

grapevine



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fan theories
about some of your
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and TV shows

Discounts FOR STUDENTS



> GRAPEVINE SHORT STORIES • TOMMY'S TALK

TOMMY'S TALK

BY TOMMY MANSELL EDITOR

Ok, so some of you might have seen my previous talk about trying posh coffee in the last edition of the Grapevine, that didn't go down too well! I still haven't got any further than three different coffees. But, it'll all be ok because it's not the end of 2017, just yet. I have plenty of time! However, I am a little limited to what I can have. I know I said before that I didn't want to go on a diet because who does, right? But now I feel like it is time to sort myself out, big time.

I decided to join the dreaded Slimming World. The weekly weigh in, the talk with group, the new change of lifestyle. I just thought how am I going to go from eating cheese burgers and cheesy chips to having things like salads and healthy sandwiches with brown bread! I can't even have white bread, what is going off! So I'm just going to talk about what has happened so far and actually why I'm feeling a lot better in myself, the best in about two years.

So I must admit, I have done Slimming World before about two or three years ago now, it was great. I was slimmer of the week a couple of times, got slimmer of the month and I ended up losing just over two stone in six months. I felt amazing, I was more confident in my clothes, with my body and how I looked in general. I was happy to get rid of my double chin the most! So I had my new lifestyle and I thought I have done great now! I started in the winter and summer was coming up, so I thought I've done the hard work now and it's time to start doing more things I enjoy. With this in my mind, I regretfully quit the Slimming World group. Things went bad, quick...

All the weight was put back on, and more,

by Christmas of the same year. So half of the year's work was just wasted. I was gutted. I just went back to my old lifestyle. I didn't realise how bad I was starting to look again until it was too late as the damage had already been done. But now, it is time for a change, and I'm so glad I have been changing.

I returned to the group I went to when I first started my journey with Slimming World. There were a couple of familiar faces, it was nice to see them and have a catch up. It was also nice to get to meet the other members who had started whilst I was away having a couple of fat years as I like to call them, I had a little blip!

So it was my first session in group for a while and I was talked through the way that Slimming World works and saw images of a few different transformations which were all amazing and inspiring as you are able to see that the programme does work and it is achievable to meet targets and goals that are set each week.

Before getting weighed on the first week, I was asked to sit down during the discussion which is called image therapy. This is an opportunity for people to discuss their week, what went well what didn't go too well and if there is anything that could impact them during the week coming up. It is also a time for people to share recipes and meals that they've enjoyed for other people in the group to give a go at making. The image therapy time is also where Slimmer of the Week is announced along with any other awards that may have been achieved like one stone loss award.

I was enjoying being back at the group and getting the motivation for the different

lifestyle choices I had to make if I wanted to be successful. I was told to remember, Slimming World isn't a diet, it is a change of lifestyle, for the better! I think about that if I'm struggling, because I am allowed to have treats (or syns as the group calls them) but it's important not to have too many syns or go over the allocated amount of syns.

I have been going to Slimming World now for four weeks to get weighed since starting. I have lost 11 1/2 pounds after four weeks. So to have lost a stone I just need to lose another 2 1/2 pounds. For me now, I feel amazing, I have lost so much in such little time. I am starting to feel different in myself, able to do things easier, trying new foods and lowering how many treats I have, so when I do have a treat, it tastes great!

If you feel how I used to feel about myself regarding weight and appearance, why not try joining one of the local groups near you. There are many different groups with lots of amazing people always happy to help. There are people of all ages and all genders who go to the groups with no judgement, just positivity to help you become the best version of you. It is one of the best decisions I have made in 2017, better than the coffee tasting, that's for sure!

You only have to go to one of the groups once a week for weigh in and image therapy (which is optional), but strongly recommended to keep you on track! Here are a few local groups that are able to help you start your journey. Remember, it's not a diet, it's a change of lifestyle to get the best version of you. Good Luck!

Hemsworth Community Centre, Bullenshaw Road, Hemsworth, West Yorkshire, WF9 4LN.
Wednesdays at 9:30am, 11:30am, 3:30pm, 5:30pm and 7:30pm.

Brierley Methodist Church, Church Street, Brierley, Barnsley, South Yorkshire, S72 9JR.
Mondays at 5:30pm and 7:30pm.

Acorn Centre, High Street, Grimethorpe, South Yorkshire, S72 7EQ.
Wednesdays at 5:00pm and 7:00pm.

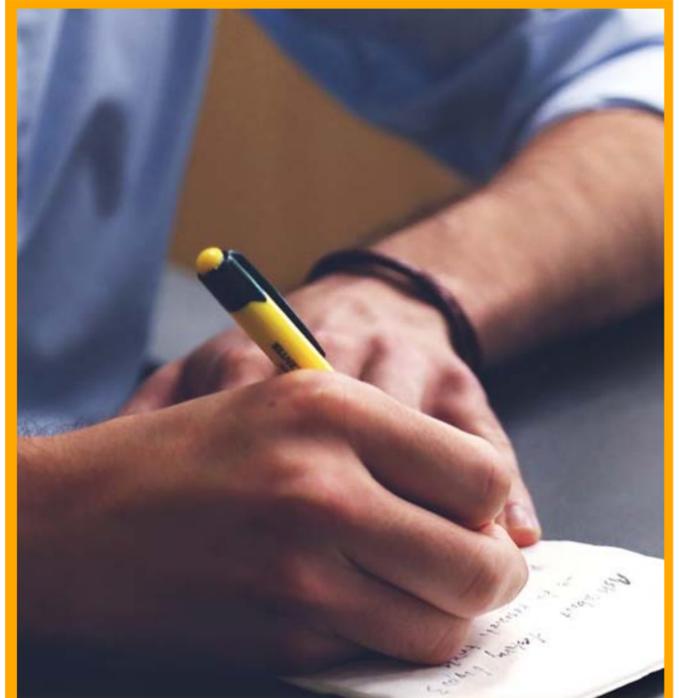
Dorothy Hyman Sports Centre, Snydale Road, Cudworth, Barnsley, South Yorkshire, SW72 8LH.
Tuesdays at 9:00am, 11:00am, 5:00pm and 7:00pm.

Horizon Community College, Dodworth Road, Barnsley, South Yorkshire, S70 6PD.
Saturdays at 8:30am and 10:30am, Mondays at 5:00pm and 7:00pm, Tuesdays at 5:30pm and 7:30pm & Thursdays at 5:30pm and 7:30pm.

Ward Green Baptist Church, Vernon Road, Worsborough, Barnsley, South Yorkshire, S70 5HJ.
Wednesdays at 9:00am or Tuesdays at 5:30pm and 7:30pm.

New Hope Methodist Church, Laithes Crescent, Athersley, Barnsley, South Yorkshire, S72 3AE.
Wednesdays at 5:00pm & 7:00pm or Thursdays at 9:00am and 11:00am.

Others weight loss programmes are available and this is not an endorsement of slimming world.



Very Short Stories

ANNE ANTHONY High-Tech

"There's a bug." The new Project Manager steps into Charlie's cube. She smells fresh, like she showers.

"Impossible." He knows she can't read Java so he points to his screen. "Show me."

"Good Lord, never mind." She removes her ruby high heel and smashes the cockroach crawling across his desktop.

MARY SHEEHAN Peter's Secret Snip

Peter hadn't inherited his father's disease, but a child of his could. He couldn't allow it.

"This won't hurt," the doctor promised. It bloody did! He deserved that for not telling Clara, who desperately wanted a baby.

A year later, Clara announced, "I'm pregnant!" Seemed she had a secret too.

VIV BURGESS Bloodhound

After my husband's departure, I acquired a dog for company.

Out walking, Rufus found a body in the woods. The policeman gave him some treats.

He scented the second corpse in the canal.

When Rufus brought back a finger, he had to go.

He'd also started scratching at the patio.

SOME OF OUR CONTRIBUTORS...



TOMMY MANSELL

This is the third edition of the Grapevine. It has been going for a year now and I am wanting to get as many more people involved as I can! So please, get in touch.



Chilypep

A huge thanks to Chilypep who have shared many different ways to help with your mental health. Take a look at these and see if there is something you can do to help your mental health.



GEM Design and Print

A big thank you to all five of the GEM apprentices who worked on and put this newspaper together.

> GRAPEVINE THE HAVEN • SOCIETIES



The Haven

is a place for all staff and students to use to chill out and relax. The Haven is located on the Lower Ground Floor next to the Print Room in Old Mill Lane.



USEFUL CONTACTS AND ORGANISATIONS

NHS Direct	111
Samaritans	116 123
Mind	01226 211188
Pathways (Domestic Violence)	01226 731812
Barnsley Sexual Abuse and Rape Crisis Line (BSARC)	01226 320140
Citizen's Advice Bureau	03444 111 444
Phoenix Futures (Substance Misuse Team)	01226 779066
Health and Wellbeing Centre	01226 216233



UCB Engineering Society

The UCB Engineering Society was set up during the last academic year, with the aim of doing various activities which would keep our 'engineering brains' active but without the pressures of a classroom. We also double as an Engineering assignment workshop and, occasionally, an outright HND Engineering social club, minus the alcohol!

We are currently working on the construction of a handful of small autonomous robots. We want to get the robot project into high gear and aim to have a number of small machines on display by June 2018.

We also have our mascot, a robotic hand! This was built last year and is seen as very interesting but also quite strange depending on how you feel about robotics. There are currently seven members in the society, but hopefully the recruitment for more students will go well getting even more people involved in the amazing projects we do. If the society gets big enough, we would be considering putting on an evening meeting.

If this sounds like something you would be interested in taking part in, then please get in touch with Ben:

benjcarr88@gmail.com



SAGA Society

The SAGA Society meet every Wednesday afternoon. The society is in place to offer a safe space for the LGBTQ community to meet up and talk about any experiences that they have and try to support people through their time in college. The society also helps the Students' Union to plan a variety of events. During these events, the society is able to help out with any tasks.

If this sounds like the society for you, why not contact Alisha for more information:

alisha.hastings@sky.com



UCB Football Team

The UCB Football team trains at the Honeywell Sports Campus on the 3G pitch from 4:30-5:45 on Mondays. Also, when scheduled, there are matches on Wednesday afternoons.

If you would like to get involved in the UCB Football team then get in touch with Matt or go to the training session at Honeywell to get involved:

matt.gill95@yahoo.com



Musical Theatre Society

The Musical Theatre Society is usually rehearsing for one of its amazing productions. The productions usually take place at Barnsley Sixth Form College. The society have recently purchased many different costumes ready to start making plans for future productions and shows. If you are interested in this society, please get in contact with Mitchell:

hodsonmitchell@gmail.com

> GRAPEVINE 25 LIFE HACKS

25 LIFE HACKS

Here are 25 different life hacks to help you make your everyday life much simpler. I hope some of these can be used by you to keep things easy and save you as much time as possible.



1. Use paper clips to organise your cables.



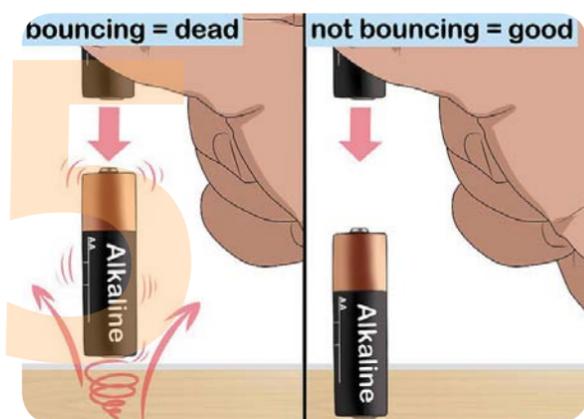
2. Keep a card like this in your wallet that's visible; it could save your life one day.



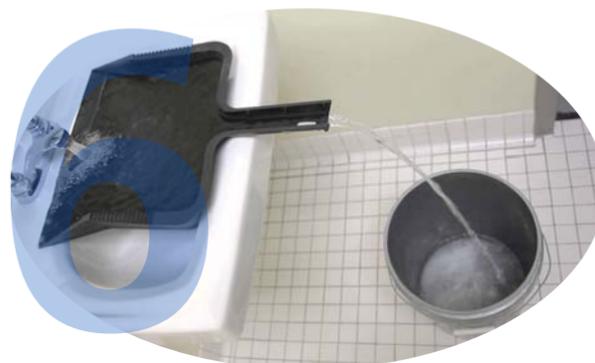
3. If you don't have a charger in a hotel, the TV will most likely have a USB port.



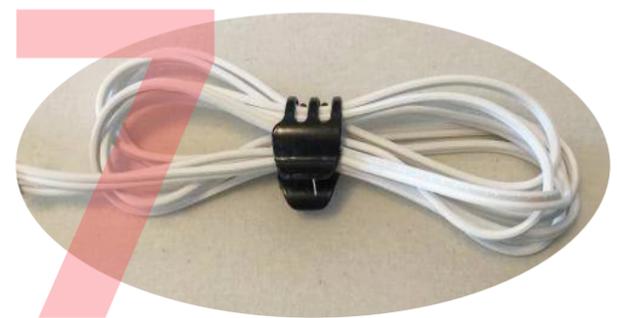
4. Knot one of the earphones so you know the difference easily.



5. Dropping a battery on a surface gives a good indicator whether they're good or bad.



6. Use a dustpan to fill a container that doesn't fit in the sink.



7. Use a hair clip to organise long wires.



8. To avoid cutting yourself, use a can opener to open a blister pack.



9. Use a clothes hanger as a cheap alternative for a cookbook holder.



10. Use a muffin tray to serve condiments at a BBQ to save space and washing.



11. Place a glass of water with pizza in microwave to stop the crust drying.



12. Identify different keys with nail polish.



13. Use a rubber band to wipe paint off the brush instead of on the side.



14. Put newspaper in bottom of bin to absorb any juice.



15. Take a picture of your friend with the item they are wanting to borrow so you don't forget.



16. Iron a shirt inside-out so it's easier to go over the button side.



17. Unroll the sides of ketchup pots to increase the capacity for sauce.



18. Instead of overlapping slices, cut two slices in half and place each half at one side so corners are covered.



19. Use an accent for passwords to increase difficulty.



20. Space out leftovers in the centre to heat up more evenly in the microwave.



21. The correct way to eat a muffin:



22. Place clothes in your drawers vertically to get a clear view when choosing what to wear.



23. Waterproof shoes with wax.



24. Place double sided sticky pads on your table so you can put TV remotes there when you're done using them.



25. Tub of chocolate spread nearly finished? Fill it with ice cream and enjoy the magic!

>
GRAPEVINE
HOW TO MAKE A GLITTER JAR

How to make a
Glitter Jar



#NotJustMe

*Raising the voice and awareness
of youth mental health*

you will need:



What to do:

Step 1

Fill the jar halfway with water



Step 2

Add the glue to the water



Step 3

Place the lid on the jar securely and shake



Step 4

Remove lid and add your glitter



Step 5

Replace the lid and secure firmly



Why is a glitter jar good?

A glitter jar helps decrease:

- Anxiety
- Fear
- Self-harming behaviour

It also helps:

- Increase creativity
- You to open up and bond when you make the glitter jar





GRAPEVINE DRIVING INSTRUCTORS • STUDENT DISCOUNTS

Have you thought about your driving test yet?

The freedom, the fun and the new way of travelling? Well, you need some help to get going straight away, don't you? Why not take a look at these five great driving instructors that could help you get into gear and start driving as soon as possible. All of the instructors are Barnsley based and have great reviews.

These instructors have been suggested by students, other instructors are available. If you would like to recommend your driving instructor then get in touch with Tommy to add something to the newspaper by emailing Tommy.mansell@barnsley.ac.uk

Control Driving School

Male and Female instructors available.
Lessons from £10 per hour.
Call or text 07530309485.
info@control-driving-school.co.uk
Visit the Facebook page: Control Driving School.

If you're looking for quality driving lessons in Barnsley or the surrounding areas then look no further than Control Driving School. We have over 15 years experience of teaching people to drive in Barnsley, we are fully qualified Driving Standards Agency approved instructors - so you can be confident you are receiving driving lessons of the highest quality at an affordable price.

Pass With Laura Matysiak

Female Driving Instructor.
An hourly rate of £22. Block bookings available.
Call or text 07578 919555.
Visit the Facebook page:
Pass With Laura Matysiak.

Learn to drive with a friendly female instructor. I work for a local business called 'Pass With'. I work in all areas of Barnsley, Rotherham and Doncaster.

MR Driving School

Matt Rowan Driving Instructor.
£24 for a two hour taster session.
Call 0333 121 4231.
info@mrdrivingschool.co.uk
Visit the Facebook page: MR Driving School.

Mr Driving School was formed in 2013, our aim is to provide good quality driving tuition at an affordable price. We know our customers don't want to take ages passing their driving test. Which is why we offer them an alternative to driving lessons.

Learn to drive with our Five Simple Steps

- Apply for your provisional driving licence (Contact us for information)
- Book your FREE 1-2-1 consultation
- Arrange the days and times you want and book your relevant test
- Bring your provisional licence and start your training
- Develop your skills complete your course and pass your test

Quick Pass School Of Motoring

Male Driving Instructor.
An hour for £23 (student rate) and £24 for non-students.
Call 01226 757662 or 07903 496528
mdbeaumont1@googlemail.com
Visit the Facebook page:
Quick Pass School of Motoring.

For a vibrant and friendly driving instructor with a modern twist, choose Quick Pass for your driving lessons in Barnsley. We cover Barnsley and the Dearne Valley, providing expert driving lessons at affordable lessons prices.

I am a grade A qualified driving instructor, which is the highest possible grade available from the DVSA, who has a consistently high pass rate due to our high standards of tuition. We welcome all new and nervous drivers as well as the experienced, and have an extremely flexible schedule which can be adjusted to best suit you.

Adam Shenton Driving School

Male Driving Instructor.
10 Hours driving tuition for £154 in Barnsley.
Call 07904 481086.
adamshenton1980@gmail.com
Visit the Facebook page:
Adam Shenton – Driving School.

Adam Shenton Driving School have been offering driving lessons in Barnsley and have built a reputation of being the premier driving school in Barnsley.

We have fully qualified local driving instructors operating in the Barnsley area who have all been CRB checked for your safety. The driving tuition we offer is client centred, that means we don't simply tell you what you are going to do but discuss with you a plan of action that you are comfortable with. A good example of this would be: We might suggest that it's time to tackle the subject of roundabouts but you may not feel ready and prefer to tackle an alternative subject first, so that's what we would do.

STUDENT DISCOUNTS

NUS Card – NUS Extra, the #1 student discount card, brings you over 200 UK student discounts

One, two or three Year Cards.

Choose from a one year card for just £12, a two year card for £22 or a three year card for only £32. Many discounts are online only so you can't get them without your NUS extra card!

Over 200 Discounts!

NUS Extra has the best student discounts around that you can use online and in store.

Discounts include:

- 10% off at the Co-op
- 10% off ASOS
- Up to 40% off at PizzaExpress
- 25% off Odeon student priced tickets

Uni Days – Fast, free, exclusive discounts for students. From classroom and tech must haves, to tonight's new outfit or takeaway, UNIDAYS brings you big savings on student essentials from your favourite brands.

10% Student Discount.

- Topman
- Topshop
- Shoezone (Sometimes 15% depending on store offers)
- Urban Deli (10% with an NUS Card)
- Essential Soaps and Gifts
- New Look
- The Corner

15% Student Discount.

- Select
- The Works (Go online to claim your student discount)
- KFC (Need to be signed up with Student Beans to get the 15% off after spending £5 or more)
- Claire's (Need to be signed up with Student Beans to get the 15% off)

20% Student Discount.

- Pizza Hut (Sunday to Thursday)

25% Student Discount.

- OO Bar (Monday to Friday)





GRAPEVINE

#UNI STUDENT TIPS • CHRISTMAS DIY

Top Tips for Uni, from Uni students!

Student Beans is the best thing since sliced bread.

Live with someone who can cook!

With essays, make sure your referencing and bibliography is done as you go along.

Eat fruit and veg. Your body will appreciate it when everything else it gets is either pasta or alcohol.

Write letters to your friends from home. Getting a reply in the post is amazing!

Keep your bathroom products in your room. Unless you want to get through a bottle of shampoo a week!

Buy some plants for your bedroom to make it more homely.

You can never have too much fancy dress! Make a dressing-up box in your flat - it'll come in useful.

Making your own lunch everyday will save you a fortune.

Take your old school tie to uni. There's always a school disco night!

Do as much work experience as you can while at uni. You'll be grateful for it on your CV when you graduate.

Take photos of your student house when you move in and again when you move out. It'll help with any disputes over deposits.

A mini laptop/notebook is much easier to transport to and from campus. Plus, they're cheaper than the normal sized ones!

Get loads of old, fun photos printed off and cover your bedroom walls in them. Great for an instant pick-me-up!

Keep a five-pound note wedged in the back of your phone or in the case - you never know when it might come in handy for a taxi home.

Make sure you have a hot water bottle, blankets and lots of soup for the winter - you'll need it in student housing where no one can afford heating!

Keep a stash of 50p and pound coins. Great for the washer and the vending machine.

If you're in halls, keep a jumper in easy reach of your bed so you can grab it in the event of a 4am fire alarm.

Invest in some scarves to disguise unwashed messy hair - great for when you wake up hungover and have five minutes to get to your lecture!

Never go shopping when you're hungry. You'll spend a fortune!

Have plenty of face wipes for taking off makeup - but mainly permanent marker.

Before a night out, make double the amount of dinner you'll eat and save the rest in the fridge - it'll save you from stopping at the kebab shop at 3am!

'Clit Bang' really does clean everything!



CHRISTMAS DIY LIGHT-UP SNOW JARS

What you will need:

- Jars (as many as you require)
- Epsom salt
- Small votive candles (same amount as jars)
- Blu Tack
- Matches

Method:

First of all, you will need to make sure the jars that you are going to be using are large enough and clean so they look amazing!

Once they are cleaned and look good to you, place a little blob of Blu Tack on the bottom of the small votive candle and place it in the centre of the base in the jar.

With the candle secure and in place, add your Epsom salt around the candle to make a snow effect. This is a simple but effective way to light up your driveway or walkway to the front door. With the jars now finished, use your match to light up the candle.



DIY GLITTER CANDLES

What you will need:

- Set of plain candles
- Glitter (any colour will do, red is used here)
- Mod Podge glue
- Crafts brush
- Clear adhesive spray*
- Painting tape or masking tape
- Something to catch excess glitter, something like a paper plate

Method:

Use the painting or masking tape, depending on which you have, to cover the area of the candle that you want to keep as wax and not cover in glitter. This will stop any glitter or mod podge going where it shouldn't be going.



With the area covered, use the mod podge glue to cover the area that is going to be filled with glitter. To do this use the craft brush and paint a layer of the mod podge on the area set to be glittered.



Now sprinkle the glitter over the mod podge on the candle, do this on top of the paper plate or whatever you have chosen to use to collect the excess glitter. Sprinkle the glitter until all of the mod podge has been covered. Leave the candles to then dry overnight.

The next day, give them a light spray of clear adhesive spray* to keep the glitter from falling from the candle.



* Adhesive spray is flammable. For decorative use only.

FAN THEORIES

The Handmaid's Tale

Offred might be in a love triangle - Offred knows that Luke (her husband, and father to Hannah who was taken from her before Gilead started to exist) is still alive and living in Little America, Toronto, but she has also started to fall for Nick. Nick is likely to be the father of Offred's baby.



Grease

At the end of the movie, Danny Zuko and Sandy Olsson fly off in a red convertible as they wave goodbye to their friends on the solid ground below, leading to the conclusion that the flying car was the final result of Sandy's fantasy (as in she is dead).

During the song "Summer Nights," Danny and Sandy recount how they first met and started a summer fling. The line, "I saved her life, she nearly drowned," suggests that Sandy actually did drown and the whole movie is an elaborate musical fantasy due to the lack of oxygen getting to her brain. The flying red convertible also suggests that Sandy is happily being whisked away to heaven at the end of the movie.



Stranger Things

A number of fans on Twitter and Reddit have suggested that Will is STILL trapped in the Upside Down, and the boy that returned home to his friends is actually an imposter.



Forrest Gump

Jenny's son, who is presented to Forrest as his own offspring at the movie's conclusion, isn't really his son at all. It tallies with what we know about Jenny, and adds a more bittersweet sheen to the movie's conventionally happy ending.



Skyfall

James Bond isn't a man but rather a codename, passed on from one MI6 agent after the other over the years. It neatly explains away why various different Bonds look and behave differently, while supporting characters (M, for example) continue to age before the audience's eyes.



Friends

I'd have ended Friends by revealing it was all the fantasy of a homeless Phoebe as she stared through the window of Central Perk.

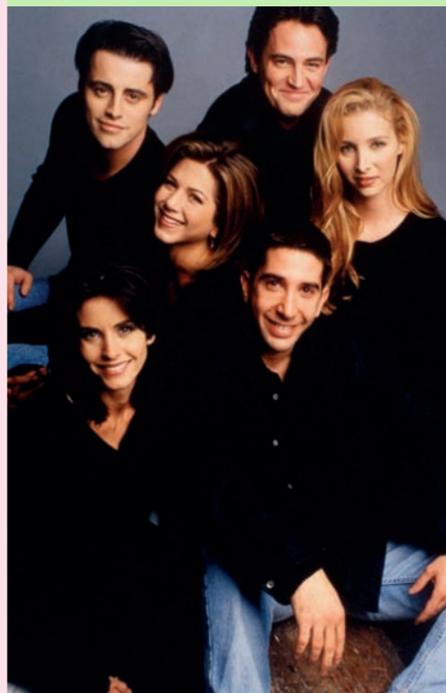
Every kooky aside, every episode she made everything about her, every instance of how much of an outsider she was... it all makes sense. All 10 seasons were merely her fevered imagination, projecting herself into the lives of the other five. All she ever wanted was Friends.

The final scene would be Phoebe walking away from Central Perk with the Ross, Rachel, Joey, Chandler and Monica characters making a reference to "the crazy lady who always stares at us". They all have different names and personalities.

Phoebe walks past a furniture store and catches her reflection in a mirror placed in the window. The name of the store? "Ursula".

Finally, she returns to the park where she sleeps in front of the fountain. A broken lamp stands next to her bench. It starts to rain. From behind, we see her put up six dirty, but brightly coloured umbrellas.

Then the screen fades to black.



Game Of Thrones

Tyrion is actually a Targaryen, too. This comes from the theory that Daenerys' dad, Aerys, has an affair with Joanna Lannister - resulting in the youngest "Lannister", Tyrion.



The Walking Dead

The first half of Season 8 will most likely cover material from an arc in the comics called "All Out War". In "All Out War" we see the Militia's (Alexandria, The Kingdom and The Hilltop) first strike on the Sanctuary. In the comics, Ezekiel's team is ambushed with a lot of the members killed... including one beloved pet tiger.

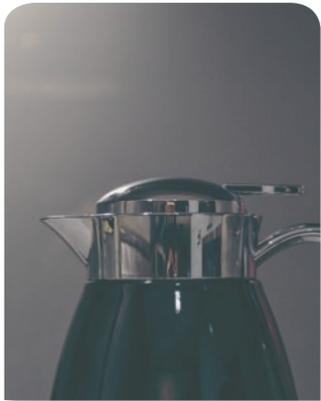


> GRAPEVINE NO COOK LAVENDER PLAY-DOH RECIPE

Ingredients you will need:



Vegetable Oil



Boiling Water



Flour



Lavender/
Lavender Oil



Food Colouring Gel



Salt

Step 1

To make lavender play-doh you will need to begin with two cups of plain flour, one cup of salt, two tablespoons of vegetable oil.

Step 2

To add the lavender colour use a little bit of purple food colouring gel. You can add the scent in a few different ways, depending on your preference:

- You can use a couple of drops of lavender essential oil.
- You can use dried lavender, chopped fine.
- You can use fresh lavender, chopped up fine.

Step 3

Add in one and half cups of just boiled water and mix all your ingredients together to form your dough.

Step 4

Give it a good knead for a couple of minutes, and you are ready to play.



The dough has a beautiful colour and scent and is delightful for sensory play.

As you knead the dough and play you release a soothing fragrance.

You can also find some interesting leaves and flowers outside and see what prints you can make in the dough with them.

You could even add glitter!

This play-doh is also a good way bring the outdoors in, as you can carry the scent of the garden inside.

> GRAPEVINE TIPS TO MAINTAIN POSITIVE EMOTIONAL WELLBEING

Take part in physical exercise, such as walking or running.

- Squeeze ice for a short time and/or have safe things with you to squeeze, such as a stress ball or fidget cube.



Write a poem, story or song.

- Write in a diary or journal.

- Create a play-list with your favourite songs on it.

- Make a memory box or scrapbook.

- Take a walk.

- Learn to play an instrument or create your own music.

- Talk to a friend/family.

- Take some photographs.



Watch TV or a film.

- Read.

- Have a cup of tea.

- Write a different ending to a story.

- Look for opportunities to be kind - to your family, to strangers, to animals.

- Go camping or bush crafting.

- Explore where you live - literally; let the wind be your guide.



Go out into nature, appreciate the everyday beauty in everything.

- Create your own characters or superheroes.

- Listen to music.

Hug yourself.

- Learn a new skill.

- Meditate or take part in yoga and relaxation activities.

- Create Origami.

- Learn to sew or knit.



Think about what you'd like to change about your life and create some realistic targets.

- Tie dye clothes.

- Make a t-shirt.

- Write a list of your achievements and ambitions.

- Cloud gaze.

- Volunteer.



MY FEAR WALL

Is there anything you find really scary?

If so then write down your fears here on the mighty fear wall, and describe how you will combat each fear. Once you no longer feel afraid you can scribble away the fear for good... Hoo-RAHH!

My fear is
I am going to overcome
this by
.....

My fear is
I am going to overcome
this by
.....

My fear is
I am going to overcome
this by
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My fear is
I am going to overcome
this by
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My fear is
I am going to overcome
this by
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My fear is
I am going to overcome
this by
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My fear is
I am going to overcome
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