



Stephanie C. Johnston

Ad Traffic Manager ~ Spotlight Writer

Stephanie Johnston enters a bookstore. The shelves are crammed full of soft leather-bound books. She finds an unlikely visitor lying on the floor, a white slinky and stretchy feline. The feline purrs as it rubs up to her leg. Scooping up the animal, she enters the Publishing section. This story is one that Stephanie knows all too well. After friends and family told her to find a new place to share her many puns, she found Langara College. When not in the local bookstore, she's often painting with colour or asking questions since she is inspired by the unusual and unlikely. This program has helped her see her love for books and soft things in a new way. Be sure to ask her what the last good book was she read and what she loved about school.

HOW WILD IT IS TO BE.

This is somewhere extraordinary.

Lush green forests, endless bright blue skies, the distant noise of wildlife that surrounds you — the vast wilderness will challenge your bravery. Unwind at this scenic off-grid resort after an extreme adrenaline-soaked adventure. Along the edge of the mountain, the secluded coziness of a yurt welcomes weary travellers with the perfect niche. Some of our experience include zip-lining, bungee-jumping and rock climbing — not for the weak or faint of heart.

Stay with us and you will see there is no place like home.

WEST ADVENTURES

How to make Chai Rooibos tea with Manuka honey

Supplies Needed

- Chai Rooibos tea
- Manuka golden honey
- kettle with water
- teaspoon

Open Chai Rooibos teabag.

Add Chai Rooibos to favorite mug.

Boil kettle with water to 100°C. Be careful - it is hot!

Add water to favorite mug.

Add a teaspoon of Manuka honey.

Stir until Manuka honey dissolves completely.

Enjoy with favorite book.

CMYK by Popp Mint

6 Epic Bike Rides Around The World

Shirley Eady Flood
from www.livelihood.com

For many, travelling by bike is the antithesis to the modern trend of fast, fly-in-fly-out travel. In fact, it's hard to envisage a better way to explore a country than on two wheels, slowly meandering along as the landscape unfolds before you. Cycling gives you time to admire your surroundings, draws you away from the tourist crowds and, perhaps best of all, it's sustainable causing no harm to the environment you're travelled to see.

If you have a deep-rooted or burgeoning passion for pedalling, consider carving out some time to take on one of these epic bike rides around the world: life-affirming, unforgettable trips that'll have you yawning across the salt flats of Bolivia or working up the hills of the Moroccan High Atlas. Time to saddle up!

1. Southern Namibia
Start: Windhoek
End: Felix Luitze
Distance: 621 miles (1000km)

Namibia has the second lowest population density in the world. Most of its people are in the north, so the south is empty indeed. Not surprisingly, it's dry and unforgiving land. Towns and amenities are few and far between. Roads are mostly loose gravel. But it's also untrammeled progress. A seven-day, 602-mile (1000km) unsupported pedal

2. La Florida, Cuba
Start: Ciego de Avila
End: Baracoa
Distance: 34 miles (55km)

Hailed as one of the seven modern roadhouses, campgrounds and great attractions, an ideal itinerary is an hour south-west to Soriano for a visit to Soriano's red dance and tale pans, then turns south via Helminthogaster and Seckin to pause in Hobas and view Fish River Canyon (travelling the Grand Canyon), and then point south again to Felix Luitze, near the Woodrow International crossing.

3. La Florida, Cuba
Start: Ciego de Avila
End: Baracoa
Distance: 34 miles (55km)

Hailed as one of the seven modern engineering marvels of Cuba, La Florida (the lighthouse road) links the beach hamlet of Ciego de Avila on the east Caribbean coast with the nation's beguiling oldest city, Baracoa. Measuring 34 miles (55km) in length, the road traverses the steep-sided Sierra del Purul, making its way precipitously through a landscape of granite cliffs and pine-scented cloud forest before

The Top Ten Sources of Vitamin C in Fruits & Vegetables

GUAVAS - 288 MG - originally from South America & Mexico
BELL PEPPERS - 128 MG - sweet capsicum is not spicy
KIWI - 95 MG - citrus to lower bad types of cholesterol
PAPAYAS - 61 MG - acts as anti-inflammatory for the brain
SNOW PEAS - 60 MG - used for increasing iron consumption
ORANGES - 63 MG - well known globe fruit is international
POTATOES - 42 MG - improve blood sugar regulation
KALE - 41 MG - cruciferous vegetable helps prevent cancer
STRAWBERRIES - 39 MG - anti-oxidants reduce dementia

| Source | Vitamin C (MG) |
|--------------|----------------|
| Guavas | 288 |
| Bell Peppers | 128 |
| Kiwi | 95 |
| Papayas | 61 |
| Snow Peas | 60 |
| Oranges | 63 |
| Potatoes | 42 |
| Kale | 41 |
| Strawberries | 39 |

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Hand in hand

By the edge of the sand

They danced

By the light of the moon

The moon

MOV•IT

HEALTH & FITNESS

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Seasonal

- Pumpkin cheesecake \$4.77
- Mango guree madness \$4.50
- Pumpkin pie a la mode \$3.75
- Chai spiced & ginger snap snickerdoodles \$4.75
- Trio of seasonal fruits & whipped cream \$5.50

Pumpkin pie a la mode

Dot's Semicolon

"She typed furiously and accurately, knowing that the answers were not where she expected them surrounding her birth..." - Dot's Semicolon

"A thrilling hunt of hopeful self-discovery!" - Simon & Schuster

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Harriet's Story

After being adopted at the tender age of thirteen days old, Harriet grew up wondering what would happen if she were to reconnect with her biological family. After decades of questioning and hours of time consuming interrogations with various sources (including the Adoption Reunion Registry) she decided to tell her story as Semicolon. She felt inspired to tell her tale, as many adoptees feel isolated and alone but should never feel they do not have a story to tell.

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Dot's Semicolon

A story of a daughter, Semicolon, who tries to locate her biological mother, Dot.

Harriet M. Welch

gtfo.

Hide puffy undereyes with a cute pair of sunglasses that double as a hair accessory. This travel purse has an inner compartment for your phone, passport, keys, and wallet.

Need to get away for a quickie? Whether it's for business or pleasure, these polished looks travel accessories are sure to make you runway-ready—the airplane runway, that is!

Consider a rolling suitcase to save your back from strain! Use a cute silk scarf as a belt, easier and more discreet to adjust for travel bloat.

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