

# THE LIGHTHOUSE

October 21, 2018

Self help tips

What in the heck is a TangK??

who are the new Chali FCs?



Get to know Daddy VP  
Tom B Stone



# Questions–Daddy VP Edition (Tom Stone VP AHR)

Sarman Bhullar

Q1.) If you could pick one floor to live on (apart from yours) which one would it be?

**I really enjoy living on 6H this year, shout out to 6H, but I think that Chalifoux 2b is a cool floor also. 2b or not 2b? Good stuff.**

Q2.) Why did you choose to major in stats bro?

**I actually really enjoy statistics, and I think that I have the opportunity to make the world a better place through my love for data. God knows nobody else loves it, so I get a pretty big piece of the pie in that regard, which is a plus.**

Q3.) A maximum of 3 words to describe your job with the LHSA

**Academics. Human. Resources.**

Q4.) Who's your favourite exec?

**I'm going to go with VP Henday, Nich B.**

Q5.) Favourite animal?

**Swan. Mean as geese, stronger than geese, beautiful creatures. The alpha bird. A swan would DESTROY a falcon in a fight, I mean just completely annihilate it. The swan could just go in the water. Then what is the falcon going to do? They can't swim. Outlast. Improvise. Adapt.**

Q6.) Favourite cocktail?

**Aviation. It's purple.**

Q7.) Favourite flavour of pop?

**Rivella. It's Swiss, google it. Best thing you'll ever taste.**

Q8.) Medicks or doms?

**Doms. Roasted red pepper + donair meat is the go-to.**

Q9.) Caf or Mar?

**Mar, every single time, for every possible applicable circumstance in my mind. When my flex runs out, I'll shed a tear or two for sure.**

Q10.) What's your hidden talent?

**Writing. I do it on the side and take a lot of pride in it.**

Q11.) What song makes you cry?

**Fell in Love at 22 – Starflyer 59**



Q12.)Who do you snapchat the most?  
**Avi Mehra from 9H.**

Q13.)Who's your best friend?  
**Outside of the LHSA, either Avi, or Nolan MacLean from Chalifoux 5b.**

Q14.)Your guilty pleasure movie?  
**Assuming guilty pleasure means, "not good", Mac & Devin Go to High School.**

Q15.)Favourite dodgeball player?  
**Sink. Out of people in Lister still, Wesley Ng.**

Q16.)If you could move any dodgeball player to your floor, who would it be?  
**Peter Grimm already plays for 5-6 Henday.**

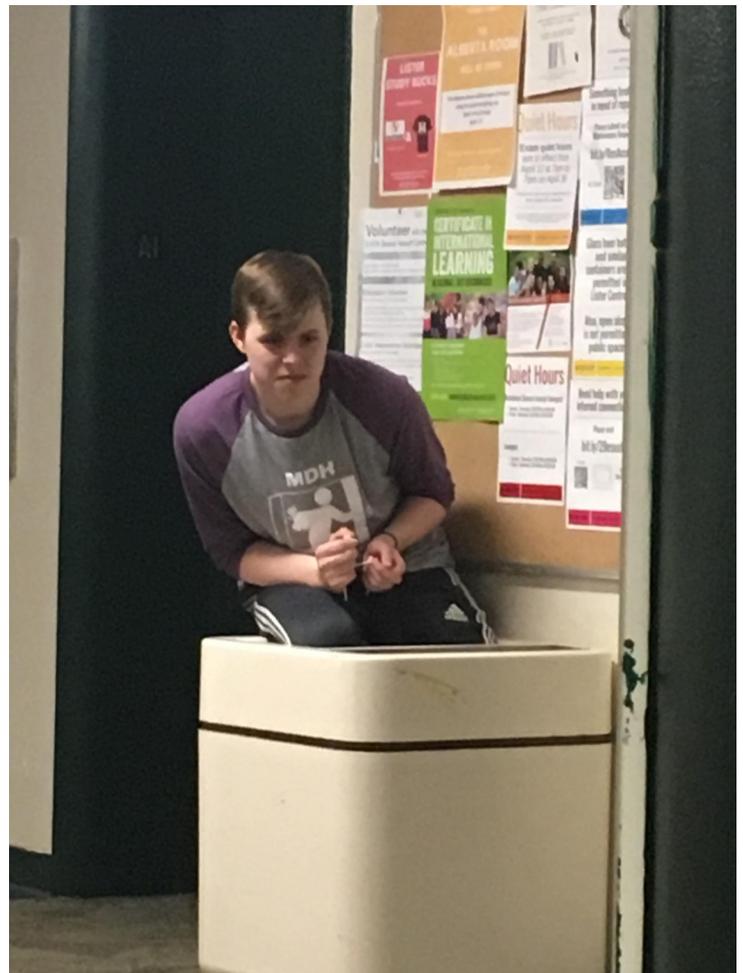
Q17.)Your favourite book?  
**Norwegian Wood – Haruki Murakami**

Q18.)Your favourite quote?  
**"It's better to fail aiming high than to succeed aiming low. Aim so high, that even your failures ring about with an echo of glory." – Bill Nicholson (not an exact quote)**

Q19.)Your rice purity score is?  
**55.**

**Q20.) Favourite word?**

**The.**





# Floor History: TangK (10Kelsey)

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Alexis Jones

TANG K is 10k's long standing tradition of throwing a huge party where there is a *sea of people in all the wings because they love that sweet, sweet tang. But do you ever wonder how it started? Well I've got the story right here. Once upon a time on a hot fall day, a Lister resident who lived on 10K was drinking water. A mysterious someone came up to him and said, "Have you heard of this new crystalized thing you put in your water!?! It's REVOLUTIONARY brooo!" He slipped some in and the shit turned orange and he said "That's tangy bro. Woah... let's call it TANG bro!" Later on he was at a party drinking with his orange mix and a friend asked "where did you get that? Can I have some!?" He said, "sure!"*

Once the friend tried the orange mix he said "WOAH, this shit is fucking fire fam." The mystery guy had four tons of the orange mix because it was super cheap and everyone wanted to try it. Soon it spread like wildfire and everyone loved the sweet, sweet tang on 10Kelsey. Then some random kid yells "THIS MIGHT AS WELL BE CALLED TANG K BECAUSE THIS IS LIT!"

A week after the party, our beloved mystery man is checking his bank account and it's really low and he wonders what he is going to do. But then it hits him all at once, *the people LOVE THE TANG and I have SO MUCH. So he calls his uncle who makes moonshine and mixes the tang to get the best flavour to everclear ratio and BAM, the sweet ,sweet tang and everclear mix was perfected. So they started to sell tickets and threw a huge party and it was LEGEN... wait for it...DARY!*

*\*the preceding story may or may not be fictional. Who knows?\**



# Reach out when you need help!

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Tina Tai

Winter is coming while midterms have already surrounded us. Whether you are someone who suffers from seasonal blues or simply feeling overwhelmed by the constant drone of study and work, there are many resources that anyone can reach out to. Keep on reading to find out some ways to take care of your health!

Free drop-in workshops are often held in SUB; these workshops address various concerns you may have. Feeling particularly anxious? Check out the session on October 24<sup>th</sup> held at SUB 4-02, from 4:30-6PM. There are also workshops on October 26<sup>th</sup>, November 6<sup>th</sup>, and all throughout the rest of the semester! Head over to <https://www.ualberta.ca/current-students/counselling/workshops> to find drop-in times for topics such as managing stress, understanding depression, and facing fears.

The UofA also offers counselling services for its students. On Mondays, Thursdays, and Fridays, SUB 2-600 is open from 8AM to 4:30PM for students who would like to learn more about the university's Counselling & Clinical Services.

Other resources include the Peer Support Centre, Sexual Assault Centre, International Student Services, and many more. Check out <https://www.ualberta.ca/current-students/wellness> for more information.

As for academics, if you are struggling with your studies, don't worry! It's common to run into difficulties, especially when the stress surrounding exams and assignments is high. The Decima Robinson Support Centre, Academic Success Centre, and Centre for Writers are just a few of the academic resources available. Lucky for you Lister residents, you also have the Midterm Review programs run by our daddiest VP, Tom Stone.



LHSA ACADEMICS COMMITTEE PRESENTS:

***STAT 151  
MIDTERM  
REVIEW***

***OCT 25TH, 6PM-8PM  
Alberta Room***



# Self Care Tips

Tina Tai

While the university has wonderful resources that can help you through potential health or academic concerns you are facing, sometimes all we need is a little more self-care. Here are some things to keep in mind when you are feeling down and not even dodgeball or chatting with your friends can help.

Working out relieves a lot of stress. Seriously, after sitting at a desk for hours, trying to cram information into my brain, I begin to crave a good workout. Go for a quick run, lift some heavy weights, and go to a badminton or volleyball drop-in at Van Vliet with a few friends. Exercise helps improve blood circulation and oxygen levels, which helps refresh your mind when you return to studying. Endorphins are also released during exercise, making you happier and therefore less fed up with whatever is troubling you. Exercising with a partner on certain...furniture...can also be a fun break—but I'm not implying anything. Just try to be considerate of your neighbors.

Netflix is not a good study break. Someone out there probably has an astounding amount of self-control that allows them to stop watching Netflix after one episode, but that person is not you. Instead, try making yourself some tea, grab a snack to make sure you stay energized, and go cross something off your to-do list. You can clean your room, put that pile of laundry in the wash, or finally get around to hanging up some fairy-lights. Cleaning up your environment can drastically improve your mood, and you will have immediately done something productive today!

Call your grandpa. Or sister. Or your best friend on the other side of the world. Talk to someone who gets you and let them remind you that life isn't just work and study. Connect with the people who care about you and remember that you are not alone.

Take a relaxing bath. Okay maybe not in the gross Lister tubs. But you can have a shower beer as a substitute. Apparently, it's therapeutic to some people. *But do remember that consumption of alcohol in public spaces in lister is not allowed!*

I hope these tips will help you manage your stress this midterm season as well as in the future. One last thing: remember to stay hydrated with H<sub>2</sub>O, not just watery Duke's beer!

**\*Editor's Note: Duke's beer is not watery it's just different okay!\***



# Say Hello to the New Chali FCs!

John Roche

Ben Bern - 5B Chalifoux

## **Where are you from?**

The suburbs of Calgary, AB.

## **Why'd you come to UofA for school?**

I originally wanted to attend a school further away from home but after hearing about the culture at UofA and taking a tour I changed my mind and decided on UofA.

## **What made you want to become an FC?**

Being able to have a say in the way that our floor's events are run was something I was initially interested in. Advocating for my floor needs was and is a big focus for me.

## **What flavour of wings do you get at wing Wednesday's?**

Teriyaki.

## **What dodgeball team are you on and do you have a favourite player from Lister?**

I'm one of the star throwers for 5-9C. Come watch our games and you'll see what I mean. My favourite player is Dougie "big dig" Sondermann (also 5-9C). He's my dodgeball idol.

## **What's your opinion on the meal plan?**

Being in my first year, I don't really have a reference as to what the meal plan was like last year. That being said, I'm a fan of the unlimited style of the meal plan and love being able to head to the caf 7+ times per day. However, the quality of the food and the limited dining options are a big downside. I'd also like to see more non cafeteria style options (similar to Zoca) included in the meal plan for future.





## Will Maciejowski - 2A Chalifoux

### **Where are you from?**

Okotoks, Alberta

### **Why'd you come to UofA for school?**

I came to UofA because I got to move out, but still be close enough to home to make going back for holidays easier. It is a widely recognized school, with loads of options.

### **What made you want to become an FC?**

I wanted to be able to plan and advocate for my pod, and make all of our lives in Lister more enjoyable.

### **What's your go to dominoes order?**

Hawaiian, pineapple belongs on pizza.

### **What dodgeball team are you on? Do you have a favourite team to watch from Lister?**

I'm on 2 Chali. My favourite team to watch is 3-4 Chali, Big Baller Brad is my idol.

### **What's your opinion on the meal plan? Do you like it or not? Why or why not?**

I have mixed feelings, sometimes I can have a good meal, but other times I find myself wandering to sub or just living on coffee from the Mar.





## Contributions

Sarman Bhullar (Editor)

Tina Tai (Section Editor)

Alexis Jones

John Roche