

THE IRON WARRIOR

THE NEWSPAPER OF THE UNIVERSITY OF WATERLOO ENGINEERING SOCIETY

VOLUME 40 ISSUE 11 | THURSDAY, SEPTEMBER 26, 2019



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Juul Vape Products Being Used By Young People



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RATAN VARGHESE
4B COMPUTER

At a time when public scrutiny surrounding e-cigarettes is rising, Juul has been accused of marketing e-cigarettes to children on school grounds. The Food and Drug Administration (FDA) in the United States has demanded extensive documentation of Juul's marketing practices and safety claims.

The alleged case of marketing to children was brought to public attention during a Congressional hearing in July. The opportunity for this to occur at all was a "mental health/addiction" seminar, attended by a child named Caleb Mintz, and a friend who had become addicted to vaping. At the time of the incident, they were in the 9th grade.

To encourage the kids to speak openly, the seminars are held without teachers in the room. During this time a Juul representative was present and sent some rather mixed messages. The representative claimed that Juul's products were entirely safe, but immediately followed up by claiming that Juul didn't want children as customers. The rep also called Juul "the iPhone of vapes". The rep even claimed that the FDA would soon announce that Juul was 99% safer than cigarettes, which is cruelly ironic given how the FDA reacted to hearing about all this. Mintz

approached the rep afterwards to ask him for advice on how to help his friend, who was suffering from nicotine addiction, without mentioning that the friend's main sources of nicotine were Juuls. The rep assumed the child was instead addicted to conventional cigarettes, and recommended that he switch to Juul.

It is worth wondering why Juul representatives have ended up on school grounds in the first place. As it turns out, Juul has been offering free three-hour curricula to various school administrators, with the ostensible purpose of discouraging children from vaping. Many school administrators have been suspicious, including Carrie Yantzer, the principal of Nederland Middle-Senior High School. In a New York Times piece from over a year ago, she claimed she found the efforts "preposterous" and "deceptive". While Yantzer could clearly see that this was essentially letting a fox guard the henhouse, the administrators at Mintz's school were apparently less savvy. This is probably to the detriment of Mintz's classmates. On the other hand now that Juul has been caught red-handed and the possible effects of vaping are under investigation, regulators around the world have started to take notice.

On September 9th, the FDA sent a "letter of warning" to Juul, which is available for the public to peruse

on the FDA website. The basic thrust of their argument is that marketing a tobacco product as being safer than the competition requires FDA certification that Juul did not receive. In addition to the incident involving marketing in a school, Juul has also been distributing pamphlets with a "message from the CEO" claiming that Juul "deliver smokers the satisfaction that they want without the combustion and the harm associated with it". One such pamphlet was sent to a parent who complained that her child was using Juul products.

Juul has until September 24th to respond to the FDA: either with "corrective actions", or to present evidence that they have not been in violation of the law.

Not everyone is willing to sit idly by waiting for the FDA. US President Donald Trump has demanded a ban on flavored vaping products. This is perhaps one of the few announcements from the president with potential for bipartisan appeal. However, some have suggested that such measures might actually cement Juul's place as leader of the e-cigarette industry by destroying all its smaller competitors. For what it's worth, in the recent investigations of death and illness from vaping, Juul products have not been implicated: investigators instead suspect contaminants and counterfeit vaping products.

Meanwhile, India has banned the production, import, and advertising of vaping products. However, they have not banned people from using vapes, in the hope that present-day vapers will gradually change their habits. This ban order might be challenged in India's courts, or be rejected by India's parliament, so a reversal might be possible in a few months.

Juul launched sales of their product in China this month, only to have their products to disappear from stores without a trace days later. No explanation has been given to Juul: according to Juul spokesperson Victoria Davis, Juul is "steadfast in our commitment to providing the more than 300 million adult smokers in China with a viable alternative to combustible cigarettes".

It is these adult smokers who have the most to lose from restrictions on e-cigarettes. The market pitch for these e-cigarettes has always been that they could help present-day smokers quit conventional cigarettes. Since the benefits and risks of e-cigarettes are still under research, this effect may not be as profound as originally advertised.

Furthermore, Even if Juul and its ilk actually assist smokers, this still leaves the most difficult question: Is it worthwhile to liberate people from their addictions, if the means of doing so create new addicts?

Letter from the Editor

News News News



KIRSTEN EHLERS
2A BIOMEDICAL

We did it! One down and four to go. This term started with a few technical difficulties to say the least. Quick shout out to Martin from Engineering IT and Stephen from RT for making our computers functional again.

This issue is great. Gabrielle's Leafy Thoughts is a new column about environmental concerns on campus. Of course, Ratan's Ra(tan) lines column. How else would I find my new podcast? Samridhi also returned with her bold The F-word column which I look forward to reading every issue.

We had so many new writers come to our meeting! Ewan and Sruthi wrote some excellent news articles.

Yvonne, Inaara, and Kenneth helped me with layout which was a huge help.

I broke two personal records writing the crossword puzzle. Firstly, it is the quickest I have ever written one. Woohoo only ninety minutes! Secondly, it has the fewest acronyms of a crossword puzzle ever. Another note is that this is the first time that I have ever used rotational symmetry successfully.

The paper is great, but again, I'm desperately calling for all comic strip artists. We need to bring the comic strips back.

Enough with the development of the paper. It's the end of September and that means interesting things on campus.

The frosh are now settled. The weather is starting to feel fall-like. The work is slowly starting to pile on. Life is very busy. Waterloo Works applications have started. Midterms are rapidly

approaching. The term is a quarter of the way done basically.

In other news, the long awaited Area 51 raid finally happened. Only one hundred people actually went and none of them actually stormed the US military base, instead partying in the desert. However, 2 000 alien enthusiasts partied in nearby towns. I strongly believe no one actually expected anyone to storm an actual military base, but what bothers me is the amount of online coverage.

The Area 51 raid has been plastered over sites like Reddit and Facebook. But how many people can possibly say that they feel educated about voting or even are aware of intentional conflicts such as the one going on between Saudi Arabia and Iran? A nuclear deal is in jeopardy and the conflict could seriously impact the world economy. This is an important issue that no one seems to know about.

At least we know about the Area 51 raid though.

This is frustrating to me because we live in a world where we all have access to information from around the world but we only selectively look at information that we care about. That's not necessarily the most important information.

The funny events are shared and talked about, but what about the international crises? I am guilty of this too. I have been following the Area 51 raid, checking the internet for the latest information. I googled the Iran- Saudi Arabia conflict like fifteen minutes ago.

If that doesn't make my point, consider this. Do you remember the white/gold or blue/black dress debate? What about the Lebanese garbage crisis? Do you remember the potato salad party? What about Yemen's humanitarian crisis?

I bet most university students can

name more Kardashians than Cabinet Ministers. This makes me really sad about the upcoming federal election. Uninformed voters make poor decisions or, even worse, none at all. Why am I upset about this? I know so many people who don't vote. Why? They don't know anything about the candidates. They don't care as much as others. It is so important that young people vote. If politicians know that young people voting isn't going to make or break their seat, we get education and OSAP cuts.

Where am I going with this?

People, in particular young people, only seem to be aware of the fun click-baiting articles and not the important informing news about the world. I get it. Students are busy. People don't have time to research the world. Particularly, if it doesn't affect them. Why should someone care about who the next Prime Minister is if they have a calculus quiz tomorrow?

It is interesting that in a world where news is so readily available and people can easily be informed about the world that people would selectively choose not to be informed. People read news for entertainment. That's why everyone knows about Area 51. It's funny.

Another excuse I hear to defend not reading the news is that world news is sad. The funny joke news puts a smile on your face or at least gives you something to rant about. It is better to be happy and ignorant or sad and informed. I do believe that's the plot to Brave New World.

This is not a newspaper plug. This is a cry for everyone to take the time and learn about the world around you so when someone makes a change that you don't like, you can do something about it.



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Spring 2017 Publication Deadlines: May 19, June 2, June 16, June 30, July 14 (Friday 6:00PM)

THE IRON WARRIOR

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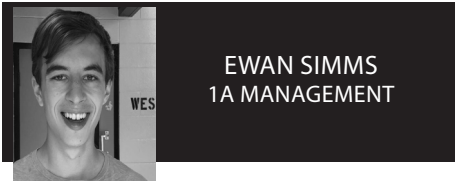
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Canadian Smashes at Tennis

Bianca Andreescu Wins U.S. Open



EWAN SIMMS
1A MANAGEMENT

In New York on the 7th of September, 2019, a 19-year old from Mississauga made history. The crowd was hostile, the match was tough, and her opponent's attacks renewed themselves in ferocity almost twofold. Nevertheless, she won. That day, Bianca Andreescu won the US Open and became the first Canadian to win a single's title in tennis ever.

Flashback to a year ago, Andreescu was ranked 210 in the world; respectable, but not exceptional. She was suffering from a back injury and didn't even make it out of the qualifiers for the US Open. If you asked the average Canadian if they knew a Canadian tennis player,

they would draw a blank. Now she has a whole nation of superfans.

Her big break came on January 4th at the Auckland Open in New Zealand, where she defeated 21-time Grand Slam winner Venus Williams, though Williams was admittedly passed her prime. Though Andreescu later lost in the finals, her trajectory wasn't over. The next triumph came when she won the Indian Wells tournament in California, becoming the first Canadian to do so, and the first wild card entrant ever. She was on a warpath, defeating top 10 ranked players left, right and center.

Then came the Miami Open. Though she made it all the way to the fourth round of the tournament, a knee injury forced her to withdraw. For almost three months she was off the court, missing out on most of the year's tournaments. One week before the Canadian Open, it

was doubtful she could even compete, but compete she did.

In the finals, she was faced against what gamers would call a boss battle. With 39 Grand Slams to her name, and 319 weeks ranked number one in the world, Serena Williams had dominated her sport in a way others could only dream of. During the match, Andreescu seemed to have the upper hand, but minutes into the match her opponent was forced to withdraw for medical reasons. Immediately, despite just then becoming the first Canadian to win the Canadian Open, she comforted her distraught opponent.

Immediately following her success, Andreescu went south of the border to the big lights: the US Open. One by one, she picked off her opponents until she made it to the finals, up against none other than Serena Williams again. This

time, Williams in full health, in front of a crowd and a city of fellow Americans that stood behind her. The Canadian had the upper hand until the match point, when Williams suddenly came back swinging, obliterating the spread between them. However, it was to no avail. Andreescu played her signature style, varied, powerful shots all across the court, and Williams simply couldn't compete.

Thus, Andreescu became the first Canadian to win a single's Grand Slam ever, up to number 5 in the world rankings. It cemented her celebrity status, earning praise from the likes of Justin Trudeau to Ashton Kutcher to Drizzy himself. Despite this fame, she keeps herself empathetic, telling the stunned American crowd, "I know you guys wanted Serena to win, so I'm so sorry."

Loss of the Amazon Rainforest

SRUTHI AMALAN
1A ECE

The Amazon Rainforest may soon go from being one of the most effective buffers for the effects of climate change into one of its largest driving forces. Often referred to as the 'lungs of the Earth', the Amazon helps absorb 25% of the carbon emissions captured by all of the Earth's forests and in turn, releases oxygen back into the atmosphere. However, given the increase by over 80% in the number of fires that took place in Brazil alone this year, the Amazon's title as the world's largest carbon sink may soon be taken away.

Since January 2019, over 80,000 forest fires have started in Brazil. To put this into perspective, this means that over 1.2 billion trees in the Amazon Rainforest have been burned down. This alarming and devastating story remained a secret from the public eye for quite a while, and when it finally came to light, most people had the same questions in mind: What caused these fires, and why haven't they been stopped yet?

To address the first question, Brazil's Minister of the Environment, Ricardo Salles, claimed that the fires were caused due to the dry weather, wind, and heat. However, what is worthy of noting is that even in the dry season, forest fires are not a natural phenomenon in the Amazon Rainforest. In other words, the vast majority of these fires were intentional. If you are wondering why, the answer is rather unexpected – the massive global demand for beef.

Cattle ranching is responsible for up to 80% of the deforestation because people are burning the land purposefully to create more pastures. Even though the country has laws to protect the environment, the overwhelming political corruption and corporate greed allows these laws to go unenforced. In fact, Jair Bolsonaro (the current president of Brazil), has indicated that his priority is to uplift his country's economy, and he views the Rainforest as a huge source of potential revenue. Brazil is the world's largest exporter of coffee, sugar, soybeans, orange juice, and most importantly - beef. Agribusiness in Brazil accounts for almost ¼ of the country's economy and as a result, in needing to sustain its profits in that sector, agribusiness has become one of the largest drivers of illegal deforestation. Out of the global

demand for beef, roughly 76% is from America alone. When thinking this through, one can realize that the only reason that the Amazon is being burned for raising cattle is because of the large demand for beef. However, if people

tried to consciously reduce their intake, the overall demand would decrease, and the politicians who allowed the forest to burn, disregarding the environment, would likely stop deforestation as there would be no reason to continue doing so.

I am not saying eliminate meat intake, I am saying it's best to reduce it – for if you can't make that small sacrifice now, the consequences later on will likely be far more severe. Sometimes we need to consider our future.

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To the Moon or Bust Again



AKANKSHA JOSHI
2A BIOMEDICAL

On July 20th 1969, Neil Armstrong made history by being the first human to step foot on the Moon as part of NASA's Apollo 11 mission. Since then, a total of 11 other astronauts have had the privilege to leave their mark on the lunar surface, with the last being Eugene Cernan, commander of the Apollo 17 mission in December of 1972. Humankind's desire to expand beyond the limits of our planet is what has driven us to explore the Moon and shed some light on the secrets it has yet to reveal to us.

NASA is finally recommencing the quest to learn more about our only natural satellite through the Artemis lunar exploration program. This program will make use of new and innovative technologies to explore much more of the Moon's territory. In addition, it will commit to landing more astronauts, including the first woman, onto the Moon's surface by 2024. The name Artemis comes from name of the twin sister of Apollo and goddess of the Moon in Greek mythology. Similar

to the Apollo missions, the Artemis program will pave the way forward in advancing our capabilities to explore farther and in more depth than ever before. This mission will aim to first land astronauts on the Moon's South Pole, a region of the Moon that has yet to be explored by humans. This will serve as a starting point in exploring the rest of the Moon's surface that is still uncharted territory, using explorers that are both human and robotic. As technology advances, we will have the capability to better investigate the surface of the Moon, and possibly find water and other resources that could be used for further exploration down the line. While these are some of the key goals of the Artemis program, it will also act as a precursor to our eventual objective of sending the first humans to our neighboring planet, Mars.

Before sending actual humans to the lunar surface, NASA plans to send a series of science and technology instruments through commercial moon deliveries. A first uncrewed flight, Artemis 1, will be launched in 2020 to test the new Space Launch System (SLS) rocket, which will eventually send astronauts aboard the Orion spacecraft to lunar orbit. The ultimate goal will be to have astronauts dock Orion at a small spaceship in orbit



around the Moon called the Gateway. Similar to the international space station, here astronauts will be able to live and conduct experiments and research within the Moon's orbit. The crew will be able to make expeditions from the Gateway to the Moon's surface, and will return to Earth aboard Orion. The second mission (Artemis 2) is targeted for a 2022 launch, and will be the first SLS and Orion flight with

crew, with the first humans landing by 2024 on Artemis 3, and approximately once every year after that.

The Artemis generation includes all of us, as well as future generations, for whom it will hopefully provide a great amount of inspiration and a myriad of dreams to reach for. This will prove to be yet another great achievement in history, and will only build on our knowledge and interest in STEM!

A Quick Update on the Canadian Elections



EWAN SIMMS
1A MANAGEMENT

On the 11th of September 2019, Prime Minister Justin Trudeau met with her Excellency the Right Honourable Julie Payette, Governor General of Canada. After finally informing her Majesty, Elizabeth II, Queen of Canada, parliament was dissolved, and the country embarked on its quadrennial national barometer. Thus, as predicted by the Canada Elections Act, Canada will hold its federal election Monday October 21st.

The dissolution of parliament means that it cannot sit to pass bills and create laws. It also signifies that the campaign

period has begun, so political parties and candidates are allowed to spend much more money than they are usually permitted. For the average person this means a lot of billboards, posters and YouTube attack ads. It is expected that these messages propose solutions to the problems faced by the electors.

In order to be an elector in the federal Canadian election, you must be a Canadian citizen aged 18 or older on the date of the election. If you are living temporarily away from home (e.x. in a campus residence), in jail or residing outside of the country, special accommodations like early voting or mail-in voting are made, thanks to the guarantees of Section 3 of the Charter of Rights and Freedoms.

So how exactly do you vote, and who do you vote for? In Canada we

use the antique system of first-past-the-post. Essentially the country is divided up into 338 ridings of roughly equal size, though many complicated exceptions and clauses accorded to certain provinces, there are numerous exceptions. Within each riding, any Canadian eligible to vote, usually with the backing of a political party, may declare their candidacy. Electors in the riding can vote for one singular candidate, and whichever candidate has the most votes wins the riding and receives a seat in parliament.

What happens in one riding has no bearing on what happens in another, thus it is easier to think of it as 338 individual elections as opposed to one giant election. In fact, a party having the most votes nation wide does in no way guarantee that it will have the most

seats.

If a single party does have the majority of seats in parliament (in this case 169+1), the Governor General will ask the leader of that party if they would like to "form government". Thus the party leader will be sworn in as Prime Minister and choose a cabinet of ministers.

If no single party gets a majority, as seems more likely this time around, parties may cobble together to form a coalition government (unlikely) with a blended cabinet. Alternatively, the largest party will govern as a minority government (likely) where parliament haggles and barter to pass each bill. Inevitably, said government loses a confidence bill (a specific set of important bills, defined by parliament, like a budget), triggering an election, and the process repeats itself.

Let's Talk Trash

A Call to Action



GABRIELLE KLEMT
4A GEOLOGICAL

LEAFY THOUGHTS

Hi, I'm Gabrielle and this is Leafy Thoughts. Yes, I am a Geo, but loving the Earth is not discipline-dependent. In fact, one could argue that Geos love the outdoors more than Enviros because our dream jobs are out in the forest eating bugs and licking rocks, but I digress. This column is about environmental topics that pique my interest and tips and tricks that you can do to help this little planet of ours.

Topic one is about TRASH; how you can reduce it, what to put in it, and what the university is doing well (and not so well).

Let's talk about food in garbage. A 2015 study by the Food and Drink Federation found that approximately

7% of the world's methane is produced by food waste in landfills. Methane is the same greenhouse gas that cows emit and it is 21 times better at heating up the planet than CO₂. Luckily, it is very easy to keep food out of the garbage: composting! But composting on campus is not always possible; you may have noticed that there are very few greenbins. Luckily there's a new sticker in the washrooms at UW. It's big and green and it's stuck on the side of garbage bins, and in big white lettering it says: ORGANICS ONLY. Yes, that means you should be putting paper towels in there, but you can also put apple cores, lunch leftovers, tea bags, and whatever else might go in a typical compost bin. You cannot put feminine products in them, nor should you need to because there are boxes provided in the stalls for those. You should also refrain from putting anything in them that is not organic;

there are enough trash bins on campus that you won't have to walk far to find one. If you've ever been upset at the lack of greenbins on campus – where can I put my banana peel!? – then this is your perfect solution!

What about reducing trash production? Well, the "zero-waste" movement is finally catching up to Waterloo. Not only did Orientation kits this year include swanky waterbottles (that don't look leaky for once!) but they also included a re-useable cutlery set! Plastic forks and knives are some of the most easily reduced plastics, and always having a set in your backpack ensures you're ready any time you want to grab take-out or food on the go. If you're looking to go low-waste, but don't know where to start, don't go out and buy re-useable alternatives to everything you already own! Finish what you have first and see what you have that might be converted from

trash to treasure. Something like the re-sealable frozen fruit bags make really good Ziplocks alternatives; yes, you can buy fun colourful bags for \$15 each, but these ones are already in your fridge! Pasta sauce jars are really good for bulk food items if you want to start reducing packaging, and you can save money on paper compost bags by keeping your LCBO bags!

Of course, there's always room for improvement, so here's my call to Waterloo. We shouldn't be selling anything in Styrofoam cups or bowls anymore. Styrofoam is one of the worst materials because it is literally nothing but trash once it has been used; it cannot be recycled or composted or re-used with much success. As 2019 draws to a close I challenge the university to drop all use of Styrofoam products, there's no need for Styrofoam in 2020!

Think and do something green and I'll see you again next issue!

History of Philosophy without Any Gaps

A Podcast Review

RATAN VARGHESE
3B COMPUTER

Hi, I'm Ratan Varghese and you're reading "Ra-Tan Lines", brought to you with the support of the Iron Warrior and sleep deprivation. This issue's podcast: The History of Philosophy Without Any Gaps.

The History of Philosophy Without Any Gaps is one of the most ambitious projects in all of podcasting. That much is clear. But what is history? What is philosophy? When is a gap not a gap? What is the nature of ambition, and furthermore, when does one podcast end and the other begin? Today, we'll be tackling these questions and others. First, however, let's consider the host who started it all.

Peter Adamson is a professor of ancient and Arabic philosophy at the University of Munich. He is a very clear speaker, even when distorted by my podcast speed settings. He is also known to be fond of Buster Keaton, giraffes, ensuring that the role of marginalized peoples in shaping history will not be forgotten, and puns. When monologuing about philosophy, he seems genuinely interested but not particularly happy or sad. It is the content of his words that stick with the listener, not his voice.

While he is clearly quite knowledgeable, he is also quite aware of the limits of his knowledge, and makes sure to consult people with more specialized information when appropriate. In interviews with other academics, one gets the feeling that they sorted out all the really obvious misconceptions beforehand, leaving only a slick, information-dense dialogue

for public consumption.

So enough of the man and his mannerisms. Does this podcast actually cover the entire history of philosophy? The answer is: not yet. This is a work in progress with enhancement on two fronts. On the main podcast feed are topics that are roughly within Adamson's area of expertise: the philosophy of the Greeks, Romans, Arabs, and Europeans. The current topic is philosophy during the European Renaissance. On a second feed are topics where Adamson gets someone else to do the bulk of the research and planning, while he focuses on the presentation. It has already covered Indian philosophy, and currently this feed is focused on African and "Africana" philosophy. Just in case that wasn't clear: this is a project involving two separate podcast feeds which each include at least two series. One could reasonably call the entire thing a podcast, or call each feed a separate podcast, or even call each series a podcast. I personally would call it a single podcast, as it is the product of a single, clear vision.

This is a history of philosophy podcast, so naturally the history of other areas of life are covered with the minimum detail necessary to understand limitations that philosophers were living under. While many people might abhor the limitations cultural norms and religious faith impose on human thought, Adamson's work reveals a different view on the matter. It can be quite interesting to see just how cleverly people can justify their views within the limitations of their era. An example is how Augustine's theories about mind and memory meshed with his religiously-imposed belief in the

Trinity. Naturally, I'd expect Adamson and his listeners would strongly object to life under ancient theocracies, while still being willing to describe their contributions to the present day.

As for the philosophical concepts described in the podcast, I cannot judge Adamson on his comprehensiveness as I have little knowledge of philosophy myself. I can say that I find some of the concepts less memorable than others. Quite often the ideas seem to enter my left ear and exit the right. However this is not due to any failure on Adamson's part, but due to the fact that I'm usually doing something else with my eyes while listening to his podcast.

There is also a fair bit of meta-philosophy. Adamson accepts a wide range of works and practices as possibly being philosophy, while mentioning that others may have narrower definitions of the field. Nowhere is this more clear than in the series on African philosophy, where the differences between philosophy, religion and culture are discussed for what felt like forever. In a Q&A episode, Adamson has said he regretted omitting certain people he initially considered non-philosophers, such as Herodotus (known to some as the Father of History, and others as the Father of Lies).

The thing that takes this project away from the realm of normalcy and into the inspirational is the last part of the title: "without any gaps". The problem that Adamson set out to solve was that most courses on the history of philosophy are limited by the length of school terms and years. Thus, they end up skipping over thousands of years of thought. This isn't something I would know about by the

way, just something Adamson and his critics both seem to mention.

However, it is not as though every second of philosophical thought that ever occurred can be described in podcast form. First of all, quite a lot of information has been lost. Secondly, not everyone involved in philosophy provided enough original ideas to merit a minute of fame. This is why some philosophers get more coverage than others: in some cases individual philosophers are given dozens of episodes, while in other cases entire schools of philosophy that have endured for centuries can be condensed into a single episode. Given the state of my knowledge and the state of the project's completion, the most I can say is that the hosts are trying really hard, and I would be surprised if there was any other work covering the history of philosophy with even fewer gaps.

All episodes of The History of Philosophy Without Any Gaps last between 15 and 50 minutes. Each 'series' has its own intro music and outro music. There are none of the usual ad breaks or discount codes one finds in other podcasts, instead Adamson states his two sources of support briefly at the start of each episode. The main feed started in 2010, the secondary feed started in 2015, and both are updated roughly once every two weeks if the podcast isn't on holiday. There's still quite a lot of ground to cover: the main feed has only started dealing with the Renaissance very recently. In general, this is a good podcast if you have time to focus, but can be exhausting binge-listen. One can only hope the podcast survives long enough to eventually live up to its name.

Angry Rant of the Angry Girl That Lives Inside Me

SAMRIDHI SHARMA
4A CHEMICAL

Hello again, my fellow humans. The feminist column is back. This is your fortnightly dose of what I think feminism is, and how it can improve the world. I talk about feminism, almost exclusively through the perspective of my life. These are my opinions and not general facts of the world. But still, I hope you enjoy reading this column as much as I enjoy writing it.

Today, let's just call this column an introduction. I took a short break from writing this column for about three months and I just need to revisit the angry woman that resides deep inside me and tell you all about her anguish. I usually cushion these articles with apologies and disclaimers stating, "not all men." Today is not going to be one of those days. Here is why.

I am a feminist. That intimidates a lot of people around me. I have seen the way people single me out in a group when they make a sexist joke and state, "Oh, I didn't mean it like that." Yeah, sure you didn't. I have also seen how people walk on eggshells around me, scared that I would obliterate them if something "wrong" came out of their mouth.

But here is the thing, when something like this happens, an apology is expected of me before it is expected of the person who refused to educate themselves about the worldly dilemma called feminism. "Oh, you're a feminist so you must hate all men!" The countless number of times that I have rolled my eyes at this argument is,

honestly, insane. Please, people, feminism is the idea that all people are equal. Just because it begins with the prefix "fem" doesn't mean it only includes women. If someone hates all men in the name of feminism, that person is misinformed and not a feminist unless they are doing something to change themselves.

So, expect no apologies from me. Having grown up as a girl who was always expected to be polite, smile and use the three magic words – sorry, please, and thank you – like they were hers to say and for others to only hear, I have exhausted the number of times I can say them. Now, if you still have trouble accepting

me as a feminist, you still feel like you need to tiptoe around me because of your foolishness, ignorance, and unwillingness to learn, if you just want to make sexist jokes around me to anger me, expect no mercy. This girl, like many others who are angry at the injustices of the world, has no apologies to give.

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Point Vs. Counterpoint

POINT

KIRSTEN EHLERS
2A BIOMEDICAL

As a devoted Marvel Cinematic Universe (MCU) fan, I was devastated about the loss of Spider-man from the brilliant cinematic universe that Marvel Studios and Kevin Feige created. The concept of combining so many characters together into one interwoven story line had never really been done, at least not to the scale of the MCU. The introduction of Spider-man was an integral part of that universe.

Spider-man is arguably the best marvel character. The introduction of Tom Holland to play this iconic character finally ended the pain of Spidey fans who had to endure the not nearly as satisfying Tobey McGuire and Andrew Garfield performances. This article is not about who was the best Spider-man, but I think we can all agree that tom Holland did not hurt the character's legacy with his performance. Now Sony is going to ruin it by ripping away a beloved character from the intricate MCU. To make matters worse, Spider-man was meant to be an important part of Marvel's phase 4. Unresolved story lines! Unfinished character arcs! Plot holes!

A lot of people may argue that Disney got greedy. They wanted a larger percent of the profits. However, they were also willing to increase their contributions to the projects. The original deal was that Disney would contribute 30% and receive 30% of the revenue. However, Disney want to not only receive 50% but also contribute 50%. Is it really greedy if they also contribute more? Besides, a 50-50 split seems fair. The success is arguably only a exult of Disney's involvement.

Honestly, I am sick and tired of company disagreements getting in the way of quality products or content for users. As I argue this, I understand that movies is a huge part of the billion dollar entertainment industry. I also understand that companies want to do whatever it takes to increase business. However, I am upset that companies in an industry with the objective of amusing people would let business conflicts interrupt our entertainment and access to quality content.

It's not like Sony has other ways of bringing Spider-man to the screen. Sony has Miles Morales. Spider-man: Into the Spider-

Should Spiderman Stay in the MCU?

verse is probably my favorite Spider-man movie and it did extremely well in the box office and by critics. For reference, it made \$375.5 million world wide and only cost \$90 million to make. It also got 97% on rotten tomatoes. So people say Disney was greedy but maybe Sony is. How dare they hog all the Spider-man? Why can't we all share this beloved character?

Also, couldn't this disagreement occur after one more Spider-man movie? I don't want to spoil Far From Home, but I can say that there was a cliff-hanger that I need to see resolved. A huge one! If Spider-man is gone, the most that I can expect is a photo of Peter Parker on a SHIELD screen followed by a brief comment about how he's gone into hiding or whatever. Spider-man deserves more than a one sentence explanation. Disney and Sony can't do that to me. Well, I guess they can, but I won't like it.

One of the most popular arguments defending Sony's ownership of Spider-man is the fact that Marvel can easily introduce a new character (Shang-Chi), be it obscure or insanely popular and make it a success whereas Sony has had less success in doing the same (Venom). I despise this argument. Why should Sony be rewarded for their inability to make excellent superhero movies? I say the negotiation should consist of movie pitches and whichever company has the best idea should keep the character. It's flawed in almost every business sense, but at least it would result in a good Spider-man movie.

However, one interesting development is the rumors that Apple, Netflix, or Amazon may try to buy Sony. Why? The reason is mostly for the streaming rights. Apple has its new Apple TV streaming service; Netflix is well Netflix; Amazon has its prime. Sony has a lot of content, but this isn't the point. If Sony is bought, the rights to Spider-man will be given to Marvel. This has reportedly put negotiations on hold. As for me, I am a little bit more hopeful. I'm begging Sony and Disney to reconsider the deal.

Editor's Note:

Point vs Counterpoint is a feature meant to stimulate discussion on thought-provoking topics. The views and opinions expressed here do not necessarily reflect those of the authors, *The Iron Warrior*, or the Engineering Society.

RATAN VARGHESE
3B COMPUTER

Storytelling has become a tool of corporate dominance. Today's cultural icons do not grow and change in response to the concerns of their universe, but instead become warped by the paychecks that rule ours.

Nowhere is this more true than in the Marvel Cinematic Universe, a massive sprawling mess of films that refuses to find a conclusion. Yes, Avengers: Endgame ended the arcs of several key characters, but the universe just keeps chugging along. Every end is a new beginning, every film is a hook into another. Perhaps there will never be a proper narrative end to the franchise, and it will instead hobble along for years to come until, at long last, it drops abruptly when audiences get sick of it.

This brings us to Spider-Man. Once the shining star of multiple film series, he has now become relegated to being a side-character in his own movies. His strength, web, and spider-sense (also called the Peter-tingle) are all playing second fiddle to the MCU Spider-Man's most important power: being the protégé of Tony Stark. It was an interesting take on the character the first time we saw it. As well, Far From Home was good as far as MCU entries go. But one cannot escape the feeling that these movies are more about fleshing out the kinks in the military industrial complex than about telling the story of a boy who has the powers of a spider.

Is that the Spider-Man that people want to see, indefinitely? A mere insect, sorry, an arachnid, pushed around by forces too grand for him to comprehend? A boy physically stronger than a hundred men, but who must live forever in the shadow of aliens and robot-men? A tiny cog in the perpetual motion engine we call the Marvel Universe?

Or perhaps what they would prefer, is a Spider-Man who fills the role vacated by Tony Stark. The one who holds the keys to power, who negotiates with the most powerful tight-wearers in the galaxy, who extends his reach to the entire globe? A commander of drone

COUNTERPOINT

armies and massive hoards of gold? If that's what people want to see, it is worth asking why Spider-Man is the most entertaining choice for any of that. If Spider-Man actually fills Tony Stark's shoes, then would he even have time left for web-slinging, train-stopping, or Peter-tingling?

That's the dilemma of keeping Spider-Man in the MCU. Either he becomes a global force to reckon with, or he must live under the rule of those who do. So long as he's in the MCU, we can have a dozen movies of Spider-Man being Iron Man's protégé, Spider-Man being a SHIELD associate, Spider-Man being ignored by the powers that be, but we can't have a Spider-Man story actually focused on Spider-Man actually doing things a spider can.

In comparison, during the Sam Raimi movies, Spider-Man was the focus of the series. He had no higher authority to appeal to, instead he was the one and only person who could save the day. And he didn't have drones or super-suits or the like, he had to depend on the actual spider-powers. During Into the Spider-Verse, Miles Morales had to collaborate with others closely to accomplish anything. However, his collaborators were all either Spider-Men, Spider-Women, Spider-Creatures or firmly rooted in the Spider-Man mythos. Miles might have been upstaged, but only by others of his kind.

Speaking of the Spider-Verse, that's the obvious ticket out of the MCU from a plot perspective. How else could he escape all the rogues who will surely be tailing him after Far From Home? If Spider-Man stayed in the MCU, he could presumably get a private jet to one of the many alien planets in the MCU's scope. Without the resources of SHIELD to assist him, Spider-Man will need a less intuitive route to safety, perhaps even across dimensions.

The final reason that Spider-Man should leave the MCU is that he will finally be able to face off Venom, properly. In Sam Raimi's Spider-Man 3, Venom was just one villain of many. In the MCU, writers were firmly committed to avoiding the villains that appeared in previous Spider-Man movies. But we now finally have a situation where someone could get a movie entirely focused on the conflict between Venom and Spider-Man. Whether or not the Venom solo movie would be part of such a continuity is anyone's guess.

F School

them I have had six co-ops always makes me realize what an advantage we have here; when everyone around you is talking about Cali or Bust for co-op four it's easy to lose perspective.

Engineering isn't all co-op though, and it's the school terms that can often be more difficult even if you're not in a new city or learning how to fit into a new company. Classes and projects and assignments can take up a ton of time, and when you're apart four months at a time it can be hard to make real, close friendships with the people in your class. Friendship does happen though, and by fourth year you've spent so much time with these people you can't help but be close with them, but in the first few terms you might find yourself very lonely in a city full of students having more fun than you.

Then, on top of school you may have extra-curriculars, volunteering, part-time jobs, sports, social events, and before long you're behind on assignments and other things get neglected like your sleep. It's only a matter of time between arriving at your apartment in Waterloo and the first

time you say "I'm so stressed". And I have had it. I have paid my dues to the gods of school, I have slaved at the altar of academic success and watched people around me do the same without much reward. I have spent so much of my life STRESSED about school, the last ten years of my life have been highlighted by stress over something and I don't need that anymore.

It was during last term as I was anxiously wondering why I was so miserable that I realized the problem - I cared way too much about school. It hit me that the promise I had made to myself as an 18-year-old starting first year to have all the fun I hadn't had in high school hadn't played out. I wasn't having fun, I wasn't enjoying university as much as I had before, and I couldn't snap out of it. I was trying to get satisfaction from test scores and essay grades and I was instead giving myself anxiety.

This year things are different. This year I'm prioritizing the things that make me happy. If someone asks me to go climbing, I'm saying yes. If there's a concert to go to, I'm there. If someone wants to go camping, I'm already packing. If I want to join a club

I've looked at for four years but haven't had time for, I'm going to do it. Of course we are all here for school, I don't plan to fail my fourth year here, but I'm not going to say no to pub crawl or a Tuesday at Molly's to do work I know I can get done when I might have otherwise watched Youtube. I have been developing my study techniques for the last eight years of my life and right now I'm pretty confident in my abilities to pass. I am also saying yes to counselling, something I have been terrified of for years, because I don't want to hate my time at this institution; I've made way too many happy memories and I have way too many more still to make.

I may fall off the wagon, promises to yourself are hard to keep, I may say the word "stress" a few times and feel the weight of it crush my spine a little further. But if I do, if any of us do, I plan to do my best to try getting back on again with maybe more help than before, and I hope you do too. None of us deserve stress, not flossing is shortening our lifespans enough as it is - and let's face it, not a single one of us has enough time to floss.



GABRIELLE KLEMT
4A GEOLOGICAL

In the lexicon of a student, "stress" over "happiness" or "satisfaction" or "success" is one of the most-used words; it isn't just an emotion, it's a way of life, it is who we are. But this year, I am eschewing that yoke, I will no longer be burdened by it! Why should the stereotypical student be a sad figure in a hoodie hunched over a large coffee and a laptop? This is supposed to be the fun part of our lives isn't it? Cynicism is made for the people who wish they could be us but instead have mortgages and insurance and daycare fees. Let's not run too quickly toward real life.

Doing an engineering degree at Waterloo is a highly unique experience. I've been able to travel all over the country, work in different sectors for several different kinds of companies and government bodies, and I'm only just starting my fourth year! The reactions I have from people when I tell

The Bare Necessities of Wellness

FARZEEN TITINA
4T COM

Hi All! Welcome to the Wellness column! I'm Farzeen and I'm going to be your guide to living a healthy and peaceful life as a student. What exactly is wellness? Wellness is your overall health - physical, mental and spiritual. All three of these aspects are equally important and they go hand in hand. If you're not mentally healthy, it will affect your physical health as well, and vice versa, which is why I'm writing this column; it's so important to be internally happy, as we students face a lot of pressure daily with never ending assignments, labs, exams, etc. My goal is to help you harness enough strength and energy to face the overbearing pressure

and perform well in any kind of activity that you put your mind to. Today I'm going to discuss the basic necessities to help you get started with living a healthier life.

Meditation: 15 ~ 20 minutes from your day devoted to meditation will help you spiritually and mentally. Trust me! I usually meditate in the morning after I wake up because mornings tend to be more busy compared to any other time of the day. Just sit on your bed, sofa, or the floor with your back straight, face the daylight, put on some soothing meditation music on Spotify and close your eyes for a good 15 minutes. While doing this you can think of happy thoughts, or maybe something you'd like to achieve today.

Easing into exercising: Staying physically active during the term will help you study

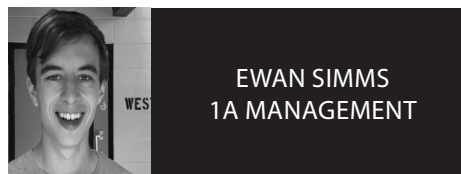
better and lead you off the track of poor mental health. Counterattack stress with exercise! Follow this motto and see the remarkable change in your performance. Join the fitness classes on campus. If you don't want to commit, jog in one of the parks for at least 30 minutes in the morning or evening. Just 30 minutes everyday can make a big difference. I recommend the Nike Run Club App. They guide you throughout your run to ensure you run with the perfect rhythm and don't stress your body out too much.

Meal prepping: The most important part of your overall wellness is your diet. As students, we usually don't get time to make food during the study terms and end up eating out and spending a lot of money, which we're already short of. Just take 2 hours out of

your day on Sunday and meal prep for the week. This will ensure that you don't waste too much time cooking food and that you eat healthy everyday. Include protein, such as seasoned fish, chicken or egg whites and add some steamed vegetables. You can even stir fry the steamed vegetables to add some taste if you don't like salads. I steam carrots, cauliflower and broccoli and add some red leaf lettuce or spinach as a side salad. It's best to eat a light dinner at least 4 hours before you go to bed. If you want to lose weight, soup is your best option. Around 1 or 2 bowls of soup should be filling enough.

To get started with a daily routine, following the above three should be enough. Stay tuned for more upcoming healthy meals and routines to follow during hell week!

How does Hack the North Work?



EWAN SIMMS
1A MANAGEMENT

Q: Hello Katie, tell me a bit about yourself.

A: Yes, I'm in second year 2A biomedical engineering and I did my first coop in software. I also know a little bit about machine learning and hardware.

Q: So for those of us who are unfamiliar with hackathons, what are they?

A: Hacking is about finding a short-cut solution to a problem that you've observed in your life. You're essentially using technology to resolve that problem: make a prototype, then pitch it as a start-up idea in anywhere between twenty-four to forty-eight hours.

Q: Hack the North was recently hosted here at the University of Waterloo. What makes this hackathon different from others?

A: Well, I think the biggest difference

I noticed is the resources; it has a lot of sponsors, a lot of workshop hosts, and a lot of companies that it's partnered with. When you need help with certain technical aspects, representatives from those companies whose products you're working with are often physically present in the building.

Q: Describe--what was your role in this competition?

A: Well I attended as a Hacker, with a group of two other students. Over the course of thirty-six hours we thought about a problem, and we thought about what the users would want: what is realistically something that they would use on a day to day basis? From there we sort of looked into technical skill sets and technical stack, and built a prototype out of it.

Q: What was the atmosphere like?

A: When you come in for the opening ceremony, everyone's excited; everyone can't wait to get started, and often we rush off trying to grab hardware or heading to workshops. But eventually, you reach a stage where you're sleep deprived, your

project is failing and you haven't eaten anything healthy for over twenty-four hours. Close to pitching time, however, most people are satisfied with the projects they've made and everyone's eager to check out other people's ideas.

Q: What was the coolest project you saw?

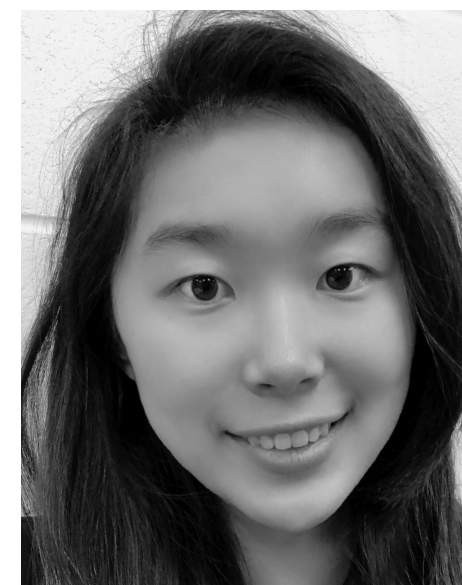
A: One of the teams made a VR game that allowed you to portal between different environments. I thought it would be really cool if that could be made based on real maps of the world--travelling the world through VR!

Q: Why do you think people keep coming back to hackathons?

A: I think the biggest one is that there's just so much opportunity to learn from other hackers, mentors and workshops. They give you the opportunity to just forget everything else and dedicate the entire day (or two) to one project. Also, they provide a lot of resources for you: tangible resources like hardware, but also the network and the specialists that can answer questions.

Q: When would be the next opportunity to join a hackathon?

A: I would highly recommend looking at Major League Hacks; they usually have hackathons at least once a month.



Katie Chen: Hack the North Hacker

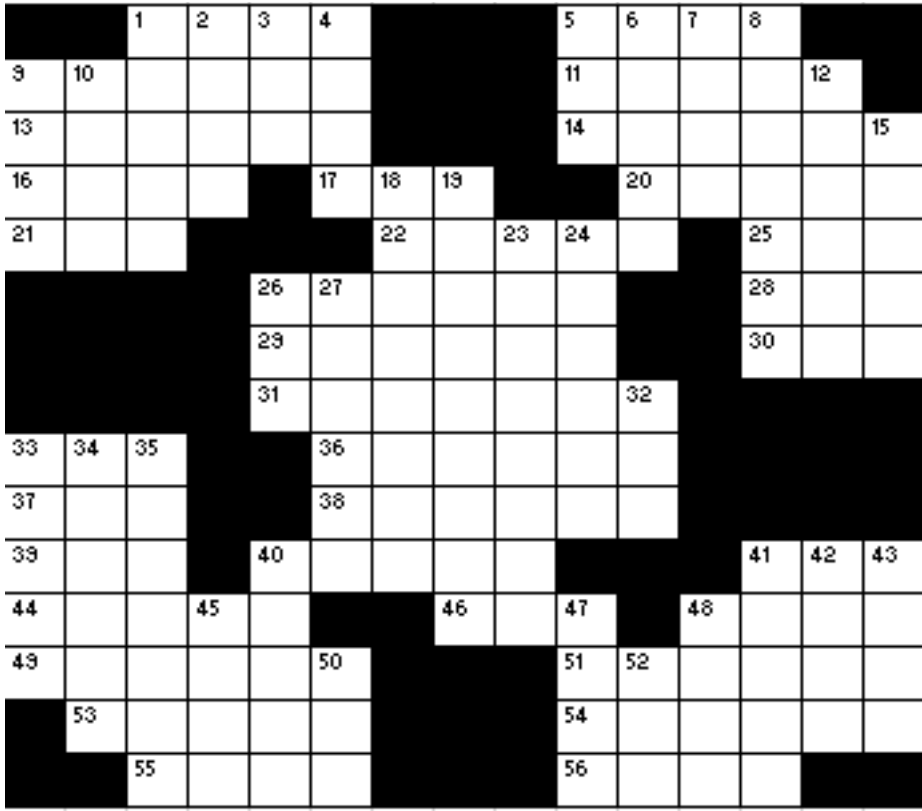
Upcoming Events Calendar

Wednesday Sep 25	Thursday Sep 26	Friday Sep 27	Saturday Sep 28	Sunday Sep 29	Monday Sep 30	Tuesday Oct 01	Check out up-to-the-day event postings on the EngSoc website at engsoc.uwaterloo.ca/event-calendar/
Salary B**** and Stitch 6:00 PM - 8:00PM	First Year Board Game Night 5:00 PM - 7:00 PM Black Engineers Study Hall 5:30 PM - 8:30 PM Beach Cleanup 6:00 PM - 9:00 PM				EngiQueers 6:00 PM - 9:00PM Charity Krispy Kreme Donut Sales 11:30 AM - 1:30 PM AutoCAD Workshop 6:00 PM - 8:00 PM	SWAG Design Contest Starts Healthy Snacks 11:30 AM - 1:30 PM Metal Club 5:00 PM - 7:00PM	
Wednesday Oct 02	Thursday Oct 03	Friday Oct 04	Saturday Oct 05	Sunday Oct 06	Monday Oct 07	Tuesday June 5	
Council Meeting #2 5:30PM - 7:30PM Growing Hope Farm Visit 1:00 PM - 3:00 PM Coffee House 7:30AM - 10:30PM	Clothing Swap 5PM - 7PM Healthy Snacks 11:30 AM - 1:30 PM Blood Runs 2:45 PM - 5:45 PM Black Engineers Study Hall 5:30 PM - 8:30 PM	Healthy Snacks 11:30 AM - 1:30 PM	Wellness Walk 2:00 PM - 3:00 PM		EngiQueers 6:00PM - 9:00PM	Metal Club 5:00 PM - 7:00PM Puppies in Poets	

The Iron Crossword

Famous People

KIRSTEN EHLERS
2A BIOMEDICAL



ACROSS

- 1: Former NBA player who played for Toronto Raptors from 2003 - 2010 before playing for seven years for Miami eat
- 5: First name of Kentucky Auditor of Public Account and potential 2008 US Senate Candidate
- 9: Versatile cheese from Italy
- 11: Machine that produces mechanical energy
- 13: Broadway star who played Lola in Kinky Boots
- 14: Past tense of what a lion says
- 16: White tissue lining the outside of citrus fruit
- 17: One of Canada's Territories
- 20: Nickname of Remus Lupin
- 21: Acronym for private hospital in Jhapa, Nepal
- 22: Alternative spelling of army in 1910
- 25: Legal organization for Inuit of Nunavut
- 26: Followed by Wewa, reservoir in Sri Lanka
- 28: Verb to treat animal skin with tannin
- 29: Unit of DNA under control of a pro-

DOWN

- 30: Provincial gambling association
- 31: What someone wants to do when they're itchy
- 33: Maternal parent
- 36: High school in Alto, TX
- 37: Surname of famous Italian Cyclist
- 38: To have dirtied something
- 39: Components of natural gas separated into liquids
- 40: Feces
- 41: A device used to magnify voice
- 44: Popular 1990s workout which includes martial arts
- 46: National intelligence agency of the US
- 48: Obsolete spelling of flightless bird
- 49: A restaurant: Jack _____
- 51: Zodiac sign after gemini
- 53: Indigenous Polynesian people
- 54: To go places
- 55: Chicago rock band who performed Mr. Robot
- 56: Nickname of Empress Elisabeth of Austria

DOWN

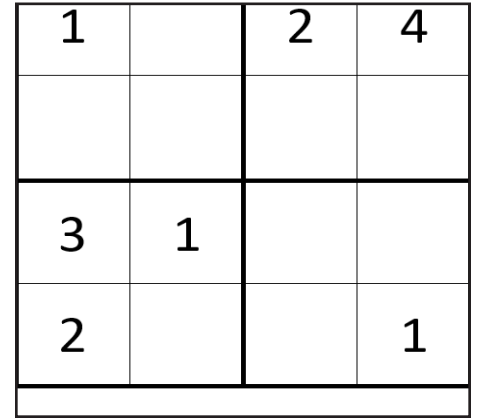
- 1: Act of bearing offspring
- 2: A promise
- 3: Shanghai Gold Exchange
- 4: Instrument including trumpets, french _____, trombones
- 5: Alternative acronym for Cardiac MRI
- 6: Spacious
- 7: Japanese comedian; member of 130R
- 8: Home of the Raptors
- 9: Abbreviation for what needs to be submitted on WaterlooWorks
- 10: Dirt
- 12: What most student housing options are
- 15: Opposite of living
- 18: This university
- 19: Quantitatively measuring volumes of acid added to base to determine concentrations
- 23: A possible name for the fee for bridges in Rio
- 24: The sleeve of Normandy
- 26: Point of sale
- 27: To direct a spell upwards
- 32: Ehlers Danlos syndrome is in this class of disorders (acronym)
- 33: A kind of ray
- 34: Feeling of pleasure during sex
- 35: Stick with red cloth used for bullfighting, plural
- 40: What you say when you apologize
- 41: 2106
- 42: World's largest association of engineers
- 43: A twisted piece of hair
- 45: A type of shoe usually worn in winter
- 47: Performs, usually on stage
- 48: University sport Organization in Europe
- 50: Number after five
- 52: Brazilian striker who played for Russian soccer team

Sudoku

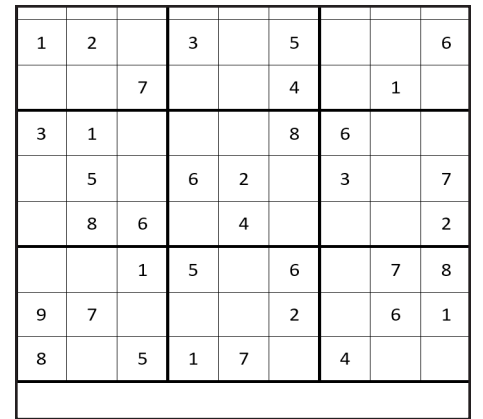
#2017-05-23

INAARA AHMED-FAZAL
1A BIOMEDICAL

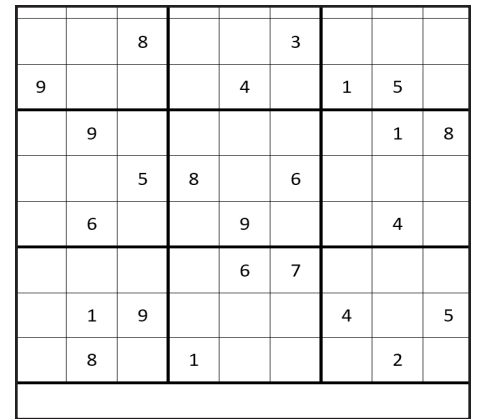
Easy



Medium



Hard

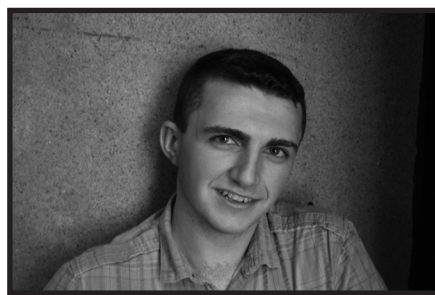


Solutions for previous crosswords can be found on *The Iron Warrior's* website at iwarrior.uwaterloo.ca/distractions.

"What are your Summer Goals?"



"Drop my fire mix"
Amanee Syed, 2B Management



"Not spend all my money on food"
Andrew Dickson, 1B Mechanical



"Getting my bod ready to swim in the E2 fountains"
Elsie Eskandar, 2B Management



"BUY GRADCOMM PIZZA!"
Jake Harvey, 4A Mechanical



"Sky Dive"
Noshawan Ahmed, 1B ECE



"Do a PD quiz before the night it is due"
Shwapneel Ishraq, 1B ECE