, it can get a little lonely when you're single.

Have you ever gone to a family dinner during the holidays and had that one uncle ask you, "Where is your boyfriend?" And then when you say you don't have one, he gives you that all-too-familiar look of pity, as if you just told him you have come down with a life-threatening disease, and says, "Oh ... well good for you." If you didn't feel bad about being single before, you might after that. Now I like to respond with "I just wasn't sure which one to bring." This won't get you a look of pity, that's for sure.

So even though most people feel lonely around the holidays, me included, I decided we need to start looking at the bright side of being single. So if you are one of those people that hate the holidays for this very reason, I am going to tell you four reasons why you should be happy.

First off, you get to save money! You are not obligated to spend hundreds of dollars on your boyfriend or girlfriend, and you can spend that extra money on yourself. If you want to go to Collingwood with your friends for News Year's Eve, with the money you save by being single - it's possible. If not,

you can treat yourself to that beautiful Tiffany's bracelet that's always been a bit too pricey. If you buy it for yourself, you won't have to throw it to the bottom of your jewelry box when "the sweetest boyfriend ever," who got you that bracelet, is no longer in the picture next year.

Secondly, you only have to spend time with your own family. Everyone may love the food around the holidays, but I am sure, for most of us, it's not worth the awkward conversations that take place around the table. If your family has as much drama as mine does, I doubt you would be able to handle someone else's or even want to.

Furthermore, the holidays have the most social events all year. Not to mention New Year's Eve parties. This is the best time to mingle with other people and, since you are single, you have the freedom to go to these events and meet new people. You might find someone to keep you occupied for a month or just a couple of weeks.

Finally, my favourite reason: you can eat whatever you want. For example, you're at a holiday dinner, and you and your sister both want another slice of pie. She debates it. She's worried about gaining weight around the holidays because she has a boyfriend. She ends up not eating another piece, but that doesn't stop you. You eat that second piece and then the piece your sister was going to eat because you want it. You don't have to fit into a naughty Santa costume that night! So go ahead and eat as much as you want over the holidays.

Even though you can get lonely over the holidays when you see couples being happy and cute, just remember that this only lasts for a couple of weeks. If all else fails, remind yourself that the girl nestled cozily in her boyfriend's arms won't be able to eat the whole roof of a gingerbread house, but you can!

that you help.

As for any culinary tips this holiday season, all we suggest is to buy your food sooner than later as to avoid the rush. Buy locally when you can (know where your food comes from!) and when you cook, always do so from the heart as you are creating something that makes people happy. Do it with pride! Being a good chef, or understanding what good food is, doesn't mean you always have to buy the best name brands or empty your bank account, I'll be the first to admit, I shop at the Bulk Barn and other lower price establishments when I have to without shame.

From both of us, Jessica and I wish you the happiest of holidays and a great new year! It's been an honour writing for the paper so far and we look forward to many fun-filled, informative articles in 2011. Be safe and eat well!

Got questions, comments or suggestions? Feel free to e-mail us at foodforthoughtfc@gmail.com

Bringing Jersey Shore's drama north

LAUREN FIELDING
THE SPUTNIK

BRANTFORD, Ont. (CUP) — Did you think that reality TV couldn't get any trashier than MTV's *The Jersey Shore*? Well, think again.

Our favourite guidos and guidettes have some stiff competition to face as Canada shows off their own brand of party animals in *Lake Shore*, trying to prove that "there's more to growing up in Canada than hockey and maple syrup."

The show is based out of Toronto, and follows a group of eight people from eight different cultures as they explore Toronto's club life, pushing the boundaries and generally being dramatic in front of a camera and an audience of voyeurs, hungry for drama.

But those concerned for the fate of Canadian television need not worry just yet. While the cast is secured, the show is still in negotiations with television networks and has yet to land a deal. So far, all the hype has been through a webseries posted online. According to the website, the series is said to be filmed in spring 2011 in a yet to be secured house on *Lake Shore Boulevard* in downtown Toronto.

These eight 20-somethings were chosen from thousands of applicants, an attempt to show how much of a melting pot Canada has become. These characters ravage the downtown Toronto area in search of sexy, fun times, and spend almost as much time bitching each other out and causing drama as they do downing tequila shots and hooking up.

So why the emphasis on the race of the characters, you may ask? It



CREDIT: WWW.LAKE-SHORE.CA

Some of the cast of *Lake Shore*.

seems that the producers of *Lake Shore* really want you to see just how much Toronto has become a central hub for cultural differences, and how what used to be minorities now make up the main population of the area. More than half of Toronto's population are those who are not native of Canada, while another 22 per cent are second-generation immigrants with at least one parent born outside of Canada.

There have been claims from viewers that *Lake Shore* is using racism to capitalize on ratings, and one particular viewer stated that *Lake Shore* has "tarnished the reputation of Canadians."

"Do you understand that in popular culture, *Lake Shore* has literally taken a shit on Canada? At least we look decent compared to the rest of the world, we were known to be such a liberal people, but now we're seen as anti-Semitic, racist and all we want to do is be loud," a viewer known as Persia says.

What is shown on *Lake Shore* is simply a chewed-up and spat-out copy of *The Jersey Shore*, minus the fake tans and clever witticisms

like "GTL" and "grenades" that have made the show many a young adult's guilty pleasure.

These characters are ignorant, and seem to only care about one thing, being sexy, getting laid and getting drunk. What kind of example does this give to the people watching this show? Sure, not all of us are gullible enough to believe what is happening in front of us, but there are still those who use these characters as examples of what they wish they could be, the kind of lifestyle they want. *Lake Shore* is pushing the boundaries as far as it possibly can because those who produce it know exactly what they are up against; pointless ignorance and self-obsession.

In order to one-up *The Jersey Shore*, they need to spin their show a little differently, bring something new to the table, something that will make people watch and give them ratings no matter the cost. It's too bad they had to use the race card in order to make that happen. One thing's for sure — *Lake Shore* may become many a voyeur's guiltier pleasure.

Food for thought

Time to be selfless

MARK FACCHIN & JESSICA WILKIE
INTERROBANG

For our final article in the Interrobang for 2010, we've decided to look at something a lot of people can overlook around the holidays, and that's the act of giving and selflessness. As a culinary student, we're encouraged all the time to buy locally and to give back to my community. If you're feeling in the mood this season, please don't hesitate to drop off non-perishables to the food bank or the salvation army, both of these institutions provide shelter and food for those who aren't as lucky around this time of year to have a delicious turkey dinner with all the fixings.

We've talked about ways to save money with substitutions in everyday recipes, we've given you a place or two to eat on the cheap but it's only a start. It's never a bad idea to give to those who are less fortunate, and the benefits are invaluable to yourself and those



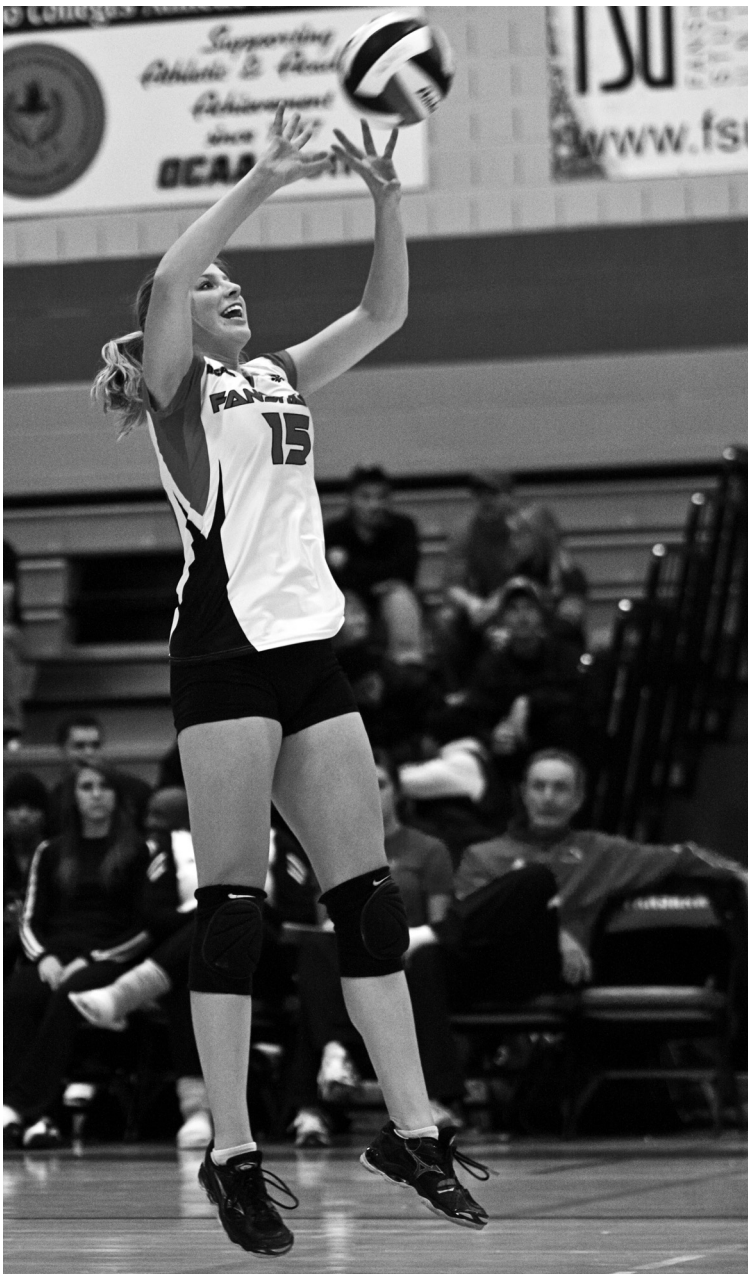
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CREDIT: ANTHONY CHANG

Fanshawe's Nicole Neeb helped the Falcons make quick work of Lambton 3-0 Wednesday night. The win improved Fanshawe's record to 7-3.

Time for the December push

TYLER REVOY
INTERROBANG

In the NHL many believe that if you are not in a playoff position by Christmas then the chances of getting in are slim. For some teams they know how to make the push and get into the playoffs, for others it is a struggle.

This past week the NHL has seen the number of suspensions go down as the play starts to get cleaned up. Certain players and teams started to emerge as powerhouses and teams to watch. The Pittsburgh Penguins have shown they have returned to their Stanley Cup winning form, setting up a string of seven straight wins and counting. The Chicago Blackhawks have soared to the top and are playing great hockey in the West. A team that had a great week? The Atlanta Thrashers who weren't expected to do anything this year are surprising people. It's too bad fans don't come to watch them play.

Sidney Crosby is currently on fire with a 15 game point streak. Crosby has 22 points over that stretch. A player going quietly about his business is Alex Semin in Washington, he is second in goals behind Steven Stamkos. Finally, Victor Stalberg is scoring points in Chicago playing on a line with Jonathon Toews and Patrick Kane.

Tampa sniper Stamkos has cooled off going three straight games without a goal, which is putting his 50 in 50 on hold for right now. No surprise New Jersey Devil sniper Ilya Kovalchuk has done nothing so far. Kovalchuk is currently on pace for 16 goals. The three stars this week are:

third star Crosby, who leads all scorers with 40 points. The second star is Atlanta defenceman Dustin Byfuglien, who leads all NHL defence in scoring. First star is Atlanta goaltender Ondrej Pavelec, who has recovered nicely since his collapse during the first game of the season.

This week's three big games are: San Jose at Ottawa as it is Dany Heatly's return to Ottawa; Toronto hosting Boston as Phil Kessel looks to get his first goal against his former team; and Ottawa heads to Montreal to battle with the Canadiens. This is always a good battle when these two teams meet up.

My five predictions this week are:

San Jose in Ottawa: Look for San Jose to continue their dominance over Eastern Conference teams. It will be an emotional return for Dany Heatly.

San Jose 5-3

Vancouver in Chicago: This new rivalry is ever-evolving. These two teams play hard and tight every game.

Vancouver 3-1

Boston in Toronto: Look for a low scoring affair between these two teams. Kessel and Tyler Seguin should each pot goals in the game.

Boston 3-2(SO)

Ottawa in Montreal: Bitter North East division rivals, these two teams play hard all the time. Look for the Sens to come out on top.

Ottawa 4-2

Nashville in Detroit: Detroit should be able to continue their dominance over the entire NHL.

Detroit 6-2



CREDIT: HUMBER ATHLETICS

The Fanshawe extramural co-ed dodgeball team recently travelled to Humber College's Lakeshore Campus to participate in the school's first dodgeball tournament. The team did very well displaying both incredible talent and sportsmanship. This was reflected in the team winning the tournament Fair Play Award. Pictured: athletic officer Eric Collins, left, with the Fanshawe College extramural co-ed dodgeball team.

Women hope to close with a win

TYLER REVOY
INTERROBANG

After dropping their fourth game in a row, the Fanshawe women's basketball team is ready for the Christmas break to come. The team has just one more game against the winless Redeemer Royals on December 8.

"If we don't beat them we will all be very disappointed," said guard Phyna Lim. The women seems to be going into the Redeemer game with this mentality. "We have the same game plan that we have had all year and that is not about to change," said coach Matt White. If the girls win their final game that will give them a record of 3-4 at the break, which

isn't bad but the girls will want more in the second half of the season.

With four losses in a row for one of the league's better teams, the girls are at a loss for words on what is happening. "I don't know. We just don't have chemistry right now but that will come," Lim replied when asked about the team's recent struggles.

"We have a stretch of about 5-10 minutes where we fall apart. We play good for 30-35 minutes, problem is, the game is 40 minutes long," said White.

Judging by their attitude at practice you wouldn't know the girls have lost four straight games, the way they are loose and joking

around.

The fact of the matter is that a loss to the Royals on Thursday would definitely take the wind out of the sails. The girls start the second half of the season at home with three straight games. "We will be coming out flying to start the second half," Lim said. Also the ladies will play all the teams they played in the first half again which leads Lim to believe that, "the second time around should be easier than the first."

The girls will have four weeks off after the Redeemer game, before resuming play back at Fanshawe against the Fanshawe Alumni.



CREDIT: ANTHONY CHANG

Fanshawe's Phyna Lim is enjoying her first season with the Fanshawe women's basketball team.

Lim loving her first year on the team

TYLER REVROY
INTERROBANG

Phyna Lim is a first year general arts student who is enjoying her first year with the Falcons women's basketball team. Lim, who is a guard for the team, has loved basketball since she was 12-years-old and knew this was her sport of choice. Growing up in London and attending John Paul Secondary School she has played basketball for some pretty good teams thus far. She is expecting big things from the Falcons and herself this year.

Lim has played exceptionally well so far, but said it's a big dif-

ference going from high school basketball to college basketball. She feels that, in the second half of the season, the team will do better, and she will feel more comfortable knowing what to do.

Lim would like to one day work as a kinesiologist or in the kinesiology field. She has big goals for her future, as well as for the team. She would like to make the play-offs and go to nationals.

The only thing that Lim is concerned about in warm-up is sinking all of her shots. She believes that if all her shots go in during warm-up then she will be ice cold during the game.



CREDIT: ANTHONY CHANG

Members of TD's and Beers celebrate their intramural touch football championship.

Sheamus crowned King



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

In a special three hour episode of Monday Night RAW, the prestigious King of the Ring tournament was brought back. It was kicked off by a match pitting the Mexican Aristocrat, Alberto Del Rio, and the man who holds the United States Championship, Daniel Bryan. Del Rio managed to make Bryan tap out, thereby advancing in the tournament.

Michael McGillicutty tried to find R-Truth and make him pay for helping John Cena last week, but was attacked by a mystery assailant who gave a "you can't see me" wave of the hand.

John Morrison defeated "Dashing" Cody Rhodes to advance, evening the score between RAW and Smackdown.

Ezekiel Jackson and the Sinister Scotsman, Drew McIntyre, were both counted out of their KOTR match. An enraged Jackson pulled

McIntyre back into the ring and slammed him down.

Jerry Lawler grew tired of the Miz boasting about his title win, and the GM arranged a tables, ladders, and chairs match between the two.

Mark Henry and Yoshi Tatsu defeated Justin Gabriel and Heath Slater in a non-title match. Cena helped with this, distracting the Nexus members long enough for Henry to pick up the win. Afterwards Cena hit Slater with an Attitude Adjustment, before the rest of Nexus chased him away again. For a guy who's supposedly "fired," Cena sure does make a lot of impact.

Morrison faced Del Rio in a semi-finals match, where Del Rio found himself distracted by Rey Mysterio getting into his car. Morrison was quick to take advantage of Del Rio's lack of focus.

Wade Barrett was furious about Cena attacking Slater, and sent Nexus out to the parking lot to fight Cena. They got more than they bargained for, due to a host of RAW superstars being there to beat them up. Cena told Barrett

that he would never stop attacking each member of Nexus.

There was a six-Diva tag match, with Natalya, Gail Kim and Melina taking on Maryse, Alicia Fox, and Tamina. During the match Santino came out to sing a love song to Tamina, which allowed Natalya to lock Fox in a Sharpshooter yet again for the win.

In the final KOTR match, Morrison would find himself going up against his most dangerous opponent yet, Sheamus. Morrison's impressive athleticism proved to be no match for Sheamus' brute strength, and the Celtic Warrior won the match and the honour of being crowned King.

For the main event of the night, the Miz had to defend his WWE Championship against Lawler. The deck was stacked against the challenger right from the start, as Alex Riley interfered. Lawler dealt with him, but then the Miz's number one fan, Michael Cole, also got involved in the match. This cost Lawler his shot at the belt, and gave Miz his first successful title defense.

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Time to get stretched out



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

In terms of developing a complete package of physical health, there are always areas that are lacking in terms of a person's fitness regimen. Some people concentrate all their efforts on resistance training but lack cardiovascular training. Others concentrate all their efforts on specific sport training but fail to focus on overall strength and endurance as well. However, there is one area of fitness that is often overlooked more so than any other component. That component is flexibility, and we are going to discuss why it is so important, and why it should not be ignored.

What exactly is flexibility?

It is the range of motion around a joint.

Why is it that my friends are so flexible and I am not?

To put it simply: no two bodies are the same. Firstly, some people benefit from having quite flexible joints from the get go. Secondly, these same people may consistently train to improve flexibility resulting in superior overall flexibility. With that being said, anyone can improve their flexibility.

How do I improve my flexibility?

Stretch! After a suitable warm-up to ensure your muscles, ligaments and tendons are ready, stretch the desired muscles accordingly. You want to aim for a 20 to



CREDIT: FRAYEDPLACES.BLOGSPOT.COM

There are many benefits to stretching.

30 second stretch and repeating the stretch two to three times per body part. You should train flexibility at least three to four times per week in order to achieve optimal results.

I don't know how to stretch!

The Internet is a beautiful thing. There are many credible sites that offer free instructional pictures, descriptions and videos to assist you in getting started. Also, feel free to talk to any of our personal trainers at the fitness centre. We are more than willing to assist you or provide you with some diagrams.

I'm getting confused with all these stretching techniques. Help!

There are several types. Static stretching is the type most are familiar with that involves stretching the muscle and holding the stretch without movement. Ballistic stretching is the bouncing/jerking type stretch that is often not used anymore due to potential injury risks. Dynamic stretching involves taking a limb and repeatedly moving it back and

forth or side to side about eight to 15 times. PNF stretching typically involves a partner stretching the muscle for you first. Secondly, you would contract the muscle you just stretched against your partner's resisting force. Your partner would then stretch the same muscle one last time, which would stretch even further due to the contraction you just completed in the second phase. Again, the Internet and fitness consultants are your best friends and can better describe these techniques with visuals.

I don't care to be flexible, so why even bother?

Because flexibility leads to a reduced risk of injury, improved strength and a higher quality of life! You're basically restricting your body's own potential by not working on overall flexibility. Nobody is saying you need to work on your flexibility until you can do the splits like Jean-Claude Van Damme; but, it will allow your body to do much more than you could ever imagine.



REDIT: RAMTRUCK.CA

A look inside the Ram truck.

Chrysler brands Ram



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

"My name is Ram and my tank is full!" is the new slogan for the Ram pick-up truck. I think this is the worst slogan I have ever come across for any product, ever. Who came up with it and who at Chrysler approved it? I think it's due to such terrible decisions that the company almost went bankrupt last year.

However, they did do some things right. For instance, I like the idea that Chrysler has turned Ram into its own brand. This way those who just want to look at trucks, just need to look at their Ram lineup. Plus, in the future, they can sell Ram as a separate company, if the need to do so ever arises.

But you see, while the newly badged truck has a new identity, you can tell that Chrysler, who used to sell this truck as a Dodge, didn't pay enough attention in erasing its history. While you can't call this truck a Dodge Ram anymore, as soon as you climb inside, a big plastic emblem on the dashboard gets your attention because it says Dodge! One gets the feeling that Chrysler did all this rebranding in a hurry and forgot to look at details.

However, this is minor stuff all this after all, and it doesn't matter what the badge says or the silly ad slogan if the truck itself is good.

From a mechanical point of view, there are no complaints. While it is available with a few different engines, my tester came with the very potent 5.7-litre, Hemi-V8, which produced 390 hp and an earth-rotating 407 lb/ft of torque. In my test vehicle, power went to all-four wheels via a five-speed automatic gearbox. This gearbox is fine, but the competition has better gearboxes, so Ram should look at updating their gearboxes soon.

Still, this monster truck can tow up to 10,450 lbs, so regardless of what you wanted to move, this

truck can move it for you with ease.

The truck has a very good ride quality, thanks to its multi-link rear suspension set-up that includes coil-springs, for when it's cruising on the highway. However, this mean it doesn't handle like a sports car. In fact, due to its rather vague steering, the Ram is not the most confidence-inspiring vehicle to drive quickly. My tester also had a rather annoying vibration that would start at around 110 km/h, and as I increased speed, it got worse. Yes, I know these vibrations came at over the speed limit, but doing 120 km/h on our highways is normal, so all vehicles should be able to handle these speeds with ease. I just hope this vibration issue was unique to my tester and is not a common fault.

Any other complaints you ask? Yes, there are. I really disliked the door mirrors on this Ram. Like in most trucks, these gigantic mirrors had a blind spot mirror built into them, but instead of placing this mirror horizontally to cover more area, the Ram has the blind spot mirror placed in a vertical position. This means the mirror didn't cover enough area and acted as more of a distraction. So Ram, fix the mirrors. I cannot tell you how many close calls I had because I couldn't see the car beside me.

When overtaking, I would put my foot down so I would clear the other vehicle easily, but that was sort of fun too, because when you put your foot down in this truck, it makes the nicest sounds. However, this kind of driving is not good for your wallet, since it drinks a lot. Even on an urban run, I averaged just 16.5-litres/100km. Ouch!

As for pricing a base Ram 1500 ST can be yours from \$22,495. My loaded Quad-Cab 4x4 stickered at nearly \$55,000.

Is it the best truck on the market? Umm, no. All I can say is, it is the best-looking pick-up truck on the market, and also probably has the best sounding motor. But the best way to enjoy this motor is in the Dodge Challenger R/T, which I say is a big enough reason to keep Chrysler alive.

Christmas brings key matchups



NFL CZAR
JUSTIN VANDERZWAN

With the Christmas season comes time off from school, good food and the run to the playoffs in the NFL. With many teams still active in the playoff races, this year's stretch run will be very entertaining. With that in mind, here are seven games to watch during your time off.

New England Patriots @ Chicago Bears

Key Matchup: Devin McCourty vs. Johnny Knox

The Patriots rookie corner McCourty has looked very solid at times, but shaky at others. Knox has developed into a solid deep threat for the Bears, and will have to be accounted for in the passing game. If the Patriots are going to stop the Bears offence, they have to do two things; get pressure on Jay Cutler and slow down Knox.

Pick: Patriots 35, Bears 21

Kansas City Chiefs @ San Diego Chargers

Key Matchup: Dwayne Bowe vs. Quentin Jammer

Another big WR-CB matchup that will likely decide this game. Bowe has exploded this season, leading the NFL in receiving touchdowns. Jammer is a solid veteran player, who has battled inconsistency during his entire career. With Chiefs QB Matt Cassel playing better recently, expect Bowe to win this matchup. I don't know if it will be enough to win this game

though.

Pick: Chargers 35, Chiefs 20

Jacksonville Jaguars @ Indianapolis Colts

Key Matchup: David Garrard vs. Peyton Manning

Normally this wouldn't even be a question, but Manning has looked incredibly average this season. Garrard has been better than expected for most of the season, and will have to be at his best in this one. Manning has been without most of his weapons this year, and it is very unwise to bet against him. Seeing as the Jags beat the Colts earlier in the year, I think the Colts get their revenge here.

Pick: Colts 27, Jaguars 17

Green Bay Packers @ New England Patriots

Key Matchup: Brandon Jackson vs. BenJarvis Green-Ellis

The running backs in this game will make all the difference. We all know the quarterbacks will light it up, but the winning team will have to get some production out of their runner. The Packers have the better run defence, but I see Green-Ellis having decent numbers. Unfortunately, the Packers haven't got very much out of Jackson, and I don't see that changing.

Picks: Patriots 24, Packers 21

New Orleans Saints @ Atlanta Falcons

Key Matchup: Saints vs. Matt Ryan's Home Record

Since Matt Ryan has been the quarterback of the Falcons, the team has been unbeatable inside the Georgia Dome. However, the Saints will be fired up for a win in this one, after losing to the Falcons earlier in the season in New

Orleans. Expect a lot of points in this one, and the winner of this gets the NFC South title.

Pick: Falcons 34, Saints 30

Chicago @ Green Bay

Key Matchup: Jay Cutler vs. Clay Matthews

Cutler has been an elite player when he has had time in the pocket. However, when pressured, he becomes an erratic player with a tendency for turning the ball over. Matthews leads a defence that loves to rush the passer, and will be looking to feast on the Bears weak offensive line. The Bears only win if they can give Cutler time to throw.

Pick: Packers 21, Bears 18

St Louis Rams @ Seattle Seahawks

Key Matchup: Sam Bradford vs. Matt Hasselbeck

While this game may be between two teams with brutal records, it will likely decide which teams wins the brutal NFC West and host a Wild Card playoff game. Bradford has looked very good as a rookie, and has lived up to his number one overall pick. The veteran Hasselbeck has had an up and down year, and his performance in this one will likely decide his fate for next year.

Pick: Rams 34, Seahawks 24

So, as you can see, there are plenty of great games to watch during the Christmas holidays. After the break, I will take a look at four teams from each conference that will make an impact in the playoffs.

For more from the NFL Czar, check out his blog at jvzblog.blogspot.com

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The models from the Re-vamp "True Colours" fashion show at nights end.



True Colours design winner created by Derek Flamand and K.L. Denyluk.



3D animation and character design.



The boys grab a beverage waiting for class to start.



The fashion design girls have some fun with Santa in Forwell Hall.



Matt playing with a kendama in the hall in H building.

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