



Terrapi**NOISE!**

Thursday, December 10, 2015



By Junelle Rivera, Publication Editor

The Philippines is known as the "Land of Fiestas," and at Christmas time, this is especially true. Filipinos are proud to proclaim their Christmas celebration to be the longest and merriest in the world.

There is no winter or snow in the Philippines at Christmas time. But even without snow or pine trees, there's no doubt it's Christmas in the Philippines. Filipino Christmas decorations, like the parol, are abundant and beautiful.

It is also customary for Filipino families to sit down to a feast on Christmas Eve after the Christmas Eve mass. Called the Noche Buena, the feast is in part a thanksgiving for the blessings of the year past, as well as a prayerful feast for a prosperous year to come. Traditionally on every table are the jamon (ham) and queso de bola (cheese).

New Year's in the Philippines is also celebrated a little differently. Special food is prepared, but not like the Noche Buena feast on Christmas Eve. For sure, pancit (noodles) are cooked to signify long life, as are eggs signifying new life.

Part of the fun in getting ready for New Year's Eve is to gather twelve different round fruits, each to signify a month of the year. Where Christmas is the merriest time of the year, New Year's in the Philippines is the noisiest time of the year. Pots and pans are often clanged to scare away evil spirits.

These are just a few of the *many* traditions and superstitions Filipinos do to celebrate the holidays. Whether you celebrate Christmas or not, FCA would like to wish you all Happy Holidays and a great winter break filled with friends, family, and no exams! <3

Cultural/Community Corner

FCA will be having a bake sale this Saturday 12/12 from 9am-12pm. There'll be traditional Filipino treats like turon and puto, and hot cocoa!



Upcoming Events

Puto and Cocoa Bake Sale

Sat. 12/12, 9am-12pm
@ Outside of Stamp

Happy Holidays and a great Winter Break!

Next GBM

Thurs. 2/4, 7 pm
@ Art-Soc 2203

Put that Stress to Rest!

Finals week is just around the corner, so here are some stress management tips to help ease the week:

- Do something you enjoy. You may feel that you're too busy, but making time to do something you enjoy can help you relax. It might also help you get more done in other areas of your life.
- Let your feelings out. Talking, laughing, or even crying when you need to is a healthy way to relieve stress.
- Meditate. It helps to focus your attention to the present, and to not time travel to the past or the future. Paying attention to your breathing is one way to focus.
- Exercise is one of the best ways to manage stress because it helps relieve muscle tension.
- Avoid caffeine. It can increase feelings of anxiety and agitation. If you can't avoid it, at least try to enjoy caffeine with physical activity, and do not take caffeine after 2pm.

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Just Ask Josh!

Advice Column

Submit your own questions through Twitter using #JustAskJosh!

As you know, it's finals season! What tips do you have for surviving the week/all nighters?

HORCHATA ROCKSTAR ENERGY DRINKS!!!! THEY ARE LIFE! But in all seriousness, just get any amount of sleep you can. Oh, you're not studying at the moment? Then sleep. Please, your friends don't want to see you suffer, and if you're falling asleep halfway through your conversations, they'll be concerned.

What is a typical Christmas in the Tan household and do you celebrate any Filipino traditions?

I don't believe we celebrate any Filipino traditions. Recently we've been having Christmas at my brother's house, but even before then, all my nieces, nephews, and younger cousins would wake me up and jump on my bed, wishing me a Merry Christmas. It's things like that that make you truly appreciate the holidays and family.

What is one way to give back during the holiday season?

Definitely look out for opportunities in your community to give back. One thing I used to do with my school is, as a class, take on an underprivileged kid's wish list for Christmas, and purchase an item for

them for Christmas. Things like these can make a kid's Christmas really special, and you won't know where these opportunities lie until you make the effort to find them in your community.

Question from Andrew Hahm: What is the best way to make one's own day?

Well, my own day would be a Sunday(e). To make a sundae, you need to use at least three scoops of ice cream. I prefer to use three different flavors for each scoop. You know, be adventurous and stuff. Then I layer it all with different types of fruit. I love bananas and strawberries on my sundaes. The final step is to drizzle it with some sort of sauce. This can be caramel, or chocolate, etc. Remember though, have fun with it! It's your day! Make sure to make it your own!

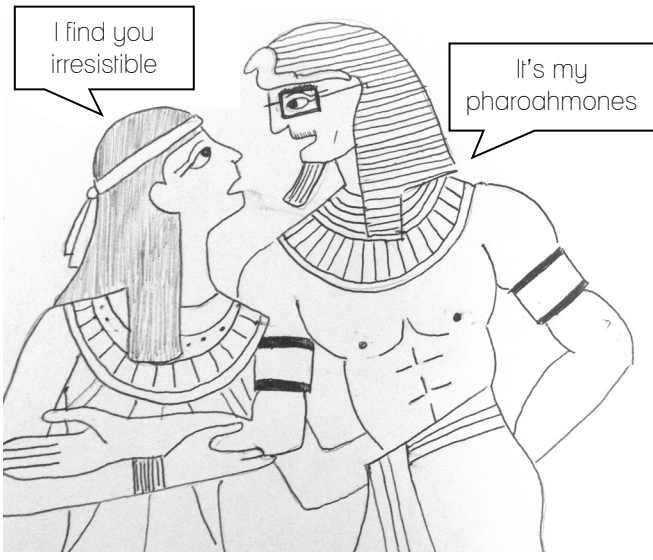
Question from Jordan Bruce: What do you like to do on a Saturday at 3am?

Well if I'm not hanging out with friends, watching tv, or sleeping, I like to write. It's a great time because you're alone with your thoughts, and somewhat delirious because of the time of day. That's the best time to write, when you're loopy. That's when you get the most out of your creativity and imagination.

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

Parol
Karaoke
Lechon
Fireworks

Bagong Taon (New Year's)
Regalo (Gifts)
Pasko (Christmas)
Noche Buena (Dinner)



Member Spotlights!

Get to know your Eboard and General Body Members!

Caryn Pasking
Female Freshman Rep

Major: Letters & Sciences
What are some of the things on your Christmas list? Winter hats (I



keep losing mine), gift cards (Barnes & Noble or GameStop are just fine), a deeper understanding of chemistry (now accepting all forms of notes and aid), Beyonce's album 'Beyonce' (because why not), and warm hugs (because those are a win-win situation)!

What is your favorite/most interesting present you've ever received for Christmas? A week before Christmas, my parents put a big, nicely wrapped box under the tree for me and I was pumped for some really cool present. Then Christmas day came and I opened the big box to find all the clothes I'd been looking for that past week.

What have you enjoyed the most in your first semester at college? I've enjoyed becoming a part of FCA! I was overwhelmed at the first GBM because everyone seemed to know each other and I didn't think I'd fit in but then people really reached out and got me to come out. I'm super grateful for all those people and all the friends I've made since then.

Jason Vargas

Year: Freshman
Major: Computer Science

What are you looking forward to do most during winter break? I look forward to staying up really late and NOT having to worry about sleeping through my classes. I also look forward to being able to freely play video games and see high school friends I haven't seen in months. Most importantly, I definitely look forward to spending time with my family and starting off a brand new year, as cliché as that may sound.

Any traditions for the Holidays? I don't really have any X-mas traditions besides opening presents at midnight as opposed to X-mas morning. However for New Year's, my family follows the Spanish "Twelve Grapes" tradition where you eat 12 grapes in 12 seconds as soon as the clock hits midnight. Each grape symbolizes a luck-filled month, with 12 grapes making a year!

Do you have any New Year's Resolutions? Definitely start hitting the gym more and maintaining good health, which I haven't necessarily been doing since the semester started... It'd also be nice to improve my work ethic and sleep schedule, although neither of those are likely to change tbh.

