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## #FSUINTERROBANG PHOTO OF THE WEEK

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*Happy Holidays*

FROM YOUR FSU EXECUTIVE COUNCIL

# Changes made to academic appeal policy

**KERRA SEAY**  
INTERROBANG

A new policy formed through a collaboration of Fanshawe departments has made the appeal process a simpler task for students.

The new policy, Student Appeals A128, streamlines the appeal policy and establishes one standard appeal procedural system. All student appeals will be guided by this policy excluding the appeal of an eviction from residence (C207) and appeals of student fees (A132).

The policy will affect all students from all Fanshawe campuses.

Ben Cecil, the associate vice president of academics at Fanshawe, said the policy changes have been in the works for the past two years. He said the changes will have a positive impact on students who want to put forward an appeal.

"I think this policy, and all the processes that we've put in place, are by far the best I have ever seen. I'm really proud to be part of the process," Cecil said.

The changes were made thanks to a collaboration, with committee members involving students, the Fanshawe Student Union (FSU) executives, Ombuds, student services, faculty members from all regional campuses, administrators and more.

Students will now have seven business days after being informed of the issue to submit the first step of the appeal process called Step 1 Notice of Appeal form, according to a press release. It must be submitted to the Office of the Registrar. Only after this form has been submitted can a student meet with the chair or manager for the matter in question.

The press release emphasizes that all Step 1 forms are sent to the Office of the Registrar.

Creating a sense of consistency was the main drive behind the appeal policy changes. Cecil said the process is now streamlined and better for both the students and the college and is a much more equitable system.

"There's a degree of consistency now because there were, for all appeals, different forms, timelines and activities... The process has remained essentially the same, but it enters a level of fairness and an opportunity for [students] to seek additional support in an appeals setting that they didn't have in the past," Cecil said.

Another change to the appeal policy is that students can now bring along a support person with

them to a meeting at any stage of the process.

While a support person could be anyone, Cecil recommends students take advantage of the fact that FSU executives are able to speak on a student's behalf for up to 10 minutes at every level of the appeal. Support persons can even openly coach a student during the process.

"It gives the student a higher degree of comfort in what is obviously an uncomfortable process," Cecil said.

FSU VP finance Carlie Forsythe said she's excited about being able to coach students and help them fight an appeal.

"We're a union, that's exactly what unions do. We fight for our own people," she said. "It's our job to best represent the students and get the results they want."

FSU president Alan Bushell said all executives went through the training process to be a support person, so all a student has to do is approach VP external and academic affairs Maria Nikides, who will help match students with an executive to be their support person.

Bushell added that the knowledge the FSU executives have regarding the appeals process will be extremely valuable to students.

"The important part about this is having a peer with knowledge regarding [the appeals process]. An FSU rep will be able to empathize with students' issues more than somebody who isn't in the same situation," Bushell said. "We're a bridge. We're the perfect bridge between the average student who doesn't know anything about the appeals policy and the VP academic. We can see both sides."

Another great change that Bushell said the FSU pushed for was to remove a \$40 fee at Step 2 of the appeals process. An appeal used to cost a student \$80, but with the removal of the fee at the second level students now only have to pay \$40 in total at the final stage of the process.

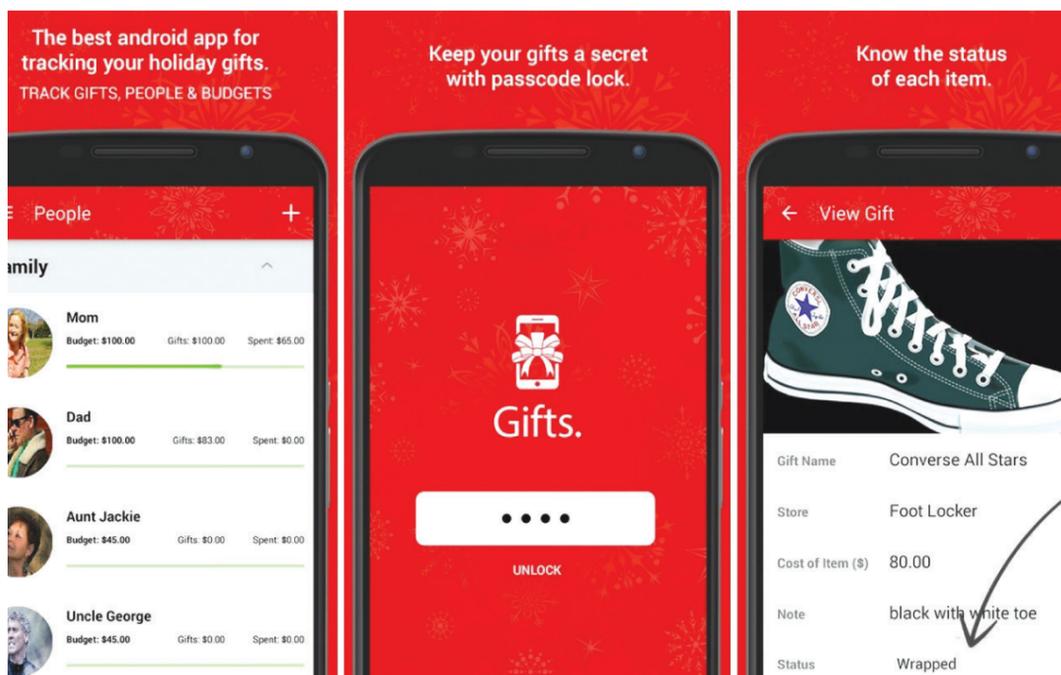
Bushell said the votes in favour for the policy changes were unanimous, and that it is an incredible accomplishment to have established a policy that satisfies both the college as well as the FSU.

Any student looking to have an FSU executive be their support person they can contact Maria Nikides at fsuexternal@fanshawec.ca or 519-452-4109 ext. 6309. All Fanshawe students are welcome to visit the FSU office at SC2001 for assistance.



CREDIT: OLIVIA DRAKE

What's better than getting the chance to pet a cute animal? Nothing. Jungle Cat World brought a number of unique animals to Forwell Hall and some students even had the chance to feed or pet them.



CREDIT: CORESOLUTIONS

Gifts is a free application to make your holiday shopping as simple as possible.

## The perfect app for holiday shopping

**KERRA SEAY**  
INTERROBANG

A new Android application developed in part by Fanshawe graduates is designed to make your holiday gift shopping as painless as possible.

The name of the app is simple: Gifts. Period included. Chris Lawn, a marketing a business development specialist at CoreSolutions, said the app was intentionally released around Christmas time to help students in particular stay on budget with their spending during the holiday season.

"It's a simple way to keep track of your holiday finances," Lawn said. A total budget can be created, as well as personalized budgets for

individual gifts.

Lawn added that there is a feature in the app that allows users to make their own Christmas lists and share them with family members. He said it is great for keeping family members up to date with your wish list. Users can also make a list of future purchases and can keep track of which gifts need to be wrapped.

Lawn said the application will be rebranded after the holiday season, and users will find Gifts. has applications outside of Christmas shopping, including birthdays and other gift-giving events throughout the year.

"It's a great way to keep yourself up to date and keep your budget in line," Lawn said.

The app was designed by CoreSolutions, a London-based company with connections to Fanshawe. CEO and president Barney Lawn was the former chair of the School of Information Technology on the College Advisory Committee. Several other members of the team are Fanshawe graduates as well.

The company also offers six co-op opportunities for Fanshawe students.

The app is free to download at the Google Play store and does not come with advertisements. Lawn said this decision was made to celebrate CoreSolutions' 25th anniversary: Gifts. is their gift back to us.

"It's there for anyone to use," Lawn said.



www.fsu.ca

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The Fanshawe Student Union would like to thank all of these businesses, Fanshawe College students and staff for making a difference with their donation.

## Canada to bring in 10,000 refugees by the end of 2015



JESSICA KLAVER  
INTERROBANG

“Resettling refugees is a proud and important part of Canada’s humanitarian tradition,” according to the Government of Canada’s Immigration website.

And it is true. Historically, we have been known to bring in many refugees at a time, with no limitations on their age, gender, sexual orientation or religion. However, the preference of Syrian refugees to enter Canada is being given to families, women, children and members of the LGBT community.

The challenge with this is that “we cannot quiz anybody, especially not vulnerable people, on their religion and sexual orientation because we have to understand that these people come from harsh and oppressive governments where speaking out or openly displaying your views is frowned upon and can be punished severely,” Leila Almawy said.

Almawy is an activist for those “who’ve been and are oppressed by the system”. Her mother was on the boat of people who came to Canada in 1976 fleeing the war in Lebanon, making her especially passionate about the Syrian refugees.

Jane Philpott, Minister of Health, said in a press conference on Nov. 24 that the Liberal government aims to bring in 10,000 government-sponsored refugees by Dec. 31.

Another 15,000 refugees will be brought into Canada by February 2016. Out of these 15,000, 10,000 will be privately sponsored and 5,000 will be government-sponsored. The Liberal government has said that they will bring in the remaining 10,000 government-sponsored refugees over the course of 2016.

“I believe that fear is playing into this delay as well as pressure from

mass media outlets who keep bombarding us with false projections of the refugees as being an ‘Other’, an infiltrator. The more we delay or extend timelines to bring in those who are in the most danger, the longer they are exposed to such danger,” Almawy said. “[The government is] claiming that it is a security screening issue and that it takes a long time, but the Toronto Pearson International Airport processed 38 million passengers last year... or 32,000 per day. That’s one airport. Every single day.”

London Mayor Matt Brown has started a campaign to bring Syrian refugees to London.

“Londoners are compassionate and caring; we should give what we can to help as many families as possible. Over the next month I will work with faith leaders and community organizations to raise funds and awareness so that we can welcome Syrian refugees with open arms. The time for us to act is now,” he told AM980.

Almawy recommended reaching out to London Cross Cultural Learner Centre to volunteer.

“Let’s help in any way that we can because we owe it to our refugee sisters and brothers to show them that London is a caring, welcoming and multicultural community.”

She also mentioned syrianrefugeefund.ca, a website you can access to reach out to refugees coming to London. You can also visit neverhome.ca and refugeeswelcome.ca to learn more about the realities of Canada’s immigration system.

“Nobody wants to leave their home, their place of comfort. It’s hard enough as it is to adapt to a new country and a new way of life. Refugees and migrants have to deal with an extensive amount of culture shock and homesickness, so it isn’t a walk in the park,” Almawy said.

Remember, most of us would not be living in Canada right now if we were a nation of intolerance. Be kind to refugees just as Canadians were kind to your ancestors.

## Two Fanshawe students win national scholarships

JESSICA MILTON  
INTERROBANG

Fanshawe College students Susan Eldridge and Brittany Poirier were awarded industry scholarships from the Ontario Motor Coach Association (OMCA) recognizing students enrolled in a travel and tourism program.

OMCA is an organization that “provides high value opportunities for their members to grow their business,” according to the OMCA website.

“It is the heart of OMCA that embraces the road to sustainable and progressive development of the industry by providing advocacy and education with the aid of technology to members across North America.”

Each year students of tourism and travel programs across North America are encouraged to apply for the OMCA scholarship.

“The OMCA Development Fund was established by the OMCA to serve the public by encouraging expanded motor coach travel and tourism through the support of research, education, training and skill development for individuals and organizations connected to the tourism and motor coach industry,” the website said.

“This industry scholarship assists students enrolled in a travel or tourism program at recognized schools, accredited institutions, community colleges and universities, whose intentions are to enter the motor coach and/or the tour and travel industry.



CREDIT: RICHARD BAIN

Susan Eldridge and Brittany Poirier, second year travel and tourism students at Fanshawe, were awarded the 2015 OMCA national scholarship.

It is awarded to students based on outstanding academic achievement and industry and/or community involvement, and intent to enter the industry.”

Both Eldridge and Poirier are second year students in Fanshawe’s Tourism and Travel program.

Eldridge noted that the application process was lengthy.

“You must send in your courses that you have completed and your marks along with each course. They also want to get to know you as a person; they would like to know your dreams for the future as well. They ask about many topics, such as your demonstration of leadership, academic achievement, your GPA, extra circular activities, your current awards, bursaries and recognition.”

However the process was worth it for Eldridge not only because of

her success, but also because it gave her the opportunity to reflect on all of the support and encouragement that she has received from faculty and students during her studies at Fanshawe.

Eldridge attributes her positive experience at Fanshawe primarily to the faculty.

“It really comes down to the immense dedication of all my professors and all the people behind the scenes that we may never come in contact with. They all want their students to succeed and they go to great lengths for each and every student. I really don’t know how I will ever be able to repay them for their dedication to higher education.”

Visit OMCA’s website at [omca.com/awards-scholarships](http://omca.com/awards-scholarships) to learn more about the scholarships and the 2016 application.

## Easy-to-use alcohol delivery application coming soon

KERRA SEAY  
INTERROBANG

A new free application described as a “home delivery communication service” will bring alcohol right to your door, for a small fee of course.

Pineapul partnered with alcohol vendor LCBO to make online ordering and home delivery of alcohol as user friendly as possible.

“We’re not a delivery company,” said Patrick Sacher, president and founder of Pineapul. “We relay the information to the licensed vendors to perform the actual deliveries.”

Pineapul uses the inventory provided by the LCBO, and for the time being only works with them. Sacher said he hopes to one day expand to work with The Beer Store as well.

Sacher said LCBO will keep 100 per cent of the profits made from the sale of alcohol, with a portion of the delivery fees going towards Pineapul.

Sacher said that deliveries within London, including deliveries to the Fanshawe area, will cost around \$10. Any delivery made outside of London is calculated based on distance travelled.

As a current Fanshawe student himself in his second year of business and marketing, Sacher is extremely busy. He said balancing school work on top of trying to run his own start up company is challenging, but he is prepared to work hard.

As a college student Sacher knew that the demographic at Fanshawe



CREDIT: PINEAPUL

Pineapul is a free application founded by a Fanshawe student that will help facilitate the delivery of alcohol right to your door.

would be the perfect market for his app.

Before students get too excited about this service, underage students will still not be able to get away with purchasing alcohol. As the law requires, LCBO delivery people will check identification before any delivery of alcohol, and will confirm the cardholders name upon arrival. Sacher said this aspect of the business is a burden for LCBO and not his company.

Sacher said the app is in the final stages of development and estimates

a beta test version of the app will be available to download by Jan. 1.

“We want to engage users, we want them to feel comfortable using our software,” Sacher said.

Sacher added that he and his team are always looking for anyone interested in working for Pineapul who can bring something new to the company.

“We’re really open to anybody contacting us who wants to add some feedback, or anyone who wants to work with us,” Sacher said.



## Sanctuary London SOCK DRIVE

Sanctuary London is becoming a healthy, welcoming community where people who are poor or excluded are particularly valued. There’s a constant need for socks for London’s homeless and those living with the reality of poverty.

That’s why **Chaplain Services** and the students at **The Rock on Campus** are inviting you to bring in your pairs of socks for all ages to the Executive Office of the FSU or the Chaplain Centre (D2030) **November 30 – December 17** so we can help make this year’s season a little warmer for some Londoners.

All socks will be delivered to Sanctuary as a gift from Fanshawe students and staff.



CREDIT: BESTDESIGNS / ISTOCK / THINKSTOCK

The United Nations Conference on Climate Change took place last weekend and Canadian Prime Minister was in attendance letting everyone know, "Canada is back".

## The character of a country



**VICTOR DE JONG**  
INTERROBANG

A reputation is a powerful thing. Being known as the friend with a truck is a sure-fire way to get roped into helping people you met once pick up their new couch. Being the person who gets drunk and cries at parties is a great way to avoid being invited to parties. International politics is a little bit different: less couches, more parties.

When new national leaders are elected, the international community takes careful notice. A leader who is more conservative can elicit increased investment in their country's economy because of the expectation of fiscal responsibility. A liberal leader will be more likely to pursue social programs and international cooperation on social justice issues.

Canada played a passive role in the international battle on climate change under the leadership of former Prime Minister Stephen Harper.

Under his leadership, Canada backed out of the Kyoto Protocol, which was created to incentivize the international community to reduce carbon emissions. The United Nations Conference on Climate Change took place in Paris last weekend and newly minted Prime Minister Justin Trudeau was in attendance with Ontario Premier Kathleen Wynne.

There are a number of valid criticisms to make about the Kyoto Protocol, but withdrawing entirely told the world that Canada wasn't interested in being part of the solution. Trudeau went to Paris to tell the world that

"Canada is back...we're here to help."

Trudeau and Harper certainly take a different approach to climate change and the same is true when it comes to Canada's role as a military force. Both leaders always agreed on which countries Canadian forces should be deployed in, but where Trudeau wants to send in foreign aid and training personnel, Harper wanted to send Canada's F-18 fleet.

The reality is that we can only judge these decisions with the benefit of hindsight. Drone warfare and carpet-bombing have given the United States an abysmal reputation in many countries in the Middle East.

Training and supplying local militia has had equally devastating effects when that training and military hardware has been used against the very troops who provided them. Neither approach has been without consequence.

Tackling complex international dilemmas might be the most difficult task that the leader of a country can face. Domestic decisions in a first world country are nothing to take lightly, but when lives are on the line overseas it's an entirely different scenario. Ottawa is home to a number of war memorials that immortalize Canadian operations overseas. The sheer number of peacekeeping missions we've contributed to is a sobering reminder that millions of people worldwide lack the basic human rights we so often take for granted.

The international legacy of Stephen Harper consists of token military contributions and a reduced role in crucial international programs like land mine disposal. As world leaders have an opportunity to meet the new face of Canada, it's hard to guess what they're going to see: token contributions or meaningful commitment.



CREDIT: THINKSTOCK / STOCKBYTE

One of the ways to maximize the Christmas spirit and have an amazing holiday, is to put partying aside and enjoy family time instead.

## Christmas alternatives and the refugee God



**MICHAEL VEENEMA**  
RUMOURS OF GRACE

It's not very hard to find advice for students on how to survive Christmas: don't dip into your tuition money, be creative by making a gift or by promising to take a family member on a day outing. If you feel the need to buy gifts for yourself, try waiting until after Christmas to take advantage of sales.

Such Christmas survival techniques are the result of Christmas being about spending. From Black Friday to Boxing Week, advertisers tell us to spend like there is no tomorrow, or at least to spend like tomorrow won't include a bill from Visa or Master Card.

Yet, often the more we get at Christmas, the less grateful we become. We discover that the satisfaction of getting stuff we really don't need and therefore don't value is short lived and shallow.

How should people celebrate during the Christmas holidays? Here are a few tips that hopefully will be of help to you this year.

First, stay alert. Don't waste any of your time being drunk or high, instead savour the time you have, time with your family or friends. Appreciate the good things you see in each person and tell them what you see in them.

Second, look for unconventional ways of giving gifts. Many churches have alternative gift catalogues where you can make what will at first sound like weird purchases. For example, instead of buying a \$70 shirt for your cousin, you buy a goat and four chickens for the same amount. They will go to a family in say, Honduras, who can then feed themselves and sell any extra eggs or milk on the market. You can give the goat and chickens in someone's name. Hopefully they won't mind too much that they didn't get the shirt.

This brings me to a little warning: if you are shopping for kids, they might not always appreciate this alternative. So be prepared for a little push back, and don't be too strict about the whole thing.

Be prepared to see your family grow

through this experience. Little kids especially will soon appreciate that it is good to think about the reality of life for people living in less wealthy countries. They will, more quickly than many think, understand how so much of what we need is really about what we want.

Third, try to get to a church where the story of the birth of Jesus is a real cause for celebration. An Anglican or Catholic Church can do this well. Many young single Londoners and families find the innovative services at Forest City Community Church to be just what they are looking for.

Finally, remember that the story of Christ's birth was not as tidy as many Christmas cards and popular images have it. Jesus was born into the Jewish community 2,015 or so years ago, a time when Roman oppressors governed Jews. His mother, Mary, had to travel on foot or maybe on a donkey pretty much up to her due date.

When she and her husband, Joseph, arrived at their destination there wasn't any accommodation that would take them in. So the birth took place in a barn at best, or in a shed or alleyway, where Mom and Dad had to improvise, using a feeding trough for a cradle.

And within a short time of Jesus' birth, he and his parents became refugees. They fled from the wrath of a bloodthirsty ruler named Herod. He wanted to nip in the bud any interest in the birth of a child whose simple Jewish folks might later turn into a popular leader. He did not know the idea of precision targeting, so he ordered the slaughter of all the infants under two years old in the region.

And this brings me to where I really want to end up. This year we have witnessed asylum seekers in the millions. We have witnessed people on the move, fleeing violence and brutality. It is fitting to recall in this year of the refugee that Jesus also, as a child, was an asylum seeker; toddler Jesus the refugee; God the refugee.

The story of God, the toddler-refugee, is well known in Canada. It will be a story worth telling many times as we make room for the refugees coming this way. And it will be a story worth sharing with refugee families coming here wondering if, in God's world, there is a place for them.

Have a great Christmas.

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

# A walk through the greatest era in Red Wings' history

JESSICA THOMPSON  
INTERROBANG

Bob Duff's *50 Greatest Red Wings* gives you a glimpse at the stars of the ice from the beginning of the Detroit Red Wings' history.

"[People] are pleased to see guys included from the '20s, '30s and '40s because they didn't know a lot about those years."

According to Duff, most top 10 lists are based on what 10 things people have video of, so anything from the early years of the team would never make it.

The book took three years to put together, but according to Duff the hardest part was not choosing the 50 players, it was putting them in chronological order.

"I looked at longevity, productivity, accomplishments and ultimately what it came down to for me and from talking to other people ... if it came down to this guy and that guy, who would you rather have on your team," Duff said.

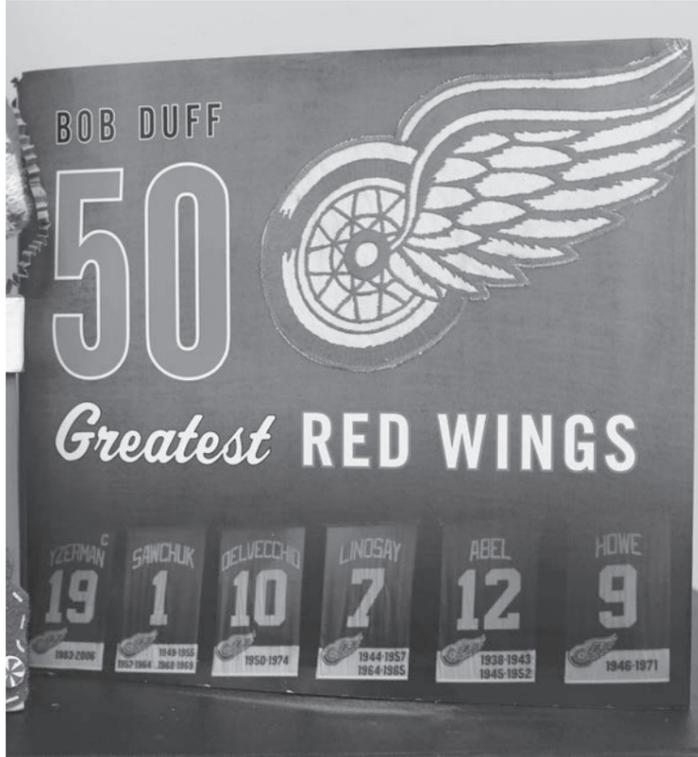
The list focuses on all positions on the ice from forward, to defense, to goaltending, all positions finding themselves on the list.

Some people have not agreed with the list, but according to Duff some of the players gave a helpful hand in choosing the order.

"People say 'how could you put [Nicklas] Lidstrom ahead of [Steve] Yzerman, Yzerman told me he should be there... the guy that you are debating says that he shouldn't be ahead, that pretty much answers the question."

And talking to people such as Yzerman and other childhood idols was the best part for Duff.

"I look at players of Gordie Howes' era in the '60s and into the '70s, that was the time of my youth, those



50 *Greatest Red Wings*, by Bob Duff, is a well-researched book that gives you the top players on the ice from the beginning of Red Wings' history.

CREDIT: KERRA SEAY

are the guys who made me fall in love with hockey."

According to Duff, a book giving the history of the Red Wings' and its greatest players has never been done and with the way this one was written it is well-worth the purchase.

Not only do the pictures walk you through the list with ease, each player has a write up to go along with the decision. The quotes from the players allow you to truly grasp why Duff made the decision he did and the statistics found beside each player show that the choices were

well researched.

"Scotty Bowman ...he could go back to the '30s and pretty much dissect any hockey player, I had resources like that that I could talk to."

For those looking for a Christmas present for anyone who truly loves hockey, or even just love the history of sports, *50 Greatest Red Wings* is the perfect present.

"Even if you're just a fan of hockey [not specifically the Red Wings], you're going to learn a lot about the sport through the pioneers of the game."



CREDIT: KROCHET KIDS INTL.

Every Krocket Kids product is accompanied by a label that bears the signature of the person who made it, carrying her story wherever it goes.

# Hybrid water bears



JERROLD RUNDLE  
SCIENTIFIC  
ADVENTURES

Science news this week was full of more out-of-this-world discoveries, including a new object in our solar system and new information about a tiny immortal creature.

## Immortal creature

Tardigrades are a lovable microscopic species that are best known for being able to live when exposed to the inhospitable environment of outer space.

But new research conducted on the seemingly un-killable creatures, also known as water bears, is giving scientists even more to scratch their heads at after a team of researchers from the University of North Carolina decided to perform a set of genomic sequencing tests.

After sequencing the DNA from a single species, scientists found that around 6,000 genes making up about 1/6 of the DNA sequence were considered foreign. This means the genes came from different animals, doubling the previous record for foreign DNA in a species.

DNA swapping is nothing new, almost every creature has some

DNA from another, but what astounded scientists was the sheer amount of genes from other species. It was mostly from bacteria, but sequences from fungi and plants were also found.

The scientists theorize that due to the nature of the water bears ability to come back to life after freezing, it creates a "leaky" environment within the cell that allows for chunks of DNA from other creatures to insert itself in the temporarily damaged DNA strand. When the water bears' DNA repair mechanisms start working, they stitch the foreign DNA into the strand, and the creature then has a new hybridized strand.

Researchers noticed that gene sequences from bacteria living in extreme conditions were also present in the sampled water bear, in some cases having completely replaced original genetic mechanisms.

Scientists now hope to begin sequencing more species, as there over 1100 currently known, to see if this is common across all tardigrades or unique to the *Hypsibius dujardini* alone.

## New planet discovered

A team of D.C. astronomers using a Japanese telescope in Hawaii have given everyone a new object to start looking for, one three times

farther than the dwarf planet Pluto.

The suspected planet, dubbed V774104, sits at 103 astronomical units (AU) from the Sun and is situated at the edge of the solar systems Kuiper's Belt, a region of space full of comets from the solar systems creation 4.5 billion years ago.

The previous most distant object from the Sun was the dwarf planet Eris, about the same size as Pluto sitting 96 AU, with an AU measuring the distance between the Earth and the Sun.

Team astronomer Scott Sheppard announced V774104 at the American Astronomical Society's 47th annual meeting of the Division for Planetary Sciences. The team made the discovery by pointing their telescope just along the solar systems plane of axis, looking for objects in line with other planets.

During the announcement Sheppard said the team now hoped to track the suspected planets orbit to determine if it moves within the Kuiper's Belt about 30 to 50 AU away or if it travels towards the Oort Cloud, a shelling of primordial rock and ice 2,000 to 50,000 AU away. The team also stated they were confident of discovering more objects, and that it was only a matter of time before they find something.

# Gifts that give back

MELANIE RINTJEMA  
LEMONS AND LINES

A great Christmas idea is to ask for and give gifts that give back to the world. Luckily, there are a lot of different options available for this category, many of which can be bought in London.

TOMS shoes are a perfect example of a gift that keeps giving because for every pair of shoes that is purchased, one pair of shoes is donated to a child in need. These shoes are also a stylish staple and can be worn in most seasons.

Although the prices range, the majority of the shoes can be bought for \$70 or less. They sell boots and glasses as well, which gives more options for different people on your list.

These products can be purchased at Boathouse, Zumiez, and Soft Moc, which are all located in White Oaks Mall.

Another great company to support this Christmas is Krocket Kids.

This is a clothing company that has numerous appealing items, and all the clothing sold is made by women in Uganda and Peru. Krocket Kids pairs workers with mentorship and education to build

sustainable opportunities and investment in local communities.

The items they sell vary from shirts and sweaters, to winter accessories such as hats and gloves. These items can be purchased at North by Northwest in Masonville Mall.

The prices for Krocket Kids ranges from \$10 up to \$100 depending on what you are purchasing.

Another popular brand that gives back is TenTree. This company plants ten trees for every item sold. They sell everything from sweaters to water bottles to accessories. Recently, TenTree has been expanding their list of product choices.

TenTree items can be purchased at North by Northwest and Boat-house located at Masonville Mall.

Finally, there is Scarves for Water by Obakki. This company builds a water well in South Sudan for every 500 scarves sold. There are many different colours available, and the colours are always changing. The scarves can be purchased for as low as \$25; therefore, this is an affordable way to give back.

These scarves can only be purchased online currently; however, they are Canadian made in Vancouver, so the cost of shipping isn't too expensive.



Princess Leia Organa is just one of the notable females in the galaxy. She worked her way to the top of the Jedi, served on the High Council and gave birth to three of the most influential people in the next generation.

CREDIT: 20TH CENTURY FOX

## The galaxy's greatest ladies



ANDREW VIDLER  
G33K LYFE

Star Wars is full of heroes. From Luke and Anakin Skywalker to Han Solo and Lando Calrissian, multitudes of great men have risen high and commanded great influence throughout the galaxy. But what about the women of the galaxy? Traditionally, and with few exceptions, the female characters in the films have always been overshadowed by their male counterparts, serving less than equal roles as dancers, eye-candy or damsels in distress.

Yet despite their seemingly lower station in the intergalactic culture that makes up Star Wars, some of the galaxy's women have carved out their own slice of legend in the various stories told over the years. Looking forward to *The Force Awakens*, Daisy Ridley's smuggler Rey, and Gwendoline Christie's Captain Phasma are poised to join the ranks of Star Wars' notable women; though they have some big shoes to fill to match those who came before.

### Mara Jade Skywalker

Few characters in Star Wars media have played so many differing roles as the undeniably awesome Mara Jade.

Born a Force-sensitive child shortly after the fall of the Jedi, she was recruited and trained by Emperor Palpatine as an elite assassin. During his reign, she undertook numerous operations to consolidate her master's power, encompassing everything from sabotage to outright murder. A brief stint as a smuggler after the fall of the empire followed, before briefly joining Luke Skywalker's Jedi academy, where she trained under her future husband.

It took many years of rogue behaviour and confrontations before she and Luke were married, and even after, she always managed to stay firmly outside the shadow of her more illustrious husband.

She would eventually rise to the rank of Jedi Master and would serve on the High Council, helping to guide the Order through several major crises, most notably the Yuuzhan Vong war.

She would continue the Skywalker line when she and Luke gave birth to a son, but sadly her legend was cut short when she was murdered by

her own nephew Jacen Solo, who had fallen to the dark side.

### Jaina Solo

The daughter of Han Solo and Princess Leia Organa, Jaina Solo was the sum of the best parts of her ancestors, inheriting her father's skills behind the controls of a Starfighter, and the powerful Force sensitivity of her mother and uncle.

Born alongside her twin brother Jacen, they would both join their uncle's Jedi academy, where Jaina quickly distinguished herself as one of the most promising students of the New Jedi Order.

She would also serve with distinction during the Yuuzhan Vong crisis, both as a Jedi and a pilot, becoming a Master in the process. She wandered dangerously close to the dark side after the loss of her younger brother Anakin.

Her greatest test though was during the war started by her own twin, who had abandoned the Jedi and turned to the dark side. It would be Jaina who finally ended the crisis, striking the killing blow on her twin brother herself.

She would go on to live a long life, continuing her service as a Jedi until old age.

### Princess Leia Organa

The first lady of Star Wars, the exploits of Princess Leia are well known throughout the galaxy. Politician, rebel, soldier and Jedi Knight are just some of the roles that she has played throughout her life.

Her path through the original trilogy is well documented, captured by Darth Vader, rescued by Luke and Han and subsequently aiding the rebellion in toppling the empire.

Her brief stint as a bikini-clad captive notwithstanding, Leia was without a doubt the strongest and most important woman during the conflict. She would continue her influence after the war, joining her brother in the ranks of the Jedi, serving on the High Council and giving birth to three of the most influential people of the next generation.

Her history does have the possibility for change, as the Expanded Universe has been rendered non-canon, and she is playing an active role in *The Force Awakens*. Her marriage to Han still seems a safe bet, though unconfirmed, and she has seemingly dropped her royal title, preferring to be addressed as General Organa.

Whether or not her future as a Jedi will continue in the new films is one of the most tantalizing mysteries in the new movie.



CREDIT: NIKI ORMEROD

Ian Fletcher Thornley's new album *Secrets* was written and recorded in such a short period of time that it gives the album a very real vibe and is definitely worth the listen.

## Ian Fletcher Thornley to share *Secrets* with London



BOBBY FOLEY  
BOBBYISMS

I write about random things a lot. I write a lot about random things. Let me set the scene: it's early in 2004, still some time ahead of YouTube and social media. Roughly a year after U.S. President George W. Bush declared their mission in Iraq "accomplished", as the Billboard Hot 100 Chart is straight dominated by singles from OutKast and Usher, newspapers featured stories about Ian Thornley's exciting new side project, a rock act bearing his name.

It certainly isn't necessary to illustrate the longevity or diversity of his career now, but rather noteworthy that at the time, Thornley alluded to creative crossroads and the ultimate decision to pursue the rock sound that would become the band's first release.

Exactly how close we came to hearing a more intimate, acoustic solo project is unclear all these years later, but what is obvious is that even then, this was an artist with more depth than first meets the eye.

Unafraid to take a creative chance with something new, it seems Thornley's sense of adventure hasn't changed. Yet his latest album *Secrets*, released Oct. 30 on Anthem Records, signifies a number of marked differences in the way he has made music in rock combos past.

"It's definitely a much more personal album than I've ever done

before, in many respects," he confirmed recently in interview with *Interrobang* by phone. "We recorded and mixed the album in 12 days, it was a very concentrated time, a snapshot of a two-week period just before summer."

Produced by Mark Howard, *Secrets* was recorded live off the floor in a quiet cottage as Thornley, bassist Dave McMillan (Big Wreck) and drummer Glenn Milchem (Blue Rodeo) sought to capture the song as close as possible to its conceived state.

While he had a lot of song sketches to work with, Thornley described how he intentionally entered the sessions with incomplete songs in order for them to take inspiration from the vibe in the room.

"The music that's on the record was specifically chosen, songs that we finished writing just before or while we were in the recording process," he said, admitting that the record reflects a lot of what he was going through personally at the time.

"I didn't have time to mull over it or take stuff out that would have been too revealing, it was all done so quickly. When I listen to it now I hear all that [personal] stuff, right at the surface."

Each of the songs were about 75 per cent done lyrically, he explained, with an idea of the direction or angle the lyrics would go.

These he would review the night before the songs went in the can, though at times edits were being made in between takes. The result is coloured with introspection and insight the likes of which Thornley hasn't shown us before.

Similarly, he challenged himself not to over-demo the material in advance; in advance of albums for his rock outfits, Thornley would record detailed demos as roadmaps of songs for the sessions.

Not so with *Secrets*, wherein the musicians began with a fresh slate for each track, even changing instruments or drum setups between tracks to create new sounds.

"It was just like, 'what do you want to try for this one,'" he recalled. "I think that helped dictate where everything would end up, and sometimes that would mean a bit of a rewrite lyrically, sure, but it's a matter of being in the moment and following the song, letting the song tell you how it wants to be and what it wants to say."

For more on Ian Fletcher Thornley or his solo album *Secrets*, visit [ianfletcherthornley.com](http://ianfletcherthornley.com). Catch him this week as his *Share Your Secrets Tour* stops at the London Music Hall on Sunday, Dec. 13, before moving on to Hamilton and Toronto on December 15 and 16, respectively. Tickets are \$25, available in advance from [ticketfly.com](http://ticketfly.com) or at Grooves Records or the London Music Hall downtown. Doors open at 7 p.m., show starts at 8 p.m.

And for more of the latest music news, album streams and gigs coming to London, add [@fsu\\_bobbyisms](https://twitter.com/fsu_bobbyisms) to your Twitter timeline. The stage lineup on the *Share Your Secrets Tour* sees McMillan and Milchem on the road with Thornley, reuniting the trio responsible for the album sessions. A magical proposition, get tickets while you're still able. I'm out of words.



CREDIT: GORDON KING

Glass Face is a band enrolled in the Music Industry Arts at Fanshawe College; they are at the top of their class with one of their songs being featured on *Teen Wolf*.

## Smooth sailing for Glass Face

EMILY STEWART  
INTERROBANG

The digital era has not only changed the way we listen to music, it's changed the relationship between musicians and their fans. Up and coming artists, including those in the well-known and growing Music Industry Arts (MIA) program at Fanshawe College, are recognizing the importance of keeping social media followers up to date.

Amelia Fraser, the vocalist for Glass Face, said the expectations changed her computer habits.

"Before this program, I didn't spend a lot of time on my computer and now it's become important to do that," she explained, adding they plan to work more as a team to watch their audience expand.

"A lot of our fan base right now is from other countries and the only way they can find out about us is from online."

Dylan King, who plays synth bass and electronic drums, does audio engineering and is an MIA alumnus. King added that their manager is social media savvy and enters them in contests, including the upcoming event London Covers. He said they didn't post anything on social media for five months after releasing a song.

"Having a strong online presence has to do a lot with the visual look of your stuff, having content and giving people something to connect with."

Singer and songwriter Cole Sefton, who also plays guitar and piano for the band, said their cover of Drake's "Hotline Bling" is one example of them striving for a strong social media presence. He said covering a hit single is one way to gain more recognition.

"You take a song that people really love and what people all know, and you do it your own way," he said. "A lot of people find that interesting."

"Sweet dreams are made of this..."

On the band's "about" page on their website, they call themselves "a dream pop band from Ontario." King explained that while they would not classify themselves as just pop, their music often incorporates pop music elements.

"We use a lot more obscure sounds from obscure genres, and a lot more reverb than anyone would ever use in a pop song," he said.

Sefton added their music is often called dream-like, as if the listeners are lost in a trance.

"We've had people say they just kind of get lost in the music," Sefton said.

Fraser said their goal is making sure they enjoy their music, while hoping to gain fans along the way.

"Even though we may want music that can be reached by more people, we're still not going to allow ourselves to go over the edge when we are not enjoying it."

King added that for them, the line between producing music that reaches a wide audience and maintains their integrity as artists is thin. "Sometimes it can just be one or two elements, like a really heavy distorted guitar or a certain effect on a vocal that can change a vibe of a song."

Their cover of "Hotline Bling" is a perfect example of how just a change in style can transform the song. The synth-influenced track has a slower tempo, and the mood, as they mentioned about their other pieces, makes you want to get lost in a daydream.

Glass Face's version is also picking up a lot of attention as well, with at least 5,000 views and counting on YouTube. Rebecca Black, known for the viral video "Friday", tweeted their cover and called it the best version of "Hotline Bling" she's heard.

### Striking the first chord

Glass Face began as Fraser and Sefton started playing together. King joined the band after hearing the pair rehearse at the school. "When you're in the MIA studio, you can walk by and you can hear

[everyone] working on things," he explained.

"I just heard it through the door and peaked my head in and forced them to collaborate with me."

The band has found success within their program. They were on the top of the MIA billboard chart for weeks. King explained the music charts for their program are based on a point system, where you get a point for every like, follow or one thousand plays. Glass Face earned many points after their song "Holland" was featured on an episode of *Teen Wolf*.

They are finishing up their debut EP, *You Are Nowhere* and hope to start doing live shows in London and the rest of Southwestern Ontario.

The band agreed that a balance of having many online and on stage appearances is important.

"Some bands focus only on playing live shows and whatnot," Sefton explained. "Usually that leads to just local success, you can't really go much further than that."

King joined in adding, "It doesn't pay well. You're not going to be eating groceries with money playing local shows all the time."

On the other hand, Sefton said that you also can't focus too much on your online portfolio as a musician. "People want to see it live, so you've got to do both."

King said common themes in their EP include feelings of loneliness and abandonment, death and heartbreak, with a hint of optimism near the end of some of the tracks. He compared the album to some common feelings people have during the winter.

"The winter breeds more negative emotions because it's colder out, you're less inclined to go outside," he explained. "Especially in Canada, you feel restricted. There's just something about it where I've always associated it with vices, like animistic behaviour. The summer feels like the time to renew yourself and do well."

Fraser said that despite the mood, listeners could take different meanings from the emotional input. "That's what people told me about 'Holland'. A lot of people still call it as something literal, or something not exactly what the words are portraying."

Sefton added the songs were written during different tough times in their lives. "The biggest thing for me when I am making music is I just want people to listen to it and have some sort of emotional reaction to it, and be able to relate to it and just feel things," he said.

*You Are Nowhere* will be released on iTunes, Spotify and other digital platforms Dec. 16.



CREDIT: DARAGH HAYES

Aaron Wallis shredding it on bass during a Manager set.

## London's Aaron Wallis gives us a look at the DIY punk scene



JERROLD RUNDLE  
INTERROBANG

Aaron Wallis hails from the town of St. Thomas, 20 minutes south of London. The musician, having moved from the small town after high school, is now an active member of London's DIY punk scene.

Playing bass in the three-piece noise rock outfit Manager for the past year, Wallis is also credited in Supervisor (Manger's "B" band), a multimember project in Toronto by the name of All Girl Knife Fight, his own solo noise project I Benign since 2007, as well as picking up the guitar for hard-core group Poison Spur. In addition, Wallis is credited for the graphic design and artistic content in most of the bands he plays in.

But despite the vast output Wallis doesn't think of himself as outgoing.

"I like to be helpful but I don't like to be too involved because being too involved can be annoying." If anything he credits himself as boring. "I kind of just do what needs to get done... I want to draw as little attention as possible, that's kind of my thing."

When asked about his favourite venues in the city to watch and play shows at, Wallis was quick to answer with two of the city's smaller venues.

"I really like Vibrafusion because it is so eclectic and they let anybody play, there's selective venues in this town where if you want to play a [hip hop] set you're probably not going to be allowed to [but Vibrafusion] they let you do anything, and Out of Sound House is really good for that too."

Aaron added that the environment in both is comfortable with supportive staff, which made both independently run venues better.

The Vibrafusion Lab played host to a music festival over the previous two summers called Collateral Jamage, which Wallis said was his favourite memory of London's music scene.

"They literally brought out 90 per cent of the London music scene because there was such an eclectic mix of music, I think both of those fests were just great."

Both Vibrafusion and Out of Sound have played host to Wallis' favourite local groups as well, which he stated were the Syndrome, I Smell Blood and Child Leash.

Wallis was vocal in support for Child Leash.

"We play with them all the time, they are insanely supportive of everything we do, no matter how weird it is or how loud it gets, they're always there."

Wallis echoed the same sentiments for the Syndrome.

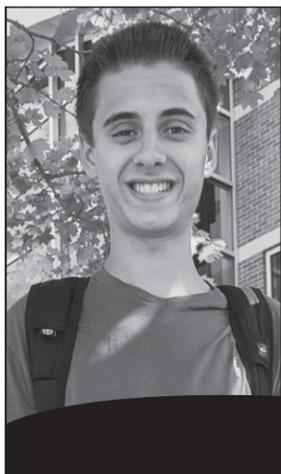
"Great members, great band, an insane live band...and they're nice people, that gets you far."

When talking to Wallis, a theme central to being respected in London's music scene was about the attitude you bring.

"This town is great because you can really make it far if you're not a dick, it's just super easy to make it if you're not a curmudgeon"

Playing live shows for the last half of his life, Wallis said the stress and anxiety of a musician's life is no longer an issue.

"I've always had a very strong sense of 'the show must go on'... I know what to expect, so I know how to prepare for it now, I had to go through a lot to get that, but now everything's pretty smooth because I know what to do."



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**Zachary Benayon**

Student Representative to the Board of Governors

## When the man becomes the monster...



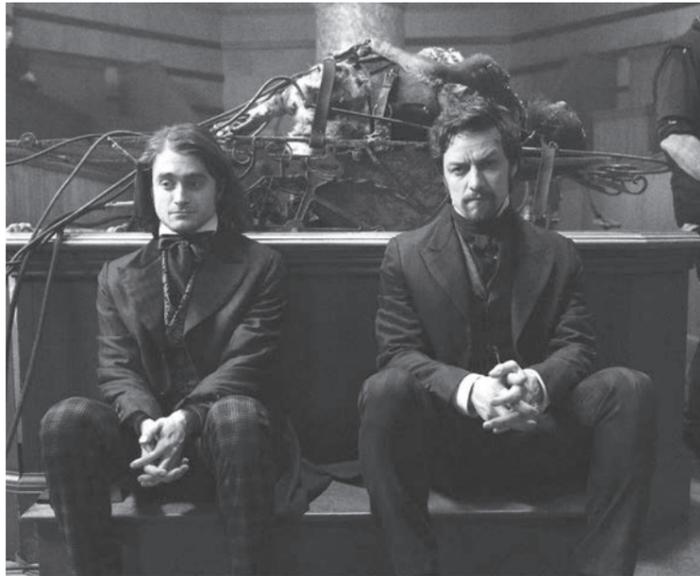
**PAM-MARIE  
GUZZO**  
INTERROBANG

Frankenstein. It's a name we're all familiar with, whether we've read the original novel by Mary Shelley, saw one of the old movies telling the tale or simply watched old episodes of *The Munsters*. The story of the mad scientist and his creation is the classic tale of hubris, love and life, told again and again in hundreds of different ways.

Attempting to give an old story a new spin, *Victor Frankenstein* is told more from Igor's perspective, giving his insight into how and why Frankenstein chose to make his creation. There's also a random Igor love story subplot thrown in, as well as an additional villain-type policeman.

The beginning of the movie is stylistically gorgeous. Appearing as though *Moulin Rouge* and *Phantom of the Opera* were used as inspiration, there's an extremely artistic feel to the first half of the movie. Characters are overlain with anatomical sketches and there's a significance to contrast in the costumes and scenery.

The writing and acting are also extremely well done. Daniel Radcliffe makes a surprisingly convincing hunchback at the beginning, and does an incredible job portraying a fairly slow improvement after being cured by Frankenstein. James McAvooy is, by turns, funny and uncomfortable, flipping from incredible intensity to whimsy in an instant. Jessica Brown Findlay, as the love interest Lorelei, is sadly used as a plot device more than a strong and brave woman should be.



CREDIT: TWENTIETH CENTURY FOX UK (2015)

Attempting to give a new spin to an old tale, *Victor Frankenstein* starts out strong, but falls flat in the final third.

Most of the problems, in fact, are with the directing and editing of the film. Director Paul McGuigan's previous experience working on *Sherlock* is obvious, as he's subtly changed the characters to be much more like Holmes and Watson.

The editing is a special type of terrible rarely seen in a big-budget production. A character wears an eye patch in exactly one scene, appearing both before and after without one. People appear on screen exactly when it's convenient for the action, as if by magic. Two characters apparently teleport past a raised drawbridge surrounded by guards just so they can appear at or after the climax, one of whom had been kidnapped or arrested or something, but still managed to appear completely unhampered.

Whether the post-production was rushed or they just ran out of mon-

ey, the fact is that the ending of the film has the feel of a completely different movie. In a few moments, *Victor Frankenstein* goes from a stylistic masterpiece to a B-level monster movie. The final scenes are full of missed opportunities.

While the design and portrayal of the monster almost save it, the actions of the main characters make little sense in the movie's context. This is a movie focused on character growth and development, and yet little of that is maintained in the film's conclusion.

Overall, *Victor Frankenstein* is a film with infinite potential that was let down by its director and editors. Gorgeous and well written, the first two-thirds of the movie show the audience an awesome image of what the story could have been. It's unfortunate that the final third failed to fulfill its promise.



CREDIT: KERRA SEAY

A versatile scarf compliment an outfit and keeps you cozy; it's just one of 10 items that are essential for winter.

## 10 winter fashion staples every woman needs

**MELANIE RINTJEMA**  
LEMONS AND LINES

Winter is one of the most challenging seasons for fashion. When being warm is your most important priority, fashion tends to go by the wayside. This is a list of 10 fashion staples that will make this winter's fashion a little easier.

### Knee-high boots

Every woman needs a pair of high boots to wear with dresses, skirts and leggings. High boots make your legs look thinner and longer. They are a true staple and an item that has been in style for a long time.

### Ankle boots

Ankle boots are a more recent fashion staple. These boots are a perfect compliment to a skinny jean, allowing the wearer to rock a bohemian style. Getting a pair that are wearable in all weather and not heeled is good for practicality, but it can also be fun to have a pair with a bit of heel for going out with friends.

### Wide brim hat

Wide brim hats are a great winter staple. Winter clothing can get boring as we are always wearing coats and pants, which don't change much. A fun hat brings some style and interest to a winter wardrobe.

### Leather jacket

Leather jackets are a staple for women who want to look fashionable and have a hard-rock style. They are an edgy add on to a winter outfit. Of course leather jackets can't be worn on the really cold days, as they don't provide a lot of protection. However, on mild days they are a fun way to spice up an outfit.

### Leather pants

Leather pants are a trend that came back in style last year. As we all know, every girl's must-have is a comfy pair of leggings, but when you switch out the cotton leggings for leather leggings, it is an instant style boost. The leather creates a dynamic and edgy outfit no matter what you wear them with. They also happen to be surprisingly warm.

### Mittens

Mittens are amazing this time of year. Finding the perfect pair can be trivial, but when you find that perfect pair that match your coats and are warm and fuzzy, they become your most prized winter possession. Mittens come in a wide array of designs and styles, so make sure to buy something that matches the rest of your clothes or use a unique pair as a staple piece to your outfit.

### Socks

Fuzzy socks may never leave your house; however, they are absolutely necessary when cozying up at home. My grandmother knit my favourite pair, but they can also be purchased at basically every clothing store at the mall. Again, fuzzy socks are more for a stay-at-home sort of night, not something to add to your outfit for a staple piece.

### Mid-length coat

Mid-length coats are a Canadian weather staple. Most coats available today are this length as it is what is in fashion and what keeps you the warmest. Many top brands started this length such as Canada Goose and TNA. This coat length is not only stylish, but also a practical windbreaker.

### Neutral scarf

Buying a neutral scarf for winter is important. Every woman needs a scarf that will match with all of her coats and sweaters. Finding the perfect scarf can cost a lot of money, but for how often you will wear it, it is definitely worth it. This year the perfect scarf to invest in is a blanket scarf. Purchase it in a cream, white, grey or black to compliment your outfit and keep you cozy.

### Versatile sweater

The last item may be one of the most important. Buying a warm sweater that looks good with jeans, leggings and skirts is important. Being able to mix and match your wardrobe will lower your wardrobe costs in the long run. It's also great because wearing it with different accessories can make it fancy or casual.

## Glamorous holiday looks



**JOSHUA R.  
WALLER**  
BEAUTY BOY

The holiday season is a time filled with many festivities, family gatherings and parties. It is the perfect time of year to amp up your makeup looks, be a little more creative and add a lot more glamour to your makeup routine. Whether it is glitter, smoky eyes or a bold lip, try something different this holiday season.

One of the most beautiful looks you can pull off is a classic smoky eye with a metallic twist. Start off by creating a smoky eye look with a black, matte eye shadow on the base of your eyelid and then blend a charcoal grey shadow into the crease of your eyelid.

Next, apply a soft white eye shadow to the brow bone to create a highlighted and lifted look. To make the smoky eye a little more festive, tap on some loose silver eye shadow pigment to the centre and inner corner of your eye. This is a really easy look to pull off, but will add elegance to your holiday look.

If you are one who doesn't like to wear a lot of eye makeup, try popping a little bit of glitter to your lash line. Start by adding black, grey or silver eyeliner to your top eyelid, which will help give some definition. Next, apply some false lashes and then blend it with your natural lashes by applying some mascara.



CREDIT: STARAS / ISTOCK / THINKSTOCK

The holiday season is a perfect time to try a new, daring look. For example, try a smoky eye with a little bit of glitter on top.

Once everything has dried, press on some glitter right to the base of your lashes. This look is simple but definitely is a showstopper.

If eye makeup isn't your thing, try a deep, bold lip colour. Start by applying a waterproof, dark red lip liner to the edge of your lip to make sure you have perfect definition. Then take the same lip liner and fill in your entire lip, this will help your lip colour last longer and prevent it from bleeding. Next, chose a deep plum, cherry or wine colour lipstick and blend overtop of the lip liner. To finish everything off, apply

some sparkly lip-gloss to the inner part of your lips.

Even though wearing a dark lip colour can be high maintenance, follow these steps and you will need minimal touch ups throughout your evening.

While we always seem to get stuck wearing the same makeup throughout the year, the holiday season is the perfect time to venture out and try something new. Be festive and daring by adding a little bit of glamour to your everyday makeup routine.

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CREDIT: NETFLIX

Jessica Jones may have super powers, but the Netflix original series focuses on the characters and their realistic reactions to trauma.

## Gritty Marvel series shows its humanity

### Jessica Jones series review

**IDRIAN BURGOS**  
THE OTHER PRESS



*Jessica Jones* is not about super-heroes.

Although the protagonist, antagonist and an important secondary character have superpowers, those superpowers only play a secondary role here. What differentiates Netflix's *Jessica Jones* from the rest of the Marvel Cinematic Universe (MCU), and serves as its own contribution to it, is the show's basic humanity, both positive and negative.

The characters mostly make that distinction possible. There is the alcoholic, appalling detective Jessica Jones (Krysten Ritter), who is recovering from past misfortunes; the sadistic and psychopathic Kilgrave (David Tennant), who lives only for himself at others' often-twisted expense; and the supporting char-

acters who bring their own imperfections to the story and contribute to the show's gritty and gloomy atmosphere.

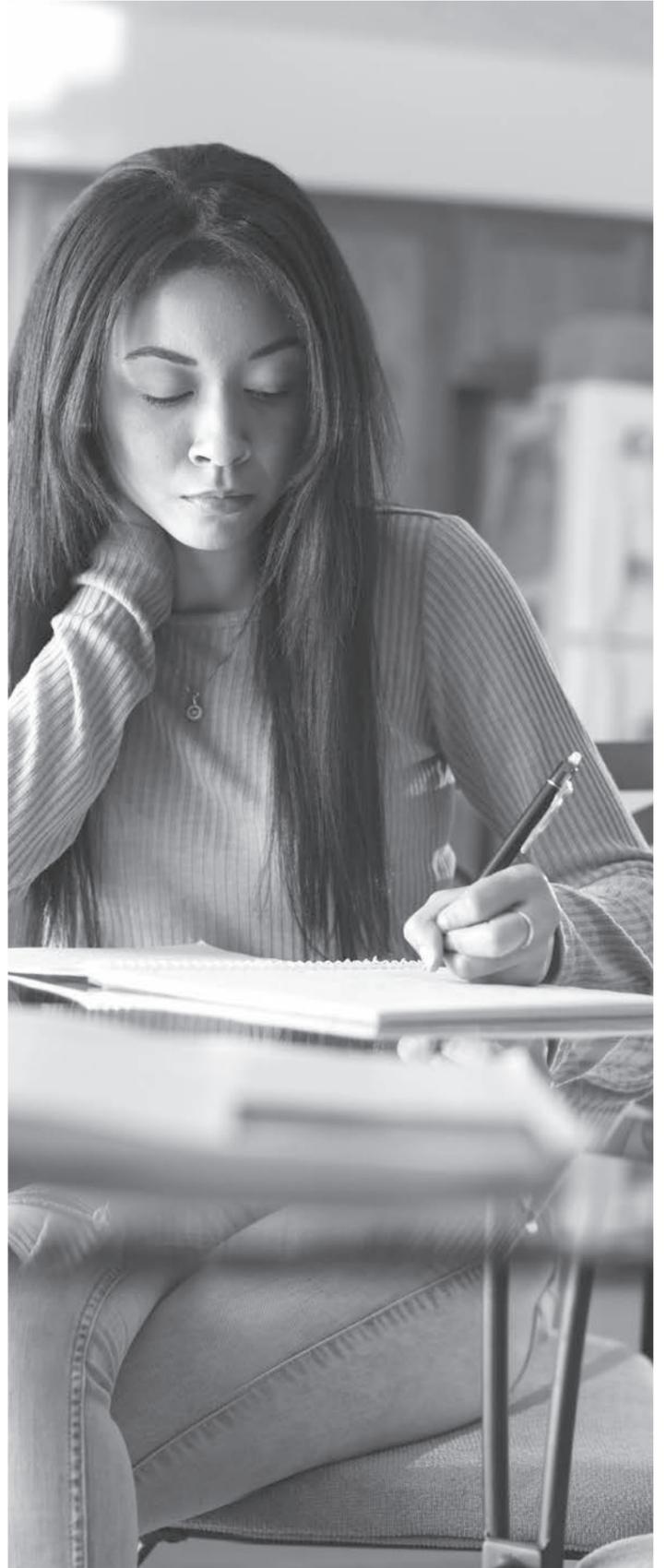
The story itself helps to distinguish the show even more. In an effort to close a terrible chapter in her life, Jones attempts to prevent Kilgrave from continuing to wreak havoc on other people's lives. This often goes disastrously. This is a story that doesn't keep the gloves on as we see the kind of misery that Jones, those who support her and innocent victims experience as a result of Kilgrave's viciousness. It's not just excessive, perverse gore that is the product of his viciousness, but perhaps more dangerously the mental effects that give despair to those afflicted.

While the previous Netflix series *Daredevil* introduced a more adult part of the MCU to us, *Jessica Jones* extends that adult aspect to arguably the farthest it can go. There is no restraint on sex, profanity and violence here. Jones' frequent resort

to the bottle in order to deal with her problems is openly displayed. Moreover, the show deals with real-world, personal problems such as rape, PTSD and other mental health issues, in what is probably a first for a superhero show.

Concerning the technical aspects, the regular use of lighting gives a somewhat sharper and sleeker appearance to the show compared to *Daredevil's* dimness. The scene transitions are a superb example. The music and visual effects help in keeping the realistic, detective tone of the series.

Overall, *Jessica Jones'* MCU contributions are its morally flawed story and characters. They are not businessmen or engineers like Tony Stark/Iron Man or super-soldiers like Steve Rogers/Captain America who aim to make the world a better place. They are ordinary people who try to survive, even when they have superpowers. They are the type of flawed individuals who viewers can relate to the most.



CREDIT: REZ-ART / ISTOCK / THINKSTOCK

Exams are hard. Here are a few common tips to get you through the fall semester.

## Quick study tips

### A rough guide to get you through

**LAUREN PAULSEN**  
THE OTHER PRESS

**NEW WESTMINSTER (CUP)** – Exams are just around the corner, so students everywhere are holing themselves up and poring over textbooks. Here are a few quick tips to get you through your study period.

The biggest thing about studying is that you need to start early. You've probably heard this over and over, but it's true. You won't retain the knowledge you need if you only start studying the week before exams. Of course, that will be difficult at this point if you've left everything until now, but it's not impossible. Just keep this in mind for your next semester. Something else to keep in mind is that you cannot do hours on end of studying without any breaks.

You need to give your brain rest periods to really absorb what you've been studying. Getting a good amount of sleep is also essential. The brain cannot function properly without adequate rest, so

don't be pulling all-nighters.

Don't spend a lot of time on material that you know well. This may sound obvious, but students often like to pore over the material they know better, instead of working harder to learn the stuff that they don't. When it comes to exams, it's better to have a general knowledge of everything rather than a mastery of a few.

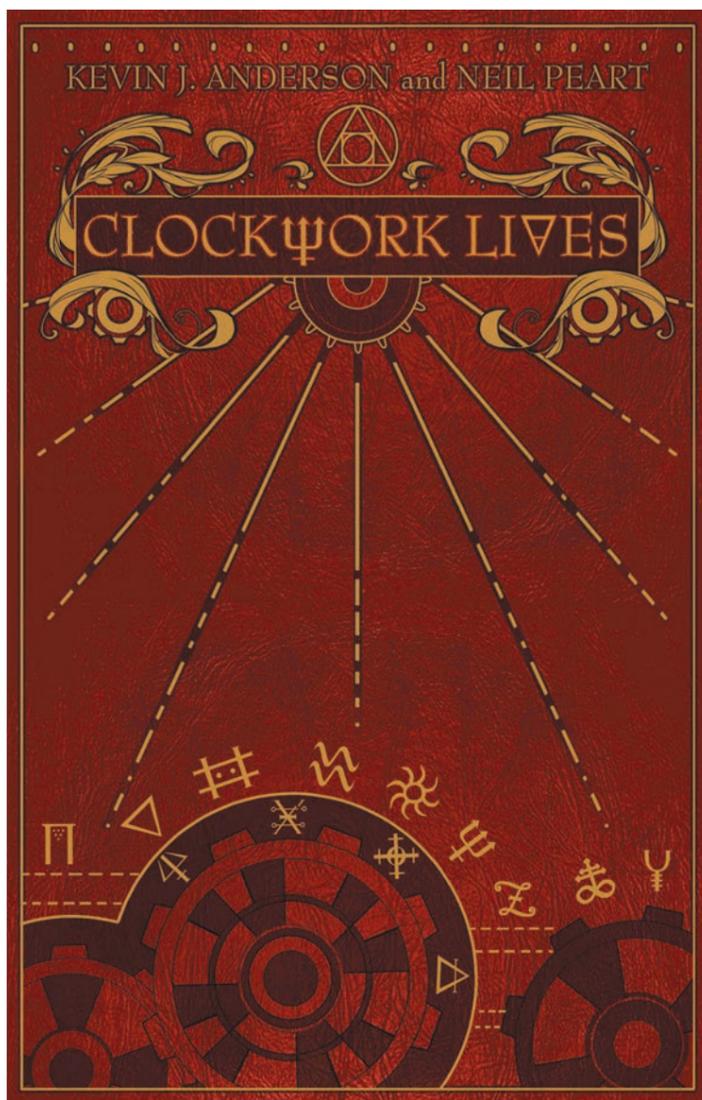
Lastly, it is a good idea to figure out what kind of learner you are. Do you retain information better when you work through a problem yourself? Or maybe you need visual cues to help retain information? Knowing what type of learner you are helps you get the most out of studying because you can then adapt your study methods to reflect how you learn.

You've probably heard a lot, if not all, of this information before, but the reason why you hear these tips over and over is because they really do work. Good luck and happy studies.



CREDIT: ALLEN GAYNOR

Brett Thompson (middle) raised the most funds of any FSU Movember team member this year. FSU VP Athletics & Residence Life Jordan Borneman (left) and FSU VP Academic & External Affairs Maria Nikides (right) presented Brett with an iPad which he earned for raising over \$1,300 for the cause.



CREDIT: WORDFIRE, INC., AND PRATT MUSIC (2015)

With a single drop of blood, Marinda Peake can get your entire life story. The trick is to make it one worthy of *Clockwork Lives*.

## How long would your story be?



PAM-MARIE GUZZO  
INTERROBANG

Written by Kevin J. Anderson and Neil Peart, *Clockwork Lives* tells the story of Marinda Peake, a young woman who was living a perfectly content life. Was, that is, until her father died. As his last wish he sent her on a wild quest to collect enough stories to fill a leather-bound book, a book called *Clockwork Lives*.

With pages treated by an alchemical solution, all it takes is a single drop of blood for a person's entire story to appear on the pages, the true and compact version, anyway. Marinda quickly discovers a problem; most people's lives are only a paragraph or two long. Realizing that all the lives from her small town will only fill a few pages, she sets off, and her own story immediately becomes far more interesting.

The collection of stories that weave through *Clockwork Lives* are a large part of the books charm. Captivating tales of love and loss, often interconnected in surprising ways, sprawled across the pages with their own type of magic. As Marinda and the reader learn these stories, a certain amount of personal growth is almost inevitable. A hunger for more tales, more wonders, grows stronger and stronger.

Saying the stories are captivating fails to really convey the reality of the words. Each tale is one of true passion, clearly written by someone who understands what it is to feel that all-consuming love of a thing

in one's soul. This is most clear in *The Percussor's Tale*, where music you can't hear seems to float off the page, surrounding the reader in the drumbeats of the universe.

There's also a clear understanding that no one is defined by a disability. The Percussor, a man with a degenerative nerve disease, invents a machine to play the music he cannot. The Astronomer, paraplegic after a fall broke his back, had designed a perfect working model of the solar system. Their conditions are part of them, yes, but only a small part compared to the wonders of their minds and hearts.

Not only are the stories amazing, they're also accompanied by gorgeous illustrations by Nick Robles. In one image, Robles manages to capture the pure essence of an individual's passion and life. Stylistically perfect, these illustrations add something beyond words to an already incredible collection.

Each tale in *Clockwork Lives* demonstrates an overarching theme; we are all human, and it's our passions that make our stories great. Those who are content, who live a typical life and never dream of more, only get a sentence or two. It's only through our trials and dreams that we get a longer story. It's only by imagining the unimaginable, and then reaching for it, that we give meaning to our lives.

With a combination of short stories and overarching plot, *Clockwork Lives* provides insight into the nature of humanity, into what makes us more and what makes us the same. With every page, one thing is abundantly clear: this is a book that demands to be read.

# Lilli's Christmas goulash

KORI FREDERICK  
INTERROBANG

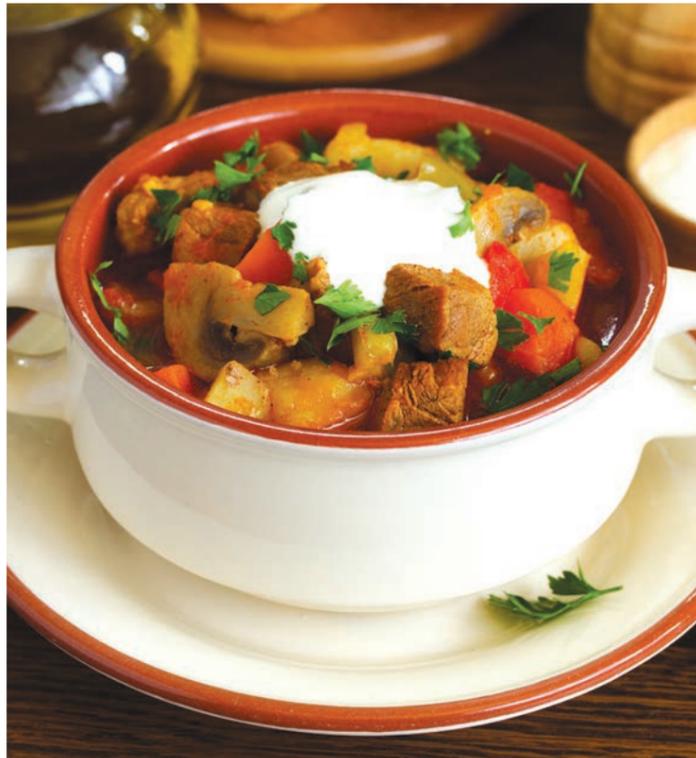
When it comes to Christmas meals, there are always a few common dishes at the table, like turkey or ham. This holiday season, switch things up and try a German (or Hungarian) goulash. The word, "goulash", may not make the dish sound too appetizing, but this classic hearty dish will be sure to warm you up and appease your palate. The meal takes approximately two hours from start to finish and serves six.

**Ingredients:**

- 2 tbsp. (25ml) vegetable oil
- 3 medium onions, sliced thinly
- 1 stalk celery, sliced
- 1 lb. (500 g) lean stewing beef
- Flour for dredging beef
- 2 tbsp. (5 ml) chopped parsley
- Salt and pepper to taste
- 1 can of tomato paste
- 1 tbsp. (15 ml) paprika
- ½ tsp. (1 ml) cayenne pepper
- 1 green pepper, diced
- 4 cans (1.25 L) beef stock
- 2 medium peeled potatoes, peeled and diced

**Steps:**

1. In a large heavy-bottomed saucepan, heat oil. Add the chopped onions and stir often until the onions are a slightly golden colour.
2. Slice the beef into small cubes (approximately 2cm thick). Next dredge the beef in flour that has also been seasoned with salt and pepper. In other terms, to give the beef a slight breading, the beef must be dipped in flour, salt and pepper until fully coated.
3. Add the meat to the saucepan and stir until brown.
4. Add the tomato paste, paprika,



CREDIT: LESYY / ISTOCK / THINKSTOCK

Lilli's Christmas Goulash is the perfect dish to try this holiday season.

5. Add potatoes. Let them simmer until the potatoes are cooked and mixture has thickened, approximately 30 to 40 minutes.
6. Stir in parsley.
7. Add salt and pepper as needed and serve.

**Additional ways to serve:**

Traditionally the goulash is prepared and served as above. A delicious addition to Lilli's Christmas Goulash is serving the goulash on

top of broad egg noodles. Prepare a large serving of noodles as per the directions on the bag. Add the goulash on top and now you have a delicious stew and noodle meal. For one more way to serve, top off the dish with a dollop of sour cream.

This year, take the time to try Lilli's Christmas Goulash and you will be sure to please the crowd. This traditional German dish is simple and easy for beginners in the kitchen. Take the time to try this meal, enjoy the aroma that it fills in your house and share this new meal with friends and family.

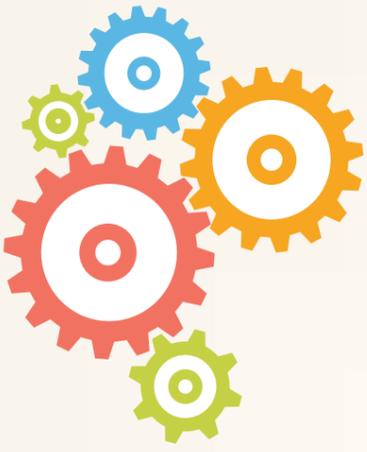
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# THE WORKAHOLIC GIFT GUIDE



**Emily Stewart** | Interrobang

Maybe it's a friend that you never see anymore. Perhaps it's a co-worker or classmate who seems to never leave. It could be your roommate who is stuck inside their bedroom studying.

No matter who it is, we all know someone who is a workaholic. You know, the one who seems to just be working all the time, with the exception of eating meals and getting as much sleep as they can get with their busy schedule.

While it seems like working is the only thing on this person's brain, the one present all workaholics want is a break. Some of these gifts can help them relax at home, work or when they somehow have some free time.

**\$19.95**

## Travel Mugs

Live Chic in F- Hallway.  
A perfect gift for those who feel like they don't have enough time to brew tea in the morning.



**\$7**

## Teas

Live Chic in F- Hallway.  
From humble vanilla to rooibos superstar, there's a tea for every mood.



**\$18**

## Tea Infuser

Live Chic in F- Hallway.  
For those who feel like they have enough time to brew tea in the morning, but are tired of staring at a plain old teabag.



**\$17.95**

## Coffee Scrub

Live Chic in F- Hallway.  
The first thing workaholics have to smell in the morning is coffee, why not put it in a body scrub?



**\$3**

## Bubble Bath

Live Chic in F- Hallway.  
Makes a relaxing bath even sweeter.



**\$12**

## Notebook

Live Chic in F- Hallway.  
Make sure they never run out of paper again, complete with an inspirational quote to get them through the day.



**Starts at \$9.50**

## 7-Year Pen

Indigo Fanshawe Park R. E.  
Nothing is more irritating than finding out your pen is out of ink, so this one should solve the problem for a while.



**Various prices**

## Office KnickKnacks

Indigo Fanshawe Park R. E.  
Give them something to spruce up their desk.



**\$16.99**

## Agendas

Indigo Fanshawe Park R. E.  
Write down deadlines on the go, while you imagine an escape to the wilderness.



**Various prices**

## Lunch

Covent Garden Market.  
The possibilities are endless in this hub for local restaurants and businesses.



**Various prices**

## Dinner

Covent Garden Market.  
The possibilities are endless in this hub for local restaurants and businesses.



**\$5**

## Movie Night

Rainbow Cinema at 355 Wellington Street.  
Give workaholics a chance to watch a blockbuster.



# The Vintage Lover's

## GIFT GUIDE

Angela McInnes | Interrobang

We all know that special person whose unique style and taste means you'll have to look beyond the shopping mall to find them the perfect Christmas gift. Lucky for you, Downtown London has some great vintage stores that carry all the clothes, accessories and knick-knacks to fill their quirky heart's desires.

### Renegade 232 DUNDAS STREET



1. Red tunic dresses (\$15), vibrant blue dresses (\$25) and gold party dresses (\$22): sexy vintage dresses, exclusively in 12-plus sizes.
2. Vintage Asian inspired blouses (\$20), black pencil skirts (\$20) and navy purses (\$15): a clean, basic yet detailed outfit not worn by anyone else.
3. Casual purses (\$15) and plum Danier skirts (\$35): elegant second-hand treasures she'll love.

### Jackpot Vintage 122 DUNDAS STREET

1. Jackets (\$40), '80s Club Monaco purses (\$25) and tapestry scarves (\$12): professional vintage looks for the ambitious lady.
2. Hawaiian dancer statues (2 for \$25): rare, collectible wooden statues found in no one else's apartment.
3. Vintage jewellery (\$2-15): funky and affordable.



### Back to the Fuchsia 1034 DUNDAS STREET

1. Antique metal toys (\$10-35): fun, cool, interactive and virtually unbreakable, they're the gifts that keep on giving.
2. Cute owl saltshakers (\$8) and stackable owl mugs (\$10): because owls will never go out of style.
3. Various porcelain knickknacks (ranging from \$5-18): Back to the Fuchsia is your one-stop shop for history's most colourful and kitschy décor!



### The Sentimentalist 394 1/2 RICHMOND STREET

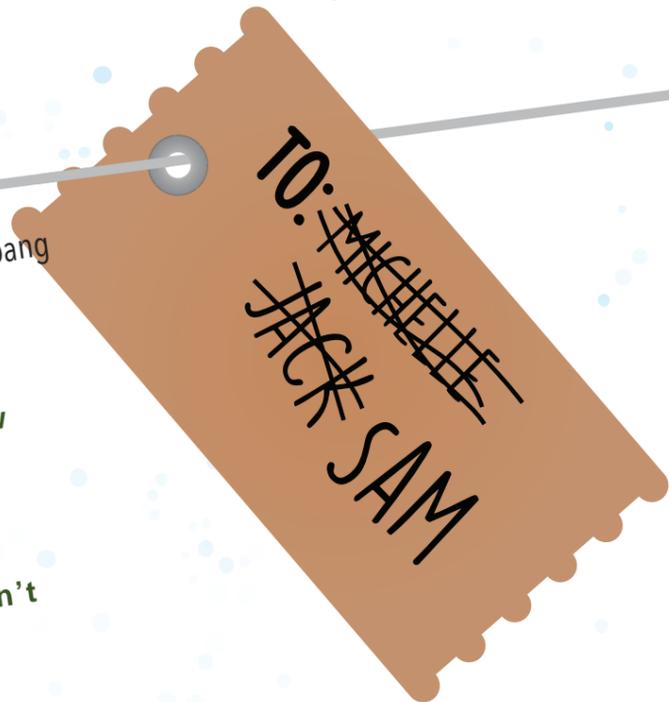


1. Black and gold '70s dresses (\$30), blue sequined dresses (\$35) and se-quin jackets (\$55): why not ring in the new year with some disco in your look?
2. Veiled black hats (\$45), black gloves (\$8): for those *Breakfast at Tiffany's* kind of days.
3. Assorted tapes (\$1 each), brass clocks (\$15), beaded purses (\$18) and needle-point purses (\$18): for the girl who has everything.
4. Red brimmed hats (\$25), brown leather handbags (\$30): beautiful accessories with their own stories to tell.

# Re-gifting

Pam-Marie Guzzo & Jessica Klaver | Interrobang

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



## 1. Be sensitive to feelings

Not everyone views gift giving the same way, so it's really important to remember who gave you the gift originally and try to keep in mind the value they attach to it. Some people figure that once a gift is in your possession you're free to do whatever you want with it. Others feel that returning or re-gifting something is insensitive and even hurtful. Try to keep these differences in mind before giving an item away, although most of your friends or family members are more than willing to wonder aloud where something is if they're the type to care.

## 2. Watch your friend groups

Even if your friends are a bit more blasé about what they give you and where they go, it's still a good idea to give to different friend groups. Got a weird bubble glass art thing from your mom? Maybe that's exactly something that girl in your res would love. Did someone give you a spider plant not knowing about your black thumb? It's a perfect gift for your cousin. The key is to avoid giving things to people who interact a lot with the original gift giver.

## 3. Keep an eye on condition

If you know you don't really like something, it's easy to keep it in the original packaging so you don't have to worry about it being damaged between the receiving and re-giving. If you're undecided - or are feeling pressured to open whatever it is right then and there - try to put it somewhere safe and out of the way, and give it a lookover before giving it away. If it's something you used to like but think would suit someone else more, make sure it's free of holes, stains or scratches before passing it on. As much as your buddy may have loved your vintage leather jacket, he probably won't appreciate the gift as much if there's a huge tear through one of the sleeves.



## 4. Timing is everything

Obviously receiving a gift and turning around and giving it right to the person sitting on the other side of you is inappropriate, but when is the best time to give away something you just received? A good rule of thumb is to wait at least six months. This is generally enough time for a girlfriend to point out she's never seen you wear something, or for her to forget she even gave it to you in the first place. Most people are pretty forgetful, and after that amount of time are unlikely to remember whom they gave what to anyway.

## 5. Wrap generously

Since you aren't spending any money on the present itself, it's a good idea to put more effort into the wrapping. It doesn't cost much to get a new gift bag or some fancy-looking wrapping paper, and a little bow or some ribbon can make even the worst wrap job look nice. It's also a great idea to add a personal card, preferably with a few sentences on why that person is awesome or why the item made you think of him/her in the first place. For a lot of people, the personal message is more important than the actual gift anyway.

## 6. White lies work

While honesty is generally the best policy, it's also important to remember that when people's feelings are at stake, morality isn't exactly black and white. Feel free to use the words, "I don't remember" when you're asked where you bought something. If a friend wonders where something went, you can always say that you misplaced it or lost it in a move, which happens all the time no matter how careful you are.

## 7. Honesty also works

Should your social networks collide and someone actually recognize and call you out on your re-gifting, you should be honest and explain how much more you thought the other person would enjoy the item. There's nothing inherently wrong with giving away your own possessions, and most people are reasonable enough to understand that it's better off with someone who will love it than collecting dust in the back of a closet. Re-gifting is not something to be ashamed of. As long as you are still giving thoughtfully then nothing else matters. Remember, the holiday season is about giving back to those who have given so much to us. These tips just help you save money while keeping those you love happy.





# GREEN GIFTS

FOR THE TREE HUGGER IN YOUR LIFE

**Jessica Milton | Interrobang**

Looking for ideas for the vegan or environmentally conscious person in your life?

London has lots of options for locally made, all-natural products that make great holiday gift ideas.

## 1. PURDY NATURAL

Located at 111 Mount Pleasant Ave. in London, this shop specializes in natural skin care that includes lotions, makeup, muscle and skin balms.

While some of their products contain beeswax, there are plenty that do not, making them a great gift idea for the vegans in your life.

The products pictured above are of the holiday soap pack, body soufflé and aroma body mist which are some examples of great vegan gift ideas. All the products in their shop are locally made.

## 2. PEACEFUL PEOPLE SOCIETY

These beautiful products are handmade by Brooke in London. As described on her Etsy page, "Each piece is handmade with positive, healing intentions for the future wearer."

She makes Mala jewelry that can be used in meditation or yoga practice. She also makes a variety of other jewelry and accessories that are great additions to any outfit. Some of her collection can be found for sale on her Etsy page at [etsy.com/ca/shop/PeacefulPeopleShop](https://etsy.com/ca/shop/PeacefulPeopleShop).

She has also started to pop up in many of the wellness stores around the city. In one of the stores, the collection is her North Yoga and Wellness located at 1615 North Routledge Park Road Unit 22 London.

## 3. HAPPY ROCK HOLISTICS

Located at 4721 Dorchester Rd. in London or online at [happy-rockholistics.ca](https://happy-rockholistics.ca). This spa features treatments that heal, detoxify and nourish the mind and body.

This holistic spa also features a lot of products that are handcrafted 100 per cent natural and locally sourced. They have a variety of products from lip balms, deodorants, body butters, aromatherapy room or body mists and much more.

Pictured above are the Pure Hydrosol Mists that are wonderful smelling skin care products that can help many different skin types.

There is also a new product from Happy Rock Holistics called the Grandpa Gord's Better Beard Balm, which is great for cleansing and conditioning mustaches and beards.

## 4. LIVE EDGE FOREST

Started by Dan Alonso in London, Live Edge Forest (LEF) uses salvaged slabs from Ontario and other parts of Canada.

By using beautiful wood from slabs that would otherwise be disposed of Alonso is able to make durable, environmentally conscious and fantastic looking custom pieces.

Shown here are some examples of cutting and serving boards that retail for \$40, a fully functional long board for \$450 to \$550 and unique candle holders for \$25 to \$50 dollars.

This is an example of just some of the great products that LEF has to offer, all of which would make beautiful gift ideas. You can buy these products by visiting them at 175 Dundas St. or from their Etsy shop at [etsy.com/ca/shop/LiveEdgeForests](https://etsy.com/ca/shop/LiveEdgeForests).

# Decking your halls



**Around the holiday season, families decorate their house to celebrate the festivities of the event. However, being away from home for school does not mean the traditions cannot be carried on.**

**Carl Garnich** | Interrobang

There are many ways to bring your dorm, student housing or apartment into the holiday season before going home to celebrate with your family. However, this is a time where you can let your creativity shine and make your living space authentic with the help of some homemade projects. Before decorating your entire place, one quick project you can do to let your peers know how much holiday spirit you have is the Festive Door project. On Pinterest, the author Smart College Visit pinned a fun and simple design called College Door Decor that students can do or take inspiration from.

## For this project, you will need:

- Holiday-themed wrapping paper
- Construction paper (specifically red, white, black, orange, yellow and brown)
- A wreath (Walmart or grocery stores)
- Scissors
- Tape or removable adhesive (i.e. sticky tack)

Sites such as Pinterest and DIY blogs for a specific occasion are good resources for finding new projects and for gaining inspiration to create your own original holiday staple to bring your peers into the holiday season. This is an opportunity to experiment with different looks and techniques that you can bring home and share with your family. By adding new projects and atmospheres, you can innovate your annual traditions and bring in some new ones for everyone to enjoy.

1. Take the holiday wrapping paper and hold it up to a door.
  2. Cut the wrapping paper in accordance with the dimensions of the door.
  3. Make sure you are only using enough for half of the door and use your adhesive to place it on the top half of the door.
  4. Take your scissors and cut a thick rectangle of brown construction paper and overlap some of the wrapping paper.
  5. Cut white construction paper to fill the bottom half of the door.
  6. Cut red construction paper in the shape of bricks and place them on top of the white construction paper. Keep the bricks close so that the white construction paper looks like filling for the bricks.
  7. Cut black construction paper into a square and round the top edges. This will be the mouth of the fireplace.
  8. Cut brown construction paper in to thin rectangles and round the edges to make the shape look like logs.
  9. Cut the orange construction paper into a flame shape that fits the dimensions of the black construction paper. Repeat this step with yellow construction paper while making the flames fit within the orange construction paper.
- Once you have done this, add the wreath to the door and you will have a fireplace with holiday wallpaper above it to welcome guests to your home. As an addition, you can use pulled cotton balls to create snow. If you have a favourite holiday story, you can adapt this project to display it to all of your peers.

If you are lacking inspiration for decorating your space for the holidays, [AllWomensTalk.com](https://www.allwomentalk.com) has compiled some simple tips and tricks to help in its article [7 Ways To Decorate Your Dorm For Christmas](https://www.allwomentalk.com).

### 1. Get/make a tree

"Whether it's a real or fake, a Christmas tree is one of the most perfect ways to decorate your dorm room for Christmas. You can even get creative and make your own tree out of cardboard, books, beer cans, or anything you want."

### 2. Light it up

"String some lights around your tree to decorate or string them around your entire dorm room. You can even spell out festive words in lights for some extra flair."

### 3. Colour scheme

"No matter what you decorate your dorm room with for Christmas, make sure you have a colour scheme. Most people would go with the traditional red and green, but don't be afraid to mix it up a bit. Neon shades like pink and green are really popular right now. Just do you."

### 4. Mistletoe

If you choose to put up mistletoe, think about whom you will be having over. "[Mistletoe is] a fun and flirty way to welcome your friends when they come in."

### 5. Wrap it up

"Frame different Christmas themed wrapping paper for a wall decoration or put small boxes wrapped in paper around your bed."

### 6. Smell it in the air

"Candles are the perfect decoration because not only do they look amazing, they smell amazing too. Pick several Christmas scented candles, like peppermint, sugar cookies or pine needles. Then scatter them across your dorm room."

### 7. Play some holiday music

"Mix it up by including old favourites as well as new renditions. Ask your friends and roommates what they would like to hear too."





# Yule's

## Discovering the origins

Jerrold Rundle | Interrobang

Everyone knows the traditional 12 days of Christmas, the Yule log, the Christmas tree, but does anyone know where these traditions came from, as they don't actually originate from Christianity. Instead, these traditions come from the Germanic Pagan holiday of Yule, or Jól.

Yule was traditionally the way European Pagans worshipped the winter solstice - when twilight is the longest and darkest of the year. The main idea was to bring as much nature inside the home to show spring how much it was missed and revered by human worshippers, in the hopes that the gods would bring back the life-giving season.

In order to worship the deities, believers would make wreaths out of fallen branches, which is where the more recent idea of pine, spruce and fir trees being brought into the home and being decorated came from. Decking the halls with boughs of holly is also part of this ritual.

While modern-day adherents like Western University grad Katherine Vanderhaeghe don't necessarily believe in the supernatural aspect of the holiday, Yule today still holds reverence for nature and understanding its importance in our lives.

"Yule is a celebration of the changing seasons ... of winter and an acknowledgement that summer will return," she said. "[It's] a reminder that we need both in order to keep the natural cycle going."

"I [chose] Yule because, though it does have a lot of spiritual aspects, a lot of the beliefs are based in common sense and a respect for our natural environment."

Although she's not a Christian, Vanderhaeghe found her ancestors once

practiced Yule as well.

"A lot of people celebrate Christmas, despite not believing in any of the lore, and so celebrating Christmas to me seemed disingenuous," Vanderhaeghe said. "It also doesn't hurt that Yule has 12 days of gift giving."

She noted that after doing research through her former school's library, beginning to practice Yule was actually pretty easy.

"I [first] learned about Yule online," Vanderhaeghe said. "I found out that I already knew a lot of the traditions because they have been so interwoven into the holiday of Christmas."

Remember the Yule log mentioned earlier? This tradition comes from Lussinatta, also known as Lussi Night, originally held on Dec. 12. The original purpose of the log burning through the night was to stop Lucia - an evil witch - from flying down chimneys and wreaking havoc on both possessions and life itself. After the log was fully burned, the ashes were spread across vegetable gardens for good luck, which actually worked as a fertilizer for the following year's crops.

Children were told bad behaviour would cause Lussi to snatch them from their homes, taking them away to make soup out of the miscreants. Ghosts and other supernatural creatures would roam the night, and in order to stop them from entering the home, a fire had to stay lit through the evening, with a grand feast and party complementing the fire until sunrise. This party went on for 12 to 13 days, ending around December 24 or 25 with gift giving and a further celebration of nature.

Later, the Catholic Church re-appropriated Lussi, with St. Lucy or Lucia - a woman who, by church accounts, lived and died at the hands of some terrible Romans. Today, St. Lucy's day is a common religious holiday held on December 13 in Scandinavian countries that are home to Europe's original Germanic Pagan population that was converted to Christianity through the pervasive assimilation of its culture. This is a pattern

that

shows up time and time

again, from the Zoroastrian Mono-myth to the literal intertwining of Celtic heritage into the Irish Cross.

For Vanderhaeghe, celebrating Yule is ultimately a holiday that encourages honesty.

"The traditions of Yule are much less important to me than the intent and emotion of Yule," Vanderhaeghe said. "Because [Yule] is such a historical holiday, it has many different peoples celebrating, meaning that there is no single right way."

"Yule is more open to interpretation than other religious holidays."

So before singing carols, decorating the house and telling those traditional Christmas stories, stop for a minute to look into the origin of what you're doing. It may just tell you something you didn't know about your own family tree.

Yule and trees and wreathes oh my!!



# Weird Christmas Traditions Around The World

**Andrew Vidler** | Interrobang

We've all grown up with holiday traditions, and for those of us who grew up in Canada, those traditions revolved around Santa Clause and his elves, the giving of presents and for the varied religious celebrations that coincide with the season. In other areas of the world, however, the holiday season is celebrated in some different and highly unusual ways.

## Krampus

**(Europe)** - Standing in direct contradiction to the bubbly goodness of our familiar Santa Claus, Krampus' sole purpose is to punish children who have misbehaved. Originating from pre-Christian Alpine traditions, in what is modern-day Germany and Scandinavia, Krampus takes on the appearance of a horned demon complete with cloven hooves and a lolling tongue out of a twisted mouth. He will traditionally carry a "ruten," a birch branch used in pagan initiation rites that can be used to swat children. Legend also depicts him with a sack for stealing away misbehaving children, or more morbidly, a washtub, which he uses to drown them in.

In modern times, during the Feast of Saint Nicholas, Europe's mid-winter festival, young men will often dress up as Krampus on December 5 and head out into the streets to scare people. While generally harmless, some of the Christmas beatings have become less than playful when alcohol becomes involved, causing the revival of the tradition to cause some minor controversy among the German and Austrian population.

## Tió de Nadal

**(Catalonia)** - At first glance the tió de nadal, or Christmas log looks much like the sort of homemade, whimsical Christmas decoration that you've come across at your rustic uncle's house, but this tradition is far more than just a stationary decoration. Tio, as he is often referred to as, originally was simply a log. Nowadays families will decorate him with legs, a smiling cartoon face and a red blanket, but being a log with a face is not what puts him on this list. His more popular name is Caga tió, Catalan for "shitting log," and his holiday function is literally to poop out presents for the family.

Beginning December 8, children are encouraged to feed Tio a small amount each night, and ensure that he stays warm so he will poop on Christmas. After caring for this anthropomorphic log, the family will then gather around and beat him with sticks while singing traditional defecation songs. Traditionally, the gifts shat out by Tio are things like candies and small trinkets, or nuts and cheese in more traditional times, as they need to fit on the inside of the log. Larger gifts are handled by the Three Wise Men in Catalonian mythology. At the conclusion of his beating/gift giving, the log will drop something unappetizing to signal the end of the tradition, with the most common ending poop being a red herring.

## Belsnickel

**(Germany)** - Operating in the same geographic region as his sometimes-sidekick Krampus, Belsnickel is a crotchety, impish man who visits children in the weeks approaching Christmas in order to reward the nice and punish the naughty. His punishments are not nearly as harsh as Krampus', traditionally consisting of just a few light hits with a switch, which is not nice but is better than being drowned. He also carries with him a sack of cakes and treats for the nice children, alerting kids as to how well they will be treated when Saint Nicholas comes to call.

While the tradition is still primarily focused in Germany and Austria, Belsnickel was brought overseas in the 1800's, with celebrations being practised in regions such as Newfoundland, Pennsylvania, and Santa Catarina, Brazil.

Belsnickel was also elevated to minor mainstream fame when he was portrayed by Dwight Schrute in The Office's season nine Christmas special, primarily to beat Jim with his switch.

## Christmas Spider

**(Ukraine)** - As the European folk tale goes, a poor woman had no money with which to decorate the Christmas tree for her children. As she lamented this fact while she fell asleep, a "pavuchky" - little spider - overheard her plea and spun cobwebs over the tree while the family slept. Upon waking, the mother and her children saw the sun shining through the trees, and the newly spun cobwebs glistening silver, giving tinsel its origin.

The folk tale itself, like so many others, has never had its origin pinpointed. It is told all over Europe but it is the Ukraine that has adopted the pavuchky as an important part of its holiday tradition. To celebrate, Christmas trees are commonly decorated not only with tinsel, but with ornamental cobwebs and spiders, which are said to provide luck to the family that they visit and making paper spiders is a popular pastime for Ukrainian children in the holiday season.

## Christmas Pickle

**(USA)** - It's the holiday season and you're decorating your tree with your family in front of a roaring fire when you notice a shade of green that doesn't quite match the rest of the tree. You reach inside, pull it out and are greeted with a chorus of cheers from your family, for you have found the Christmas Pickle, and a year of good fortune will be yours!

Unlike the other traditions on this list, nobody has been able to definitively pinpoint exactly where it comes from. American practitioners of this light-hearted tradition initially believed it to have originated in Germany, but research discovered that few Germans had ever heard of this practice. It is known that Woolworth's began to import the glass pickles from Germany in the late 19th century, but glass-blown fruit and vegetable ornaments had been a popular - if offbeat - decoration in Europe for many years prior. It may never be known how the tradition began, but it seems to have embedded itself in American folklore and isn't leaving anytime soon.



# Deck the halls with lots of sadness

Different interpretations of classic carols

Pam-Marie Guzzo | Interrobang

## White Christmas

Written by Irving Berlin and made famous by Bing Crosby, White Christmas is a nostalgic ballad about the days when Canada was still cold enough for snow. The singer dreams of days before fires swept the west and the swirling warm waters around your ankles were replaced with puffy white flakes. Now we dream of the days when we could still ask if someone wants to build a snowman without being entirely ironic.

## Rudolph the Red Nosed Reindeer

Are you slightly different in some way? Maybe a large nose or a penchant for wearing latex bodysuits? Well, you better hope that difference in some way benefits a celebrity, or else you'll never have any friends. That's the message of this catchy song, anyway, where Rudolph's slight physical difference leaves him sad and without games to play until Santa finds a way to put him to work.

## Do You Hear What I Hear

Ignoring the fact that the song was originally a desperate plea for peace during the Cold War, there's also an issue with which king was informed of Jesus being born. If this song was about letting King Herod know, then that little lamb may be responsible for the deaths of every child under two years old in Bethlehem and the surrounding area. As a meteor soars through the sky, a king plots his revenge against the child who will rule over him, and then promptly dies once his terrible vengeance is wrought.

## Have Yourself a Merry Little Christmas

A sweet ode to the one day when everyone can be together, this is a song that reminds us that everyone will move away or lose touch or die. Fate is cruel and monstrous, tearing us apart no matter how hard we try to keep together. So take the one last day of seeing the people you love, because who knows if they'll be there by your side tomorrow. That star on your tree may be the last bright and shining thing in your life.

## Frosty the Snowman

While being a psychotic lawbreaker who snubs the police and leads children into danger, Frosty is also a constant reminder of our own mortality. He looks at death with his steely coal-eyed gaze as the rotting fruit that is his nose slowly turns him into a blackened stench-fuelled monstrosity. The song ends with him threatening to haunt the children who loved him, ominously stating that he will be back again someday. One can only assume he means in their nightmares, as the trauma of their experience with this monster has surely scarred them for life.

## I Saw Mommy Kissing Santa Claus

There are two interpretations to this song, and neither is cheerful. The first thought is that the Santa Claus in the lyrics is actually the child's father dressed up in order to act out some perverted sexual fantasy. If this is the case, they could at least have done it on a night when a child is less likely to creep down the stairs in anticipation of presents - or gone to the privacy of their own locked bedroom. The other option is that the mother actually did bring home a random stranger and the poor child caught mom in an adulterous act while dad slept upstairs.

## Santa Baby

Hurry down that chimney, Santa! Your mistress has kidnapped the missus and is holding her hostage for a random assortment of items; including a yacht and a light blue '54 convertible. While sleeping with Harley Quinn wasn't the smartest thing Santa has ever done, this song is threatening enough to even make the Joker nervous. What will happen if Santa doesn't hurry, or misses something on this ridiculous list? We may never know the fate of Mrs. Claus, as the song ends before Santa can arrive and save the day.

## Let it Snow!

The weather is frightful, and since I've brought you to this deserted ski lodge and set off an avalanche, you've no place you could possibly go. I've turned the lights down and made some popcorn, so clearly this isn't at all ominous, but instead is a romantic evening. What did you say your name was again? It doesn't really matter. The fire is dying, but no matter how many times you say goodbye I will still hold you tight. Until you love me.

## Winter Wonderland

A tale of a deteriorating mental state, this is a song of fully-grown adults jointly hallucinating while wandering around outside in the cold. Beginning with hearing bells that aren't there before going into imagining a talking snowman who is some sort of strange clown pastor, the couple plots starting fires before frolicking further in the countryside. When they run and let others destroy their friend, their lack of emotion at the event is unsettling. As their insanity deepens, they ignore the frostbite slowly destroying their noses and other extremities. Instead, they sing and skip through the snow, continuing their hallucinations happily.

## I'll Be Home for Christmas

The singer of this song makes a series of promises he has no intention of keeping. He says we can plan on him coming, that we should have a tree and presents ready for his imminent arrival. The harsh reality is that he won't show. He never intended on actually coming home for Christmas. He went for that pack of cigarettes years ago and is never coming back. You can wait for hours, patiently, as the tears roll down your cheeks, but the truth is he's never coming. Not for Christmas. Not for anything.





# Not for the jolly or faint of heart

Nick Reyno | Interrobang

Not everyone wants to throw on ugly Christmas sweaters and watch the same old movies year after year. I can't speak for everyone, but the last thing I want after being bombarded by holiday spirit all day, is to go home and numb myself with the latest A *Christmas Carol* adaptation.

Over the years this has driven me to seek out some winter films that don't exactly follow traditional holiday narratives. This eclectic assortment of movies contains everything from unsettling amounts of fake blood to mind-bogglingly cheesy plotlines. I advise everyone to go into this list with a severely open mind.



## **Snow Shark: Ancient Snow Beast (2011)**

(Rated R)

After we survived three *Sharknados*, four *Mega Shark* and a handful of *Sharktopus* movies, it only seems fitting that we should confront the mythical snow shark this holiday season. Expect lots of gore, horrible one-liners and some cheesy shark scenes. This movie is everything you've come to expect from horrible Z-list monster movies.

So bad, it's good.

## **Treevenge (2008)**

(Rated R)

You will never look at trees the same way after watching their horrific journey from the forest to our living rooms. It may sound like a boring humanitarian documentary, but this movie comes with a macabre surprise that only Jason Eisener (director of *Hobo with a Shotgun*) could come up with. *Treevenge* is definitely not for everyone.

## **Dead Snow (2009)**

(Rated R)

Although not technically a Christmas movie, *Dead Snow* does take place in the snowy mountains of Norway, so we'll let that fact slide. It would be a shame to shirk a movie with Nazi zombies, Nazi stolen gold and Nazi machineguns. There's a reason this foreign film has become a cult classic. Don't worry though an English dub has since been released.

## **Santa Claus Conquers the Martians (1964)**

(Rated PG-13)

When the *Martian* children become jealous of Earth's Christmas traditions, the obvious solution is to kidnap Santa Claus and force him to set up a workshop on Mars. That's what any intelligent being would do, right? Of course, it's a simple matter of business to kidnap the first two dimwitted children they meet on Earth to show them the way to the North Pole. They can travel from Mars to Earth, but I'll be damned if they know anything about geography. This movie is a must-see with bonus points for those who make it to the end.

## **Gremlins (1984)**

(Rated PG-13)

If you brush the dust off of this old gem, *Gremlins* is actually a pretty enjoyable classic film. After all, what's better than cute and cuddly fluff balls that turn into witty terrors and hit the town over the holidays? The answer is nothing. This movie is absolute gold and if you disagree with that, I will personally deliver you a truckload of these little demons. Bonus points will be awarded if you still have a copy of this flick on VHS.

## **Honorable mentions Santa With Muscles (1996)**

(Rated PG)

Hulk Hogan plays a villainous millionaire who believes he's Santa Clause after suffering a case of amnesia.

## **Jack Frost (1997)**

(Rated R)

This isn't the *Jack Frost* you're thinking of. This movie is less along the lines of family film, and more along the lines of a serial killer snowman.

## **Santa and the Ice Cream Bunny (1972)**

(Rated G)

Everything from the title of this movie, to the poor film quality, makes you think it's about to turn into a bad porn parody. Some movies are so bad that they're good (*Trolls 2*) and then there are movies like this, which should be buried and forgotten about.

## **Christmas Caper (2007)**

(Rated PG)

A criminal (Shannen Doherty) on the run tries to lay low by returning to her hometown to spend Christmas with the family. Honestly, how did this movie get past the review board?

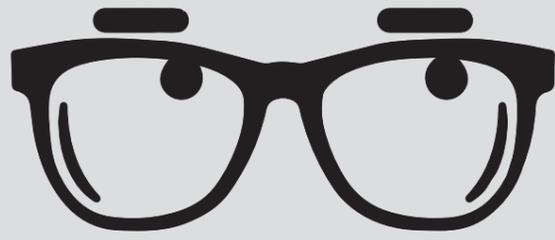
## **Rocky Horror Picture Show (1975)**

(Rated R)

Although this movie has nothing to do with Christmas, when in doubt, time warp.



# GEEK



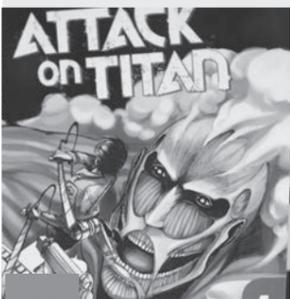
# GIFT GUIDE

**Jerrold Rundle** | Interrobang

When shopping this winter for your geeky sibling, significant other or co-worker you got paired with in secret Santas, you're going to want a decent gift that they'll enjoy and London has the perfect place for you to start shopping.

In 2013, Heroes Comics won the Joe Shuster award for Canada's Best Comic Book Store, but that wasn't just from selling *Superman* and *Incredible Hulk* comics. Collectible toys, Transformers, GI Joes, Star Wars figurines, statues, board games and sports cards from any time imaginable. The store is at the epicentre of geek culture in London.

Located at 186 Dundas St., the iconic shotgun style business is packed full of geeky goodies, and here's just some starters to get you searching through the treasure trove that is Heroes.



\$12

## COMICS

*The Trials of Apex* is the first issue in a story that begins with an information-surrounded ship landing in the middle of a farm, and is a locally created and printed comic. It was printed by the Apex artist, Christopher Runciman's own Runciman Press, and is \$6.

*Adventure Time Fiona & Card Wars* is one of several Adventure Time series out now including the completely zany Bravest Warriors series, each are \$6.

*Saga* is an awesome tale of love overcoming a massive intergalactic war, and the child born of that act, and is \$3.75 each.

*Attack On Titan* is about giants who eat the last survivors of humanity. Walls designed to keep out these "Titans" surround humans. The comic is also about the soldiers who confront the monsters head on, and are \$12 each.

## VINYL

With the popularity of *Doctor Who*, these blind boxes are perfect for the Whovian in your family; each one is \$11.

Jake and Finn or the Sailor Scouts, which do you choose? Sailor Chibi-Usa is actually an import figure from the Japanese toy market and while looking in Toronto shops and online could fetch \$25 or more, but at Heroes is only \$18. *The Adventure Time* blind boxes cost \$15.



\$11

The iconic Alien character, including several variant Xenomorph figures, have been made into blind box figures. And for the BBC-phile in your family there's all their favourite Sherlock characters made into goofy-looking figurines too. The Alien blind boxes cost \$11, while Sherlock characters will cost \$12 each.

Pop Heads are a huge market, ranging from Star Wars to Marvel and DC, Charlie Brown to even the X-Files.

Here you can see that hasn't stopped at real life movies either, with Marty Mcfly and the Doc's DeLorean from *Back to the Future*, costing \$35. The store is lined end to end with figures costing \$13, so there's plenty of variety to choose from.

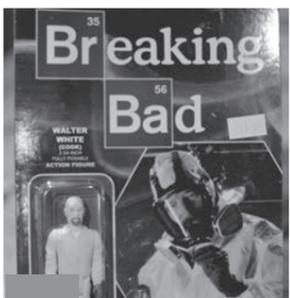
## FIGURES

This super posable Wonder Woman is just one of several posable figures from the DC Essential line, including Batman, Superman and a number of other characters, each available for \$24.

This Antman character is from the highly acclaimed Marvel Legends line, known for its attention to detail and a high level of posability. The Legends line even started a worldwide toy diorama contest, where first place winners can net up to \$25,000. This movie-detailed figure costs \$28.

While *Breaking Bad* has been finished for few years, everyone remembers the baldheaded Walter White getting into and out of his protective gear. This retro style figure of White includes a scale flat bottomed boiling flask and protective mask for \$12.

With Star Wars coming back, Heroes has some of the newest toys in stock. This series has a gimmick where if you collect three, they form a special gun turret drone, and there are at least three of these to build, so at least

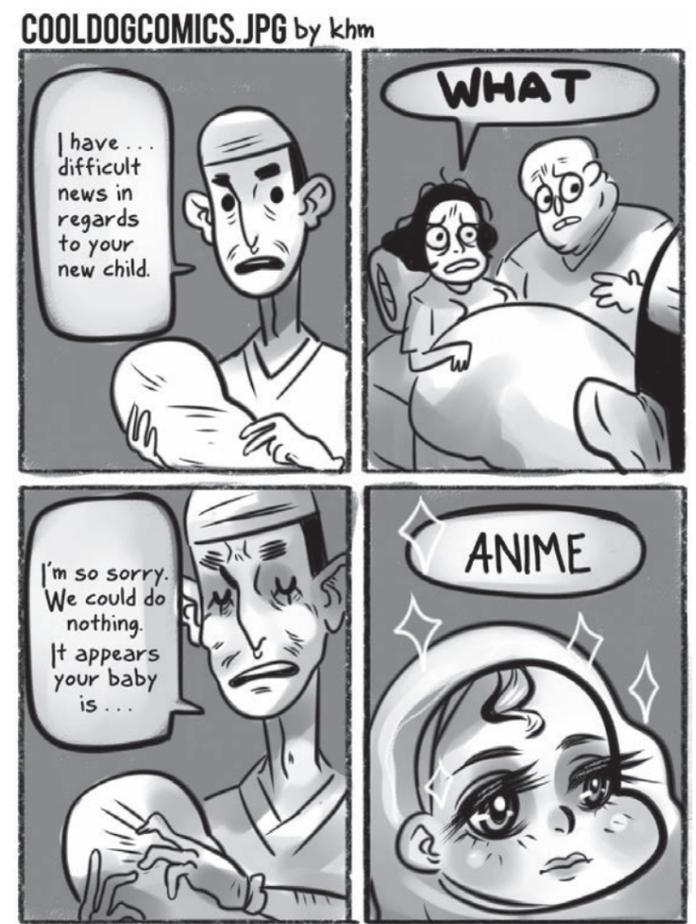
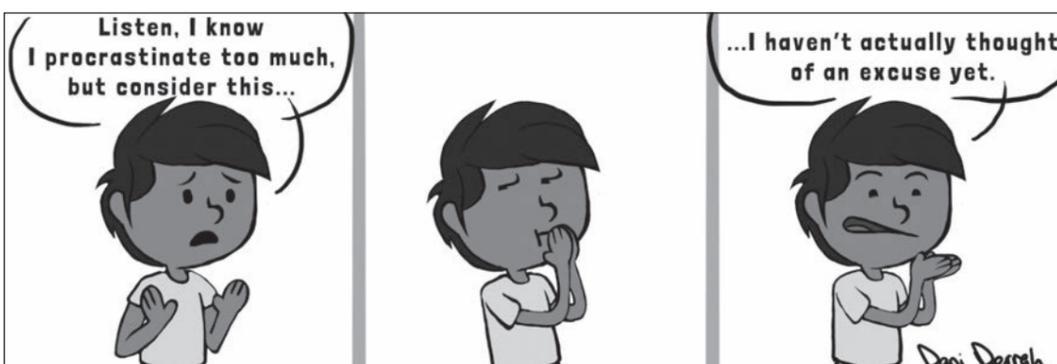


\$12

nine figures to collect.

Finn is already gone, but Darth Vader, Rey and Luke Skywalker are still some of the available figures left at \$11 each.





# zodiac stargazer HOROSCOPE

**Aries (March 21 - April 19)**  
Fun times are upon you as the holiday season approaches. Share your toys if you want to keep everyone happy. Physical fitness feels as natural as breathing clean air or drinking pure water.

**Taurus (April 20 - May 20)**  
If you don't know, ask for help. If no help is available, wait for it to materialize, or find other things to do. The people around here have little patience for ineptitude, and none whatsoever for accidents.

**Gemini (May 21 - June 20)**  
Acting is only a few steps removed from thinking. Any kind of relationship thrives under the nourishing warmth of positive reinforcement. Great minds think alike, and everyone has an element of greatness.

**Cancer (June 21 - July 22)**  
If you want to attract people, resort to subtle methods. The season brings you the confidence to whisper instead of shout. Your meaning

is conveyed by your appearance. The possibilities excite you.

**Leo (July 23 - August 22)**  
You're the model that others hope to copy. Without even trying, you plant your flag wherever you go. Your interests are almost too many, but now it seems as if you have the time to pursue them all.

**Virgo (August 23 - Sept. 22)**  
The organizer pays a higher price than the patrons. You've invested so much in this show that you can't sit back and enjoy it. Everyone else is remarkably flexible. Take your cue from those who are less involved.

**Libra (Sept. 23 - Oct. 22)**  
Creativity springs from a cluster of fertile minds. Anyone who cracks your code is worthy of the secret that it carries. This could possibly be the holiday season when your deepest desire is answered.

**Scorpio (Oct. 23 - Nov. 21)**  
This game is rigged. The sooner you understand that you'll never beat these odds, the greater your

chance of walking away with at least something of value. Revenge is a topic for safer times.

**Sagittarius (Nov. 22 - Dec. 21)**  
These days you're truly in charge of all operations. Sagittarius's idea of world domination is a pat on the head and a share of the wealth. The little people aren't bothered as you move on to greater things.

**Capricorn (Dec. 22 - Jan. 19)**  
Show your gratitude to the one who deserves it most. You may not have realized how close to the edge you actually were. It's time to think about how you'll relax once you get the chance.

**Aquarius (Jan. 20 - Feb. 18)**  
The holiday spirit fills you with more energy than you can safely contain. Libra brings you peace, and all that you need is the wisdom to deploy it. Lightning may strike twice if you give it an available target.

**Pisces (Feb. 18 - March 20)**  
Instead of distancing yourself, try a little participation. Significant improvements have happened since the last time that you paid attention. End the year by proving that you actually care.

## Word Search: Holidays

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

Bodhi Day	Hanukkah	Mkeka
Christmas	Kwanzaa	New Years
Diwali	Lights	Ramadan
Dreidel	Mahayana	Solstice
Epiphany	Milad un-Nabi	Yule

## Crossword Puzzle: Everyday Trio

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			

- Down**
- Computer architecture acronym
  - "I'm \_\_\_ your tricks!"
  - Bit
  - Be itinerant
  - Ill-fated
  - Dead-on
  - Airport pickup
  - Biblical birthright seller
  - Beef on the hoof
  - Sheik's bevy
  - Western blue flag, e.g.
  - One of the Seven Dwarfs
  - "Star Trek" rank: Abbr.
  - Dog tag datum
  - Change, as a clock
  - Gurus
  - One who's definitely not in the in-crowd
  - Long-limbed
  - "Iliad" warrior
  - "The Brady Bunch" housekeeper
  - Lousy
  - Appears
  - Artist's stand
  - Rwandan people
  - Criticism
  - Highlands hillside
  - Accused's need
  - Bring out
  - Irish moonshine
  - Indian elephant keeper
  - Spiny shrub
  - Muffler
  - Jamaican exports
  - Wood sorrels
  - Pesky insects
  - Audio effect
  - Lions and leopards
  - Work up a sweater?
  - Annul
  - Barely audible sound
  - Item that might be stamped, for short
- Solution on page 14**

- Across**
- Sound from the den?
  - Take out of context?
  - Address while wagging a finger
  - "What's gotten \_\_\_ you?"
  - Pivotal point
  - Baseball's Hammerin' Hank
  - Ancient gathering place
  - "One of the Three Bears"
  - Loses one's footing
  - Polite behavior
  - Due for a change?
  - Natural sun screen?
  - Leave helpless
  - Basilica area
  - Undertake, with "out"
  - Cognizant
  - Chimney channel
  - Gentleman caller
  - Broad appeal
  - Fractions of a joule
  - Dearth
  - British noblewomen
  - Bug someone, e.g.
  - Toll road
  - Breakfast cereal
  - Watch pocket
  - Anatomical pouch
  - Annual physical exam
  - Judicial capital of Bolivia
  - U.N. agency
  - "Green Gables" girl
  - Astound
  - By way of, briefly
  - Current event?
  - Big Bertha's birthplace
  - Delicate
  - "Cut it out!"

## Sudoku Puzzle

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

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 on page 14**

## Cryptogram

" \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  
"CJ CZBW VHI K  
\_ \_ \_ \_ \_ \_ \_ \_ \_ \_ !"  
PKXZQQ UWXZBAPKB!"

Clue: M = A

Question: What's a Pokémon trainers favourite Christmas carol?

Solution on page 14

Notes:

**TEXT FSU 71441**

TEXT FSU TO 71441 for your chance WIN!!

fsu FANSHAWE STUDENT UNION www.fsu.ca

**www.fsu.ca/contest**

# The Gift Guide: ultimate sports fan

Amanda Michalik | Interrobang

When it comes to the sports fan in your life, what can you buy them? Here I have outlined several different gifts that are sure to please the sports fanatic in your life.

## Hockey accessory

(foam finger) Pete's Sports, 649 Oxford St E,  
London, ON, **\$39.99**

This mitt is great for both the travelling spectator as well as the air chair fan. Cheer on your team in style with this fun accessory!

CCM Toronto branded  
toque **\$29.99**

Stay warm this winter and be stylish in this CCM Toronto Maple Leafs toque. Or, if you're a Leafs fan with a friend who is a hater, buy them this and watch their reaction in delight.

## Canada jersey, (Nationals)

332 Wellington Rd, London, ON, **\$119.99**

Show your support for our country in this stylish Canadian Olympic jersey! Warm and durable, it's sure to last another gold medal match or two.

## London Knights hat

Budweiser Gardens, 99 Dundas St, London, ON  
**\$29.99**

What better way to support London's beloved Knights than to wear this beautiful black and white hat with the logo predominantly displayed. This hat is great all-year round, whether you're a diehard hockey fan or a casual one.

## Money Ball

Book: Chapters, 1037 Wellington Road, **\$19.95**

Movie: Sunrise, 1680 Richmond St, **\$9.99**

Even if you're not a big fan of baseball, I highly recommend both the book and movie to any serious sports fan. It's difficult to write an engaging story on front office baseball, but Michael Lewis succeeds tremendously. The movie is almost as good as the book, picking up several Academy Award nominations several years ago.



# The Forest City Derby Guys want you to join their pack

**ANGELA MCINNES**  
FEAR FORTHUGHT

It's 9 p.m. on a Monday night, and at the Western Fair Canada Building, the Forest City Derby Girls are pulling off their skates after another session of hard practice. The ladies may be heading home to put up their weary feet, but the lights of the arena stay on and an energetic hum lingers in the air, signaling that the night is far from over. One by one, the members of the Forest City Derby Guys emerge from their place on the sidelines to gear up for a spin on the track. It's their turn now.

For almost four years the London men's roller derby team, playfully dubbed the Pack Men, has been proudly skating alongside their better-known female counterparts. They are a small but mighty group, persistently doing battle on and off the track to achieve recognition in the recent movement of roller derby revival.

At the moment, the team is comprised of around 10 players, a dismal number when compared to the three rapidly growing teams of the Forest City Derby Girls. In order to organize tournaments, separate regional divisions must often band together just to create a regulation amount of participants on either side. Despite being an internationally played sport, men's roller derby is still relatively new to Canada and has some catching up to do in terms of advertising and cultural acceptance.

A key challenge faced by the Pack Men is gaining new recruits. According to team captain Chris Potter (Potty Mouth 101), lack of awareness and understanding is largely to blame.

"It's the backburner to women's derby. A lot of men don't look at it as a sport the same as they do with say hockey or football. But to be honest, it's the best sport I've ever played."



CREDIT: ANGELA MCINNES

The Forest City Derby Guys may be a small team, but they make up for it with their spirit and determination.

Men's roller derby implements the same rules and complex structure as women's, but there is one specific difference to how the game is played. Without discounting the potential brutality executed by the women's teams, men's derby tends to be rougher than women's only because of their larger physiques.

However, the overall spirit of comradery and kinship transcends the bounds of gender binaries. After watching his wife play, David Sharpe (Giraffe) has been a part of the team for seven months. Already he is experiencing benefits mirroring those of the female players.

"I love how much of a family it really is. Whatever it might be, we're there for each other. We're from a thousand different walks of life, between a lawyer, a me-

chanic, a carpenter, a truck driver, a call-centre worker, when we're here, we're all equal."

The men's team also contends with the same public misconceptions as the women's. Many sponsors often decline a chance to advertise at games, failing to see how they can possibly gain exposure at what they may feel is an unwatched sport. Potter insists that the event is actually one of the hottest tickets in town, for people of all ages.

"On a good night, we pack the stands with 300 to 400 people.

These events are fully licensed and kid friendly. They have hula hooping and activities at half time. Live bands are usually playing. Science students from Western will have demonstrations. My son's been coming here for four years and has a blast every time."

Players of men's roller derby may risk a raised-eyebrow or two, but at the end of the night, the Pack Men just want to have fun doing something as a team, gender politics be damned.

When asked how he feels playing

what's commonly referred to as a "girl's sport," Paul Michael Anderson (Paul E. Scoring) doesn't miss a beat.

"It IS a girl's sport," he stated matter-of-factly. "It's invented by women. But what's more progressive than feminists letting a bunch of dudes play a girl's game?"

From both the men's and women's teams, the message is consistent: roller derby is for anyone willing to test their limits and play. For more information on how to join, visit forestcityderbygirls.ca.

## Knights on a roll



**DAN TODD**  
KNIGHT NIGHT

On Nov. 27, the London Knights defeated the Owen Sound Attack 6-1, with Christian Dvorak scoring his second hat trick of the season, with one goal on a power play. Other goals were from Matthew Tkachuk, also on a power play, Aaron Berisha, and Max Jones. Goalie Tyler Parsons stopped 17 of 18 shots on goal.

Left-winger Matthew Tkachuk is at the top of NHL scouts' lists, and second in points in the OHL in his first season with the league. He was happy to hear about being at the top of the list of players to watch out for, but said he is "just trying to play [his] game."

On his second hat trick of the season, Dvorak said he doesn't really think about it, and he certainly knows he didn't get it on his own.

"I just have to thank my teammates for making good plays out there."

He has also been named on the American team roster for the 2016 World Junior Championship.

Tyler Parsons felt the team made

a good effort as a whole, and was hopeful about Saturday night's game as well.

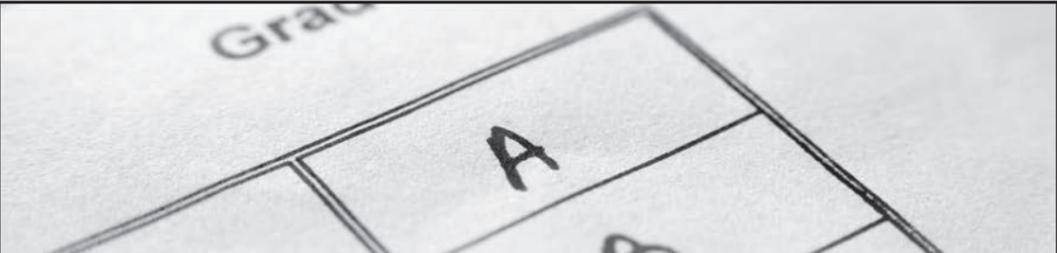
"I thought we came out a little slow for the first few minutes, but then we got back to our normal speed and we took it to them. We played pretty good offensively, we had some break downs in the defensive zone, but just something to work on and get better next game."

The Knights faced off against the attack for a second night in a row, this time in Owen Sound, and came home with a 4-1 victory. Sam Miletic scored two goals, and Dvorak and Mitchell Marner had a goal each. Brendan Burke suited up to get in net, and stopped 28 of 29 shots on goal.

As a Toronto Maple Leafs prospect, Marner is also being watched closely by NHL scouts and has also been invited to the Canadian team roster of players auditioning to play in the 2016 World Juniors.

The Knights then went to Windsor on the 29th to face the Spitfires for the third game of the weekend, and came home with a 5-3 victory.

Parsons was back in net after his day of rest and stopped 27 of 30 shots. Dvorak scored another two goals, Marner scored one, and right-wingers Kole Sherwood and JJ Piccinich scored one each.



## CHECK YOUR GRADES on WEBADVISOR

Grades and academic standing will be available on WebAdvisor December 23 after 4:00 p.m. (for programs ending December 19th).

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

If your academic standing is "Required to Reapply" you must contact your Academic School before noon December 24, 2015 or the week of January 4, 2016. 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, Transcripts and Grades.

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

**We're here to help you succeed.**



**FANSHAWE**



CREDIT: "NEWCASTLE UNITED VS MIDDLESBROUGH" BY MARI ON FLICKR(CC BY 2.0)  
Newcastle United is one team who dropped down to the Championship, immediately recovered and re-established themselves in the top flight.

## The cost of relegation



**ANDREW VIDLER**  
PREMIER LEAGUE  
PONDERINGS

Relegation is a bit of a weird concept for sports fans to get their heads around, especially when their knowledge is primarily based in the North American sports league structure. In this structure, there is only a single level of professional play, supported by various farm teams and development leagues. Europe, however, handles things quite a bit differently.

For those who are unfamiliar with the concept, relegation is the practise of a set number of the lowest performing teams losing their standing at the current level, and beginning play in the tier below. Readers will be familiar with my references to the 'English Football Pyramid', the multi-levelled system of professional leagues of which the Premier League is the pinnacle.

At the conclusion of each season, the bottom three clubs drop down into the Championship, to be replaced by the three best performing teams in that league. This concept continues throughout the pyramid, and has an equivalent system in most European nations.

The effect of relegation can wildly vary from club to club, some seeing it as a temporary setback, while others have never quite recovered from dropping down a level.

Looking at the 1992 to 1993 season, the founding year of the Premier League, the 22 clubs that were at the pinnacle of the nation's football are a different group than the top 20 today. Some founding members of the Premier League included clubs such as Blackburn

Rovers, Oldham Athletic, Coventry City and Wimbledon.

Today these clubs' fortunes are all over the place. Respectively their most recent finishes were ninth in the Championship, 15th in League One, and 17th in League One. As for Wimbledon, the club no longer exists, having folded in 2004. The team moved to a new town and renamed as Milton Keynes Dons, who last finished second in League One. These are just a few of the clubs for whom relegation from the Premier League served as a death knell to their fortunes.

However some clubs have proven that being relegated is something that can be recovered from. Premier League regulars Newcastle United and West Ham United are two clubs that have dropped down, only to immediately recover and re-establish themselves in the top flight.

Others have fallen under the blanket of the 'yo-yo clubs', those who perpetually bounce up and down between the leagues, lacking the strength to stay up, but often being too strong to stay down. Queens Park Rangers are a current example, having experienced multiple promotions and relegations in the last few years. For a brief period, West Bromwich Albion experienced four straight seasons of league changing, before establishing themselves in 2010.

Whether or not relegation is the first straw to send a club tumbling down the leagues into obscurity, or just a brief break from the top flight, it is impossible to deny the additional drama that it adds to the outcome of a season. It can give teams that are out of title contention something to play for at the end of the year or it can be just another blip in the history of a storied club. North American sports should look into it, simply for the drama.



CREDIT: POLAR ELECTRO

If you have a dedicated fitness enthusiast in your life, a heart rate monitor might be great gift idea.

## Gift ideas for the fitness enthusiast or newcomer

**JAYMIN PROULX**  
INTERROBANG

With Christmas a few weeks away, knowing what to get the gym goer on your gift-giving list can take some deep thought. It all depends on what sport they practice, the season or their fitness goals.

In general, there are some inexpensive stocking stuffers, outdoor-focused gifts and training gadgets that take more careful planning or ordering online.

To begin, think about whether your present is for a seasoned exercise veteran or whether they are a newbie trying to get on the fitness path.

You can't go wrong with water bottles, shaker cups or weight lifting gloves. Water bottles can run extremely cheap or can be quite expensive. If they are dishwasher safe, shatter-proof and easy to clean, you can expect to pay a little more. Shaker cups are great for mixing supplements or protein powders and can be toted along in a gym bag and used after a workout.

Secondly, think about whether they will be training outdoors this winter. Those who enjoy running can benefit from breathable running jackets, thermal undergarments and running pants. Stores like Runner's Choice, Running Room, Sport Check, Athlete's World, Lululemon (at Masonville Mall) and Titika (at White Oaks Mall) are great for catering to the athlete who likes to blend colour, warmth and style. But don't forget about Winner's or

Value Village if you are pinching pennies.

"There's lots of different options for Christmas gifts and what we tend to find for Christmas are lots of people need things that are one, functional as athletes can use them, but two, are not shoes as they are really specific to the runner," said Brian Hagemeyer of Runner's Choice.

Hagemeyer also suggested little things you can purchase that still go a long way.

"If you are looking for smaller things, winter running socks are a great item that a lot of people don't think about. For safety items, reflective vests, running lights, things like that are popular this time of year as it's getting darker as well."

He also suggested keeping items that will keep your loved ones safe in mind.

"Head lamps retail for \$10. It gives you good visibility when you are out there so people can see you too but are also good because it shows you where you are going and gives you light for footing."

Weight training gloves are a good idea for both men and women who enjoy strength training as part of their lifestyle. They protect against callouses, tears in the palm and provide overall grip strength while doing heavy lifts. A majority of supplement stores in the city carry gloves, but you can also find them at Walmart and Canadian Tire.

Stylish hair bands or hair wraps are trendy for female athletes and can keep the wisps at bay, as well

as secure ear buds for training while listening to music.

Fresh Karat is specifically geared towards headbands for women as well as babies and toddlers.

Training gadgets are a useful accessory, but run along the more expensive route.

"A Garmin is a GPS watch... it gives you feedback on your run. It works in real time, connects to the satellites that Garmin owns and it gives you speed, distance and pace so you get it instantly. You know how fast you're going and how far you've gone. So you don't need to go figure out your routes all the time. It's great for travelling and exploring your routes if you don't know the area," Hagemeyer said.

Hagemeyer continued on to talk of the importance in investing a proper heart-rate monitor.

"Polar were one of the companies that first started to make them. It's a two-piece watch that includes a watch and a chest strap, which picks up the electrical impulses so you can monitor your heart rate as you are working out. Just a basic heart rate monitor is going to start at about \$80 and a GPS watch starts about \$150."

Now that you are familiar with some ideas, make sure to sure to shop online, check out some stores in the city and stay within your budget for your Christmas gifts. Your presents can keep the motivation going for your athlete or newcomer and they will be more than ready to begin January 2016 on the right foot.

Cryptogram Solution: We wish you a Marill Christmas.

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CREDIT: NAUMAN FAROOQ

If you are looking for a vehicle with high-tech gadgets the SVR is not for you, but if you are looking for a vehicle with an unforgettable driving experience head to the local Range Rover dealership.

## An SUV that drives like a racecar

**NAUMAN FAROOQ**  
MOTORING

Land Rover's Range Rover was the world's first luxury SUV. It combined elegant styling with comfort, and was capable of going where other luxury vehicles couldn't even dream of going.

The latest offering from Range Rover however is a bit different. It still exudes elegant styling with lots of luxuries to pamper you, but this one isn't so much for going where there are no roads, this one would be happiest on the de-restricted sections of the autobahn.

The model I'm talking about is Range Rover's latest offering and it's the highest performance variant of their already entertaining sport model. It's called the SVR, and it is the fastest and most powerful vehicle to ever come out of Land Rover's factory in the Midlands, UK.

This 2,335-kilogram vehicle can sprint from zero to 100 kilometres per hour in just 4.7 seconds, and is electronically limited to a top speed of 260 km/h. In short, it's faster than the new Ford Mustang EcoBoost, and that is a two-door sports car.

It's not just the numbers either, this SVR sounds magnificent when you open up the throttle, and the feel from the chassis, and steering is wonderful as it hunkers down and slingshots up the road.

The power is relentless. Under the hood is a supercharged 5.0 litre V8

motor that produces 550 horsepower and 502 pound per foot of torque. Power is fed to all-wheels via an eight-speed automatic transmission, with steering wheel mounted pedal shifters so you can play with gear ratios as you wish.

This drivetrain might sound familiar because it has the same mechanicals that you find in the sleek and sexy 2016 Jaguar F-Type R all wheel drive, which is the most exciting road car I've driven all year.

Though, the SVR is a lot heavier than the F-Type R, but don't think that the extra weight dulls the performance. The performance actually feels even more amusing in the SVR because you just don't expect a fairly large SUV to perform the way it does.

The performance is not just for straight roads as the SVR can handle bends too. Put it in Dynamic-mode and you can toss it into corners at ridiculous speeds and it just sticks.

Just because it is fast, don't think it has completely lost what has always made a Land Rover Range Rover the king of all SUVs; it still has its off-road abilities.

Though with its aggressive front bumper and high-speed road tires, it is not ideal for going where tarmac doesn't exist, it still has off-road programs.

It also has height adjustable shocks; therefore you can raise the whole vehicle up by 2.5 inches; this would help clear sleeping rabbits

and skunks without disturbing their ears.

Similar to every Range Rover before it, the SVR is also a luxurious environment. Climb in and you're treated to comfortable, racing bucket-style seats front and back. The interior is beautiful and you get almost every luxury and infotainment item you'd ever wish for.

Though this vehicle sounds perfect, it's not.

First of all, the quality of image from its camera system is a lot poorer than what its competition offers, and it's the same story with its touch-screen infotainment system, which is quite old and not up to par with what else is on the market.

If you're after gadgets, there are better vehicles out there, but if your purpose for buying your next vehicle is pure driving excitement, than the SVR is unbeatable.

This vehicle is also great on gas. I averaged 13.7 litres per 100 kilometres in my test week, which is better than many performance cars I have tested. It does drink premium fuel, so the cost of operation will be high, but if you can afford an SUV that has a base price of \$124,990, then you can probably afford the gas, too.

I am fortunate enough to drive a lot of new vehicles every year, and this year, it's this big, fast Range Rover SVR that has won my heart. I only wish I could afford to park one on my driveway permanently.



### MEN'S BASKETBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Mohawk	8	16	745	639
Sheridan	9	14	786	651
Lambton	9	12	788	701
Niagara	8	12	687	598
Humber	8	10	602	571
Sault	9	8	569	628
St. Clair	9	8	708	738
Redeemer	8	4	678	690
Cambrian	9	2	604	862
<b>Fanshawe</b>	<b>9</b>	<b>0</b>	<b>644</b>	<b>733</b>

### MEN'S VOLLEYBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Fanshawe</b>	<b>11</b>	<b>18</b>	<b>29</b>	<b>9</b>
Mohawk	9	14	25	8
Humber	9	14	22	12
Redeemer	8	12	19	10
Niagara	8	12	22	10
Sheridan	9	10	20	14
Conestoga	9	6	11	19
St. Clair	9	4	9	23
Boreal	10	2	4	27
Cambrian	10	0	1	30

### WOMEN'S BASKETBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
Humber	8	16	623	382
St. Clair	9	14	621	466
<b>Fanshawe</b>	<b>9</b>	<b>14</b>	<b>609</b>	<b>427</b>
Mohawk	8	12	596	419
Niagara	8	8	543	527
Redeemer	8	8	612	523
Lambton	9	8	662	658
Sheridan	9	4	403	589
Sault	9	2	388	673
Cambrian	9	0	332	825

### WOMEN'S VOLLEYBALL OCAA West Division Standings

Team	GP	PTS	FOR	AGA.
<b>Humber</b>	<b>9</b>	<b>18</b>	<b>27</b>	<b>2</b>
Fanshawe	11	16	26	14
Cambrian	10	12	21	15
Niagara	8	12	18	8
Sheridan	9	10	18	16
St. Clair	9	10	18	15
Redeemer	8	8	15	14
Mohawk	9	4	7	21
Conestoga	9	2	8	24
Boreal	10	0	1	30

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