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## Consider the Hands that Wrote this Letter OSAP Letter Writing Campaign



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### Student Loans - A Necessary Evil



GABRIELLE KLEMT  
4A GEOLOGICAL

Students take up their pens in protest. Seven hundred letters and counting. The numbers are growing, the voices are getting louder, students should not be ignored.

This article began out of frustration when I realized that I am not eligible for independent student grants. Although this is my fifth year out of high school and my mother is retired, I am ineligible because the limit has changed to six years. I tried to drum up indignation in my classmates only to discover most of them don't use the Ontario Student Assistance Program. In fact, my tirade was cut short when someone pointed out that tuition had been cut by 10% this year.

In a faculty where tuition for four months exceeds what students in every other faculty pay for eight months, a lot of engineering students welcomed the 10% reduction in tuition by the Ford government. When we can make money

between terms, it's much easier to see why people in our faculty might be less reliant on OSAP to pay for school. But you actually might be missing out on savings you could have had.

WUSA VP Education Matt Gerrits has broken the numbers down so we don't have to. Engineering students likely will save approximately \$1,400 in tuition this academic year. Students in upper to middle income families (\$100-170k per year) will receive a reduction of \$1,500 to \$5,400 in OSAP grants and loans, leaving even those who don't necessarily need it at a loss of \$500-1,400 for the year. This doesn't even consider the low-income groups. In fact, changes to OSAP repayment mean that students now have even less time to repay their loans than they did before – only 6 weeks out of school and already you need to be able to come up with enough money to cover your entire student debt. You'd better hope for one hell of a signing bonus!

The other side of the problem is that there are a huge number of people for whom the 2019 changes to OSAP caused far more harm than a 10% off coupon could remedy. Apathy because

an issue doesn't concern you the most is also not helping. In 2017, the former Liberal government made updates to OSAP that included "free" tuition for low-income students, meaning some students without other access to funding for education received grant money to cover the cost of their yearly tuition. Some people might call this socialism, while others might call it trying to break the cycle of poverty. I might be biased so you should make your own conclusions.

I don't have time to get into how much "reduced tuition" harmed the other half of students at this school. Suffice it to say that some international students saw their tuition increase by 62.1%, which is allowed because there are no caps for raising international fees.

Are you feeling hopeless? Are you feeling helpless? Well don't, feel empowered because we are allowed to make ourselves heard! Giving students a voice is exactly what the OSAP Letter-Writing Campaign is all about. The campaign was started by the Ontario Undergraduate Student Alliance (OUSA) in accordance with their policy on financial aid. Matt Gerrits described

the goal "to make politicians aware of the experiences that students in Ontario are going through", with an aim to reinstate funding. The campaign, which can be found at [ousa.ca/signtheletter](http://ousa.ca/signtheletter) gives students a direct avenue to contact their local MPP – the more students from across the province participate, the more MPPs will be aware of their constituents' concerns.

Often it may feel like students are political pawns, but we don't need to accept political strategies if we don't like them. If you feel affected by this change or you know someone who has been, sign the letter, have your friends take a few minutes out of their day to sign it too. It literally took me less than 3 minutes to sign, and that's because I included a personal story; if you choose not to, it will take you less than 1! You could do it in class, on the toilet, eating your toast, I don't judge, but if you care then it's important to let your representatives know that you are engaged. Don't forget, we are the future and politicians need to take us into account.

\*Title inspired by the poem by Aracelis Garmay

# Letter from the Editor

## It's Voting Time (and Thanksgiving Too!)



KIRSTEN EHLERS  
2A BIOMEDICAL

Back at it again. After the steep learning curve that was last week, I think I know what I'm doing now.

I'm really proud of this issue. The point/counterpoint by Yvonne and Inaara is really good. I think it is a debate that we're all experiencing right now. Hopefully, the PCP will provide some clarity.

Also, the crossword is ABBA themed! I am a huge ABBA fans. Side note: if anyone is a disco fan the playlist 'Discocover weekly' on Spotify is pure genius. I adore ABBA. My favourite song is Voulez-Vous. However, if I hear Waterloo one more time at Zehr's...

We introduced a new column called Dear Darla. This is a joint effort by all of the members of The Iron Warrior to answer your questions. Questions can be sent to [iwarrior@uwaterloo.ca](mailto:iwarrior@uwaterloo.ca). Darla looks forward to answering all of your questions.

Another new addition are horoscopes! We know it's almost midterms so you need more distractions so you can procrastinate. We had a lot of fun putting this together, so I hope you enjoy.

I'd like to give a quick shout out to Jessica Ehlers (she's my sister) from UOttawa for pitching in with copy editing. I think she's the first member of The Iron Warrior who isn't from University of Waterloo.

Ratan and I had the honour of attended the first-year engineering leadership conference. Thanks Lesha for organizing this amazing event and to everyone who came. As always, The Iron Warrior is looking for writers and editors. We meet Tuesdays at 5:45 in DWE 1532.

Midterm season is upon us again. Some departments have been cursed/blessed with hell week. For others, midterms have started already. A quick word of advice from someone who still has no idea what is going on: take care of yourself during this stressful time.

The election is fast approaching. I know that I'll be voting in the advanced polls when I go home for reading week. I urge everyone to do the same.

It's so important that young people vote. When young people don't vote, politicians don't care about our needs. That's why we get OSAP cuts. I get extremely frustrated when people don't vote.

Now to those people, I have one condition. If you don't vote and you're upset at who wins, shut up. You are not allowed to complain because you didn't do your civic duty to express your opinion. If you can't vote, then you can complain. That was something that was completely out of your control.

I want to be clear about one thing. I don't care who you vote for. (But don't spoil

your ballot). I'm not advocating for a party or a candidate. Obviously, I have my own political opinions but that's not what I'm here to express.

Let's go through some of the excuses of why someone wouldn't vote and debunk them.

1. I don't know anything about the candidates. I wouldn't make an informed decision.

Now this is a serious concern. The election is an important thing and an uneducated decision would be bad. The stakes are quite high, right? That is indeed true. However, you don't need to do intense research on the candidates. No one expects you to be able to recite any of the leaders resumes. A quick google of the platform is sufficient. There are even videos online that tell you what the parties are all about. Fifteen minutes of TV news will give you plenty of information about the candidates. No TV? Don't want to read more after reading for class? CBC has an excellent political compass quiz that compares your values to the political parties. A small amount of research can make a substantial difference.

2. I don't like any of the candidates. This is really a relevant concern for this election. To this, I say vote locally. Whether you're voting in Waterloo or home, take a look at the candidates in the riding. Who do you think will represent your concerns the best?

In Waterloo, the five candidates are Bardish Chagger for the Liberal Party (incumbent), Jerry Zhang for the Conservative Party, Lori Campbell for the NDP, Kirsten Wright for the Green Party and Erika Traub for the People's Party of Canada. Bardish Chagger is the incumbent. Her previous employment was a community organizer. She is the current Government House Leader, meaning she is responsible for the management of legislation in the House of Commons. Jerry Zhang has an undergraduate degree in engineering from the Harbin Institute of Technology and has a graduate degree in engineering from the University of Wisconsin-Madison. He also works with the Food Bank and Kiwanis. Lori Campbell is the Director of Indigenous Student Services right here at the University of Waterloo. I also appreciate how her biography on the NDP website mentions her dogs and horse. Kirsten Wright (great name!) is a systems design PhD candidate at the University of Waterloo. Erika Traub is a local criminal defence lawyer in Waterloo. She also had previously run for Mayor of Waterloo in 2014.

3. It takes too much time to vote. You can vote on campus. From October 5-9, there are special polls so you can vote for your home riding not at home! Also, we are incredibly lucky that we can vote in advanced polls during reading week. If you go to advanced polls, there are less lines to worry about. It takes almost no time at all.

Think about it this way. There are people all around the world who want to vote and can't. You have this privilege and responsibility to vote. Go democracy!

What else is coming up? Thanksgiving. I look forward to stuffing my face with turkey and stuffing and most importantly gravy. Thanksgiving is a break from university and a great opportunity to reunite with family.

Thanksgiving traditions are wild. I asked the people in the office what their traditions were while I was writing this and I love how families celebrate Thanksgiving so differently.

Yvonne's family does slow-cooker stuffing because it's faster, easier, and make the turkey cook faster. Now, I'm impatient so this seem like a tradition I'll add to my repertoire. I love how everyone in Yvonne's family pitches in. They also get a turkey from a farm that Mrs. Lalumiere works at!

Inaara's family does an Indian spin on turkey. That seems wild. I am currently asking her to bring me some back. She is not answering. :(

Akanksha's family writes down what they are thankful for and passes the slips around the table. Now, that's the 'Thanks' in thanksgiving.

Apparently people decorate for thanksgiving? Both Yvonne and Akanksha decorate the house with fall colours. Is this a thing I never knew about?

Other traditions that we discussed were turduckens (a chicken in a duck in a turkey), spanking the turkey and "calling out dangers and harms of imperialist subjugation".

As for myself, my family always hosts a big game of SPUD. The rules of the game are simple. Everyone gets a number except one person. That one person has the ball, throws it in the air and calls a number. Everyone runs. When the person whose number is called catches the ball, everyone freezes. The 'it' person has three steps and throws the ball at someone. If you miss or get hit by the ball, you get a letter. SPUD and you're out. This is an incredibly fun game and I've been playing it for years. One year, we played it on a warm Christmas Eve and that was really fun. I think the next challenge will be SPUD in the snow.

As for food, we do the traditional turkey dinner. However, we've done a turducken and two deep-fried turkeys before. My grandmother makes the best bread. I call it 'cake bread' even though it's just pumpernickel. I don't know why 5-year-old me was thinking.

I love hearing about family traditions. Unfortunately, thanksgiving is spoiled by the upcoming midterms. Between turkey meals, I'll be studying Materials and Biology and catching up on everything that I should've done before. Obviously, there will procrastination. That's the subject of this issue's Iron Inquisition.

Happy reading week! Thanks for reading!

### THE IRON WARRIOR

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The Iron Warrior encourages submissions from students, faculty and members of the university community. Submissions should reflect the concerns and intellectual standards of the university in general. The author's name and phone number should be included.

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# The Climate Activist Who is Changing the World

## 'Everything Needs to Change'



AKANKSHA JOSHI  
2A BIOMEDICAL

Climate change has been an issue that we have been familiar with since at least 1956, when an article in the New York Times clearly articulated the fact that accumulating greenhouse gas emissions would lead to long-lasting environmental changes. We now know that if we allow global temperatures to rise by more than 1.5 degrees Celsius, the world will undergo possibly catastrophic changes. Picture the Earth 100 years from now. If we keep doing what we are doing now, it'll look like something out of a science fiction dystopian novel. Sea levels will rise by almost two feet, putting cities like Shanghai, Rio de Janeiro, and Amsterdam at risk, and effectively displacing the people living in them. Global climate change is on track to redraw the map of the world, and it doesn't look pretty. In fact, a very special individual has stated that "I want you to act as if the house is on fire, because it is." This individual is none other than Greta Thunberg, a 16-year-old who is rattling the world with her climate change activism that

includes school strikes for climate change, and speeches to groups like the EU Parliament and the World Economic Forum.

With the fervor and intensity of someone who just wants to see a brighter and healthier future for the world, Greta Thunberg is leading a movement that is calling for governments to act immediately in order to avoid irreversible chain reactions that could place us past the point of no return, a tipping point that will decide whether or not we experience a total climate breakdown. Her powerful and emotional speeches have been shaming the leaders of the world for not acting and for spewing out empty promises that are failing to move us forward on this issue. Her recent speech at the United Nations climate summit gave a powerful message to political and business leaders: "We are at the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth." If we continue going about our business as usual, we will have exhausted our CO2 emissions budget within the next 8 and a half years. Thunberg's message to the world's leaders is simply: "We'll be watching you".

The youth of today will be the driving force of tomorrow. We want a world in

which we can still go outside and breathe clean air without having to worry about our health, a world in which wildlife can live and thrive, and where marine species can survive. A world that doesn't have to worry about losing its forests and biodiversity to rising temperatures and shrinking ecosystems. We are already beginning to feel the effects

of our actions: Up to 200 species are already becoming extinct every single day, and extreme heat is threatening our health, energy, and culture. The science has already proposed a number of viable solutions to the facts, all we need to do is act on them. So, in the words of Greta Thunberg, "everything needs to change – and it has to start today".v



Wikimedia Commons

Greta Thunberg

## The Student Housing Crisis

A rundown of everything for those who haven't check reddit



EWAN SIMMS  
1A MANAGEMENT

As the leaves begin to fall and the students begin flocking back to their universities, the tirades renew themselves once more. Grumbings, usually well substantiated, over student housing have began rumbling again. You don't have to listen too closely to hear the story of cancelled leases, unresponsive landlords, questionable non-disclosure agreements and sky-high key deposits. As the year goes by, the cycles of tedious student housing begin anew.

This year has been no exception to this rule. However, the cries seem to be ringing a little longer, the shouts a little louder and those in charge are listening a little harder. What set this year apart was the data leak from Accommod8u, a local luxury rental company targeted mainly at students and young professionals. Due to a security flaw within the complaints management system, the hacker(s), whose identity/identities is/are currently unknown, were able to reveal the details of thousands of complaints made to the company over the course of a year and a half, while redacting personal information. They provided a detailed analysis of their data, and posted it to University of Waterloo Reddit page, where it quickly went viral.

Over 4000 complaints were logged from December 2017 to August 2019, in only 1294 rental units. It took more than almost 2 weeks to complete most maintenance requests, sometimes almost a half year. Though complaints are the usual system used to notify the landlord that something needs fixing in this scenario, some of them proved to be repeated complaints. Many renters

fielded multiple complaints about issues ranging from heating to carbon monoxide detectors to cockroach infestations. Even after several complaints, some problems persisted.

In cases where the renter feels their landlord is being exploitative, they need to take their case to the Ontario Tenant Board. However, this can be a long, drawn out, and time-consuming process. Given the short-term nature of student housing, accentuated by the fact that many students are only at the University for 4 month intervals due to co-op, many feel it simply isn't worth it to "fight the power".

This all comes on the heels of Facebook post by 4th year student Sylvia Skoruch, venting frustration after a rental company forced her to terminate her lease, saying that maintenance was required, only for her to discover different tenants in that same apartment. Her situation received a significant amount of attention from the local media when she brought up her frustrations at a WUSA meeting. WUSA responded by highlighting the legal advice they have for students facing landlord negligence. All this culminated in a march on city hall, whose posters still adorn the walls of campus, where many students aired the frustrations.

In recent years, Waterloo students faced another issue: housing scarcity. There is insufficient housing to match the growing student population of the two universities in Waterloo. Restrictive zoning laws discouraged the construction of new high-density apartment-style living that is best suited for students. However, with enough pressure, the city relaxed some of these zoning laws. Towers began to spring up, and some predict that there is even an oversupply of student housing. When students let their voices be heard, people will respond.



Wikimedia Commons

Apartments: Many students turn to apartments as a living solution



# The Tea on Microplastics

## What Are They and What Can You Do About It



GABRIELLE KLEMT  
4A GEOLOGICAL

LEAFY THOUGHTS

There has been a big push in the last few years to ban things with microbeads in them. Microbeads are a form of microplastic and the soaps and face washes that contain them wash the small plastic grains right down the drain. Now ya girl here likes the turtles and the fish, and I do what I can to avoid those unnecessary plastics in my life, so imagine my discomfort on discovering that a few of my favourite things are microplastics-releasing machines!

### Why are microplastics villainized?

When we think about plastic and water, thoughts tend to go to a giant gyre of plastic parts in the middle of the ocean, swirling about and killing fish or whales or dolphins... pick your player. It's true that large mammals are consuming plastic pieces (which of course is terrible) but the plastics out in the oceanic gyre are eviscerating big plastics into smaller ones. It takes a long time, but eventually those plastics are broken down into microfibrils which

trickle up through the food chain and eventually end up on our plates.

Every plastic is composed of melded microplastics. They're the building blocks of the Lego that holds society together, if you allow. You don't notice microplastics on a daily basis (not least because they are microscopic) because you aren't generally trying to break up your plastic possessions into their constituent micro particles. But you may be encountering them more than you think. Polarfleece, yoga pants, microfibre cloths (I guess I should have seen that one coming) and "silky" teabags are all microplastic culprits.

But are microplastics actually bad? What do they do? To tell the truth, no one knows. There haven't been enough studies to understand what microplastics do to humans and animals, if anything. I mean, it's probably not good to consume a lot of them but beyond that the research just isn't there. One thing that has been proven is that microplastics attract and concentrate chemical pollutants present in the water and when ingested, these toxins can enter an animal's organs.

### Where are they coming from?

Synthetic clothing and textiles are the 21st century's miracle material.

They're great at wicking sweat, keeping you cozy, and picking up dust. Unfortunately, what the ocean does on a macro scale your washing machine does even more efficiently. One fleece jacket can release up to 250,000 fibres per load of laundry; with other materials also releasing microplastics in the wash, we're creating a big mess that we don't have the infrastructure to clean up. The fibres are now in our rivers and lakes as well as our oceans and it's ending up in our drinking water, too.

In addition to your clothes, a new study has come out of McGill about those fancy triangular teabags. Made of polyethylene terephthalate (PET) or nylon fibres, these teabags break down when in contact with hot water and release well over a billion particles of plastic per cup of tea! What the fibres do to the drinker is unknown, but probably directly consuming them is not a great idea. Also, these teabags are not compostable like the paper ones, so they're just garbage after you steep your tea and we shouldn't be making things that should be compostable into garbage.

### What can I do?

Personally, I rely on petroleum-

based fabrics for sports, camping, and cleaning my house, and there's no way I'm going to throw away my overpriced Patagonia sweater just because of this news. Luckily, there are a few things you can do to. Firstly, and most useful really, is to wash your stuff less! Really, you don't need to wash your clothing all that much. Yes, when you get back from camping and everything smells of fire, you probably want to wash it. But with daily use you aren't getting sweaters dirty enough to require weekly washes. Even shirts can be worn more than once or twice per wash, even if you exercised in it! The next best thing is to stop buying synthetic fabrics. I know that's not always possible to do but you can try to make conscious purchasing choices. If you need to toss a piece of clothing or a microfibre cloth, try to replace it with a natural fibre option. Bamboo is especially good because it is a very sustainable resource.

So, what's my take? Conscious consumerism and smelly is okay! Everything releases microfibrils, so being aware and doing what you can to mitigate your impact on the problem is the best thing you can do! Think and do something green and I'll talk to you in the next issue of Leafy Thoughts.

## Area 51 Raid

KSHIN PATEL  
1A BIOMEDICAL

Definitely not one of the weirdest things to happen this year, but I think it counts as pretty damn close to the top of the list, right? What started as a seemingly harmless public event on Facebook quickly became one of the most anticipated events of the year. Storm Area 51 became a driving force for alien and non-alien enthusiasts alike. It brought together a community of people looking for one thing in common: confirmation that aliens exist.

When I first saw the invite from my friend to this crazy event that was happening, I had no idea that it would become such a worldwide phenomenon people were planning on joining. Even I got so roped into the idea, I hovered my mouse over the going button on my screen and clicked on it without thinking. Then came September 20th, the day of the raid; even though I couldn't go (as badly as I wanted to), in light of the recent event that happened, I felt motivated and decided to do a little research myself on the history and conspiracy surrounding Area 51.

Although the military base has been in existence and active for a long time, it was officially acknowledged by the United States Government as an active military aviation base in June of 2013. Area 51 has been at the center of many conspiracy theories regarding UFO sightings and potential visits from our inter-galactic neighbors. It is so popular, it has become a great for locals to cash in as well. Even the US Interstate that the military base is off is now officially named the "Extraterrestrial Highway." Those who visited the base described it as a vast, empty land, surrounded by cameras and fences. Many went on to say that they knew they were being watched, but the idea that was scarier than being watched was the fact that even if something were to happen to you, who would see it? What would happen and who would find out about it? The idea of not knowing is what scared and intrigued those who made the

effort to venture out to the famous base.

As much as I wanted to go to run like Naruto into an active military base and help potentially kidnap an alien, there is still so much unknown to us. It makes you wonder what kind of secrets are being kept in there. Area 51 is the only US military base to be allowed by the US government to maintain secrecy and not have to completely abide by the laws set by the US Act of Freedom of Information.

Now I haven't personally had the chance to see any UFO's or meet with any aliens, but it feels odd to think that in a universe so vast, we are the only known planet that is sustaining life. I'm not sure how much I personally buy the idea of the existence of a big, green, black-eyed creature from outer-space, but we simply can't be the only living creatures to exist in a universe so large, right?



Jacob Botter via Flickr

Area 51 Sign

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# World Religions Conference



RATAN VARGHESE  
3B COMPUTER

During the afternoon and evening of September 22nd, the 39th World Religions Conference was held at Hagey Hall. This is an annual event organized by the Ahmadiyya Muslim Jama'at, where scholars of different faiths gather to discuss a specific topic. In addition to some of the major world religions, the beliefs of indigenous peoples are also represented by an "Indigenous" speaker. Athiests and agnostics are represented by a "Secular Humanist" speaker. This year, the topic was "How to Establish a Just Society."

This is not the first time this conference has been held in Waterloo. It is actually held in the Kitchener-Waterloo area quite often. Two years ago, the 37th World Religions Conference was also held in Hagey Hall, and the Iron Warrior archives has an article about it. In comparison to the 37th conference, the 39th conference had more forays into multimedia, but also skirted closer to controversial topics. Much like the 37th conference, the 39th conference attracted people outside the usual age ranges for campus events: there were many elderly people and a number of small children as well.

You can watch all the official speeches of the conference in a five-hour video on the "World Religions Conference" YouTube channel. What follows here is a summary of the event, some timestamps of key points of the video (in the format [H:MM:SS]), and some of the aspects of the conference not included in the video.

The moderator of the event was Angela Vieth, Councillor of the City of Waterloo and the owner of "Your KW Host," a local tour company. She started the proceedings by encouraging members of the audience to greet each other with a "sign of peace," or perhaps "a friendly smile." There were some slip ups when introducing the panelists, and everyone was asked to stand when an official event plaque was revealed. We were all told to continue standing while a very talented high school student sang the national anthem. The singing was actually really good, it started a bit after [0:29:30].

There was a Quran scripture reading, some introductory "teaser" remarks from each panelist, and statements from a number of visiting dignitaries. Finally, the official presentations from the panelists began.

Swami Chaitanya Jyoti represented Hinduism, starting around [1:36:50]. With the assistance of a slide show, she explained the concept of "Ram Rajya". Ram Rajya, which the swami asserted was a historical truth rather than a myth, was essentially the perfect society. The catch is that maintaining a society that lives up to this standard requires the active cooperation of every single human being. Swami Jyoti also explained the 5 Yamas of Yoga, and clarified some of their less obvious meanings. For instance, "Ahimsa" is a principle of non-violence, but not just non-violence towards others. It also requires non-violence towards the environment and the self. Similarly, "Asteya" is a principle of non-stealing that does not simply encompass respect for property law, but also requires not stealing the time and energy of others. The most shocking moment was a diagram that compared different classes of society to different body parts: Swami Jyoti later clarified in the Q&A session that this was NOT advocacy for a caste system, but simply an explanation that different

jobs in society had to be done.

Since Swami Jyoti was the first speaker, she sometimes was subject to slip ups in the conference procedure that other speakers didn't have problems with. For one thing, whoever was in charge of changing Jyoti's slides was a bit trigger-happy, often flipping slides for no reason. Swami Jyoti also went over time; she was actually only supposed to take 13 minutes. After her talk, 4 girls sang a bit of Hindu scripture.

The next panelist was Reverend Dr. Preston Parsons, representing Christianity in a talk starting at [2:06:10]. His talk, titled "Jesus Christ and Drug Consumption," did not lay out a universal Christian justice system. Instead, it was something of a case study of how a specific bit of scripture was connected to some fair, but unexpected behaviour from the reverend's church. In "Part 1: Jesus Christ," the reverend explained that Christians had the task of sharing life and encouraging human thriving.

After smiling briefly at the audience and correctly suggesting that this was a bit abstract, Parsons considered a concrete case. "Part 2: Drug Consumption" was about why a church in Kitchener was supporting supervised drug consumption. The opioid epidemic is hitting the community hard, and indeed the reverend said that "some are calling it an apocalypse of death and devastation." Some people have suggested allowing addicts to consume drugs in the presence of medical supervision, so that if they overdose they can be attended to immediately. One such site was across the street from a church which supported the idea because even though doing drugs is wrong, this course of action is better than letting people simply die of overdose. The reverend noted that the church is tasked with encouraging human thriving, not with simply being a "morality police." After Parsons concluded, two women chanted a Psalm.

Dr. Micheal Grand, representing Judaism, started his talk around [2:23:48]. He started by joking that "you can't ask an academic to speak for 13 minutes, that's cruel and unusual punishment!" Then he talked about the necessity for justice to be specific to context, rather than being "cold," "impartial," or "universal". He briefly mentioned some analysis of the creation story common among the Abrahamic religions. He did not expect most of the audience to consider Adam and Eve to be a factual account of history; he was just considering the principles behind the story. Grand also brought the Jewish philosopher Maimonides, who claimed that people must be assisted in a way that preserves their dignity, rather than humiliating them. He concluded by reminding everyone that when it comes to justice, it's not enough to talk the talk, we must also walk the walk. This was followed by one person singing a bit of Jewish scripture.

Next was Professor Malcolm Saulis, representing the Indigenous people of Canada in a talk starting at [2:40:10]. He is a Wolostokuk person of the Tobique First Nation. In addition to mentioning this, he brought up many other things about his upbringing and origins to affirm his indigenous identity, which segued into a discussion of indigeneity in general. Indigenous scholar Stan Wilson described indigeneity as "The way we were before the others came." Saulis also stated that a just society is "an essence of our being": a part of every one of us.

Saulis started an interesting anecdote about collecting business cards in Ottawa, which then segued into a distinction between the concepts of "God" and

"Creator". The professor said that in his language, there was no word for "God": "God came with a boat. And God came with a book. And God came with a building. And God came with black robes." However, there was a word for "Creator", and as it turns out the Creator was one of the 3 great entities involved in the indigenous conception of a just society. The other two entities were the universe and the ancestors. After a very simple, perhaps even casual demonstration of what a conversation with the Creator is like, everyone was asked to stand up. One of Saulis' students chanted a song about "the eagle" while drumming, starting at around [2:53:48].

After everyone sat down again, it was time for Imam Imtiaz Ahmed to begin his talk and represent Islam, right around [2:57:57]. He dramatically proclaimed that "the world is plagued with double standards and hypocrisy." He pointed out that every person (and nation) in the world wanted peace and justice for themselves, but rather fewer were concerned about the well-being of others. Because of conflicts of interest, creating a just society is far easier in theory than in practice. The imam stressed the necessity of moving beyond justice to "true and loving kindness." After his talk, some children sang about justice (and lack thereof) in both Arabic and English. It was very cute.

Doug Thomas represented Secular Humanists, including most atheists and agnostics, in a talk starting around [3:17:10]. He included a slide show explaining the 4 principles of secular humanism, while lamenting that "we do not have a democracy in this country any more, we have a lobbyocracy." A fifth, extra principle of secular humanism is the requirement to settle injustice in this life-unlike most of the other belief systems represented in the conference, secular humanism has no concept of an afterlife. Thomas continued with a discussion of Section 319 of the Criminal Code of Canada: the laws surrounding hate speech. Thomas pointed out that Section 319, article (3)b actually allows the publication of hate speech if the comments are based on a religious text. After pointing out that a religious text doesn't even necessarily have to be a holy book, he rhetorically asked if laws such as these could be the foundation of a just society. He concluded by reiterating the 4 main principles of secular humanism in a single sentence: "To establish a just society, we must use reason as our process, ethics as our template, dignity as our goal, and equality as our touchstone." Following his talk was a song about being "Good Without a God." The song had accompanying images.

The final speaker was Navdeep Singh, representing Sikhism right after [3:35:40]. Like several prior speakers, he had a slide show. He started with the story of a guru with 2 followers, who the guru called brothers. This confused the followers, one of whom was from a Hindu family, and the other of whom was from a Muslim family. The guru remarked that "Whenever we sit together, we become brothers". After that little anecdote, Singh explained that from the Sikh perspective, people live 4 different lives: economic, social, political and religious. It is necessary to pursue justice in all 4 lives, and the Sikhs have considered problems and solutions in all these areas. Singh then moved on to discuss Sikhs in history who have fought for justice: either through acts of charity, or by literally fighting in wars. One notable figure mentioned was Bhai Kanhaiya Ji, who provided water to all wounded, friend or foe, on a battlefield. Bhai Kanhaiya Ji apparently later remarked that "I saw no

Sikh or non-Sikh on the battlefield. I saw only human beings, having the same God's spirit." After some discussion of present-day Sikh humanitarian efforts, there was a recitation of the words of the 10th Sikh guru.

There was a break at this point, and at many previous points during the conference. During the breaks, attendees would hang out in the newer part of Hagey Hall and chat with each other. There were snacks galore: timbits and samosas. There was both fruit and cake, but fortunately no fruit cake. Many stalls were set up with people promoting various organizations. These stalls included, but were not limited to, the First Spiritualist Church of Galt, the Society of Freethinkers, and a stall offering Quran translations. One nonreligious organization with a stall was the business owned by moderator and councillor Angela Vieth: Your KW Host.

Throughout the conference, the organizers had been collecting questions online and on paper question forms. In the final stage of the conference, starting around [4:29:00], was the question and answer session. Each speaker would have 90 seconds to answer each question addressed to them. Each speaker would be provided with 2 questions from the audience, then all of them would have to answer a common question from Angela Vieth, the moderator. Some of the questions were clearly meant to set people up: for example, Micheal Grand was asked whether there was any justice in the conflict between Israel and Palestine. Grand pointed out that no honest answer to that question could fit in 90 seconds. Other questions were intended to clear up ideas from the presentations.

The common question, asked at [5:02:55], was about the panelists' thoughts on Quebec's Bill 21. This bill aims to prevent public workers from wearing religious symbols at work, among other things. The bill was condemned by pretty much all the speakers. Reverend Parsons mentioned that there are many different concepts of what secularity means: it can be a "police force", but it might be better for it to be a "fair referee." Dr. Grand demanded that the federal government take a stronger stand. Swami Jyoti pointed out that there are some limits to how much people's beliefs can be accommodated by the government. Professor Saulis mentioned some speculation about "the end," which is coming "quickly."

Imam Ahmed made a callback to the 37th conference, which had the topic of Canadian values. He mentioned that he approved strongly with Canadian values, including freedom of religion. It was a shame that instead of these values spreading across the world, they are being removed from Canada from within. He also pointed out that the bill was a violation of the Canadian Charter of Rights and Freedoms.

Doug Thomas gave a miniature speech about this question starting at [5:13:18]. He admitted that some secular humanists were in favor of the law, as it was sort of the reverse of the historical situation where athiests have religion forced upon them. However Thomas himself was strongly against the law, warning that it would not be enforced fairly, would give "power to fanatics" who hated particular religions, and that the Quebecois were doing themselves harm with laws such as these.

Navdeep Singh admitted that it was hard to be last in an environment like this. In his view, people have 4 lives and one of them is religious: Bill 21 was essentially taking away one of the lives.

Continued on page 6.

# World Religions Conference

Continued from page 5.

After some concluding ceremony, and a random draw to determine the order of speakers for the next conference, it was time for pizza. Unlike during the 37th conference, the 39th conference provided both chicken and cheese pizzas.

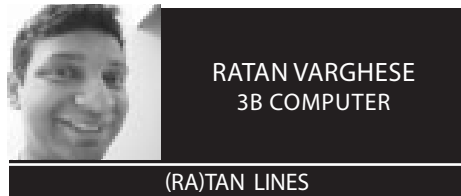
There was a strong Scientology presence in the 39th conference, unlike the 37th. One of the visiting dignitaries was from the Church of Scientology, there were several Scientology booths in the waiting area, and Scientology “Volunteer Ministers” were very visible in the audience.

Compared to the 37th conference, there was a much more diverse use of media: this enabled easier to follow presentations, but also more technological blunders. For instance, the camera jumped around too much near the beginning. During the 37th conference only one attendee used a slide

show, but this time there were 3 slide shows, some of which were a bit unsightly. At least one slide show actually used Comic Sans. There was a lot more singing, which was a welcome change. Overall, it was a very fascinating conference for anyone with an interest in religion and interfaith dialogue.

## Extremities Podcast

A podcast review



Back in the misty days of yore, CGP Grey and Brady Haran changed their professional lives forever by translating their YouTube success into podcast success. Their podcast, Hello Internet, was a harbinger of things to come. These days, it seems that every YouTuber is rushing to the podcast space, creating long-form audio products with a rather different tone and content from their tightly-produced video fare. Some YouTubers have made significant investments in this area: the H3H3 podcast, for instance, has its own branded studio that seems to exist solely to make casual conversations seem more official.

The Extremities podcast is another recent immigrant from YouTube to podcasting. It is essentially the podcast version of the Wendover Productions and Half as Interesting YouTube channels, both of which are made by the always-present but rarely-named Sam Denby. These channels involve a fast-talking host explaining arcane topics (usually involving aircraft) while telling terrible puns. Diagrams and stock imagery slide around, often appearing and disappearing in seconds. Usually a ridiculous joke is used to segue to a sponsorship, the video ends, and the topic is never revisited. A fine couple of educational YouTube channels: Half as Interesting definitely exceeds the expectations set by its name. The other half of my interest is how Denby translated his strengths into long-form audio.

Extremities is much more focused than its parent YouTube channels. Instead of

covering a new random topic every episode, Extremities is entirely about remote human settlements. The first series of the podcast, from June of this year, was about the Pitcairn Islands, the smallest permanently-settled ‘country’ on Earth. Then there was a one-off episode about Howland Island, a tiny rock in the Pacific. Currently, Extremities is running a series about Svalbard, the archipelago with the northernmost town on Earth. The podcast covers the history, economy, society, environment and daily life of all these places.

The narrator’s voice has not changed at all from its YouTube incarnation: it still has the pleasant tone and strange word emphasis that any Wendover fan can recognize. Sam Denby talks very, very quickly. Listening to Extremities on higher than normal speed is barely comprehensible: just stick to plain 1x. Most of the episodes consist entirely of Denby monologuing, however certain episodes in the Pitcairn Islands series feature interviews.

The monologues are all clearly scripted. This is not a bad thing because Denby has proven a good script writer in his channels, but is perhaps a bit unusual compared to other YouTubers transitions to podcasting. Extremities is not a casual show where the host does no preparation and speaks off-the-cuff on random topics. Quite the opposite: the research commitment is quite enormous, perhaps larger than Denby’s YouTube channels. First of all he must find good people for the aforementioned interviews. Secondly, as part of the Svalbard series Denby actually traveled to Svalbard to look around.

The listener of course does not get to look around, and instead must listen to Denby looking around while he waxes poetically about the world’s northernmost gas station. The limitation of pure audio also means that unlike on YouTube, there are no

diagrams. Extremities usually explains its subjects well enough verbally, and focuses more on human experiences than on math or geography, so diagrams would not be of much help anyway. The lack of stock footage is probably a good thing, as stock photos were always the least interesting part of Half as Interesting.

Although there are some funny moments of narration, in general Extremities is not a humor-focused podcast. Fans of Wendover Productions and Half as Interesting can consider this to be roughly Wendover-level serious, and sometimes even more serious than that. In one case, Extremities even issued a content warning: this was for an episode about child abuse trials on the Pitcairn Islands. It was definitely an uncomfortable topic, but it’s an

encouraging sign for the future of the podcast that such sensitive issues could be treated with the gravity they deserved, rather than just glossed over. This isn’t a podcast composed entirely of tourism advertisements: this is a critical enterprise, a search for the truth.

Episodes of Extremities have so far all been 20 to 35 minutes long. When a series is running, new episodes drop every week. As mentioned earlier, it is best to listen at the default 1x speed. Weirdly enough for a podcast, there has been outro music from episode 1 but there isn’t always an intro theme. Not that it matters, Denby’s voice is quite distinctive anyway. Extremities is still very new, so there isn’t much of a backlog. Hopefully the podcast has a long and storied life ahead of it.



Wikimedia Commons

**Apartments:** Many students turn to apartments as a living solution



Professionalism.  
Leadership.  
Communication.

There's more to an engineering  
education than engineering.

## Debates

For the last several years, the University of Toronto has won the debating contest at the Ontario Engineering Competition. This shall not pass. If you like to argue with your classmates for fun, even if you've never debated before, then you need to come and try to argue for the pride of Waterloo Engineering (and for cash prizes). Only by entering the SFF debate competition can you prove that Waterloo engineers will never be content to be second place. You must sign up to compete.

The SFF debate competition will be held on Tuesday, July 19, starting at 5:30pm in E5-3052. Cash prizes will be awarded to First, Second and Third place teams. The top team is eligible to represent UW at the annual Ontario Engineering Competition. The debates will be in teams of two, so please register your teams by emailing [sff@uwaterloo.ca](mailto:sff@uwaterloo.ca). Questions regarding policy and format can be addressed to [atrivett@uwaterloo.ca](mailto:atrivett@uwaterloo.ca). Let's make it so, number 1.

## Technical Speaking Competition

Do you have a passion for engineering design, communication and public speaking? The SFF Technical Speaking Competition is a great way for you to show off your technical speaking skills and personal projects, and to win cash prizes for it.

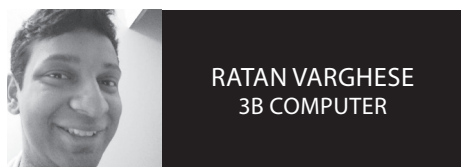
The Technical Speaking Competition will be held in mid-July. Students wishing to participate must submit a 100 to 200 word abstract and a preliminary deck of slides in pdf, pptx or ppt format. Six students will be selected for the competition, based on submitted material.

Questions about competition rules can be addressed to the coordinator, Jason Grove, at [jason.grove@uwaterloo.ca](mailto:jason.grove@uwaterloo.ca). Prove your mettle in the SFF Technical Speaking Competition!

**Sandford Fleming Foundation**  
E2-3336, Extension 84008, [sff@engmail.uwaterloo.ca](mailto:sff@engmail.uwaterloo.ca)  
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# Waterloo Innovation Summit

## What was it?



RATAN VARGHESE  
3B COMPUTER

The Waterloo Innovation Summit was held in E7 on October 1st, and a lot of students were caught off guard. People left class only to find entire floors crowded with investors and their ilk wearing suits and “networking”. Apparently there were events throughout the day, but I only managed to attend the Velocity startup pitch competition and the following interview with the Ontario Health Minister. The theme of the summit was “Beyond Impact: Re-imagining health with technology”.

A lot of chairs were assembled in rows facing a podium with a massive screen. Electronic music with extremely powerful bass disrupted everyone’s attempt at conversation. In the halls of E7, one could find some of the startup founders practicing their pitches. Eventually all the attendees settled in their seats, the bass stopped assaulting our eardrums and an announcer told us to share our social media posts with “#waterloobeyond”. If Twitter is any indication, this hashtag has been recycled from previous iterations of the event. Then, the main host of the pitch competition stepped into view.

Jay Shah is a University of Waterloo TRON graduate who founded BufferBox, a startup that was sold to Google for \$25 million. Today, he is the director of Velocity, the University-affiliated startup incubator. He started by talking about how “intellectually stimulating” the previous events of the day had been. After promoting Velocity to an audience of investors, Jay Shah explained the premise of the pitch competition. First, each startup chosen for the event would have 3 minutes to make a pitch. Then, a panel of judges would privately decide on the best

investment opportunity. The winning startup would receive a grant of \$5000: significant for firms that haven’t already been approached by venture capitalists and angel investors. The judges were all involved in Velocity, all alumni of University of Waterloo, all involved with Y-Combinator, and all CEOs. Since this event was focused on medicine, all the judges had some knowledge of “medtech” as well.

The first pitch was from Micheal, representing “Bloomry”. Bloomry is trying to improve the treatment of children’s mental health using a massive data-set of “human uniqueness”. This data-set is not complete yet, so the first stage would be to build it up further. Eventually, users of the app (teachers mostly) would be provided training personalized to their children’s mental ailments. This is obviously more efficient than expecting teachers to understand every possible mental illness they may encounter in the student body. Micheal assured the audience that they would work closely with mental health professionals, revealed all the Bloomry founders (one of whom was a therapist), and concluded his pitch.

The next pitch was from Connor, representing “Insula”. The basic problem Insula has set out to solve is this: insulin pumps are extremely inconvenient. In particular, having a wireless receiver device separate from the rest of the pump was considered a nuisance by most patients, to the point where some patients were risking their lives to hack their pumps to stop using a receiver. Insula aimed to create a smaller, sleeker pump with integrated Bluetooth capabilities. Connor also pointed out that the market for insulin pumps would double by 2024, so there was an opportunity for a new company to seize massive market share. He also included a list of founders before concluding his pitch.

The third pitch was for a startup

called “SheCycle”, which aimed to create menstrual products with an antimicrobial layer that could last an entire year. This would be one part of a larger effort to reduce the risk of urinary infections in developing nations such as Uganda. They would also need to fund local educators to help Ugandan girls use their product, in an effort to reduce school absenteeism caused by urinary infections. After providing a list of founders, the pitch concluded with a powerful message: “we have the ability to solve this, therefore we have the responsibility”.

Finally, there was a pitch for “WaterMine”, a startup aiming to use a proprietary database and AI to discover new pharmaceuticals, as well as new uses for existing generic drugs. This would shave off hundreds of millions of dollars in drug development costs. Once the new drugs (and new uses for old drugs) were identified, they’d be licensed to existing drug manufacturers for massive profits. Since this is apparently obligatory for these pitches, there was a list of founders here as well.

While the judges deliberated on their choices, Jay Shah returned to the podium to interview someone who apparently isn’t mentioned on the website. They talked at length about the challenges of working in the medical startup space. In addition to all the ‘normal’ startup concerns, medical startups have increased risk due to regulation, procurement and selling of a physical product, and validating that their technology actually works. Investors have a tougher time as well, since there are not really universally understood metrics for success in this area. If they don’t have any knowledge of medicine, the best they can do is notice the endorsements (or lack thereof) of third-party experts.

Jay Shah then revealed that the judges had returned from their “secure location” and were ready to say who

won the pitch competition. One of the judges, Moufeed Kaddoura, was invited to speak on the judge’s behalf. Instead of just saying who won, he talked a bit about his time at ExVivo Labs and the criteria used to judge medical startups. First, are they tackling a big enough problem? Next, is their solution likely to succeed? Third, how do their metrics and current progress look? Finally, do the founders have the conviction to see their project through?

Now that everyone was at the edge of their seats wondering who won, Jay Shah returned to inform us that the winner was Bloomry. There wasn’t much pomp and ceremony, instead the next event began immediately: an interview with the Ontario Health Minister.

The Honorable Christine Elliot, Health Minister of Ontario made some opening remarks on the podium before entering a live interview with Lili Liu, Dean of Applied Health Sciences. There was a lot of discussion of the current government’s position on healthcare matters, and the Honorable Elliot’s view of the provincial healthcare market. Some of the major points of the interview included the need to protect the privacy of Ontarian’s health data, the need to improve quality of care, the need for healthcare solutions to be inclusive for everyone in the entire province, and the opportunity for healthcare to be a profit-making industry rather than a tax sink. The phrase “21st century healthcare” was tossed around a lot. Perhaps the most memorable part, however, was when the honorable Christine Elliot stated that Ontario must “get rid of taxes in healthcare”.

Afterwards, Sandra Banks, the Vice-President of University Relations, made some concluding remarks about the main themes of the conference. Only one of these themes was the “audacious mission” of startup founders: the other themes were perhaps expounded upon in earlier events of the summit.

## Why Representation Matters



SAMRIDHI SHARMA  
4A CHEMICAL

DID SHE JUST SAY THE F-WORD?

Hello, my favourite people who read my fortnightly column of erratic feminist rants. I am back! Today, we will talk about representation and the affect that it has on young girls around us. As a former young girl, I can attest to the fact that the effect of not being represented can lead to a negative image about yourself. It harbours a kind of complex that goes along the lines of “I don’t look like them, so I can’t be up there with them.”

Growing up brown, highly influenced by the Bollywood culture, I would see all these fair-skinned, size XS women on my TV screen. Bollywood was almost exclusively monopolized by these really renowned actresses, and don’t even get me started on the cliché roles that they played. I quickly decided to move onto Hollywood but not much representation came out of that either, except for maybe Aishwarya Rai playing the villain in Pink Panther, who again, is a fair-skinned, size XS Bollywood actress. Getting my point? So when all the

interesting people, the CEOs, the astronauts, the fashion designers and models were portrayed by people who looked nothing like me, how was I to believe that I could be a CEO or an astronaut?

Representation matters, people. It molds a person’s mind. It shows little girls that they can grow up to achieve anything. This was even evident in the Clarke Doll Experiment around 1940. The doll experiment involved a child being presented with two dolls. Both of these dolls were completely identical except for the skin and hair color. One doll was white with yellow hair, while the other was brown with black hair. The child was then asked questions inquiring as to which one is the doll they would play with, which one is the nice doll, which one looks bad, which one has the nicer color, etc. The experiment showed a clear preference for the white doll among all children in the study, even children who then admitted that they looked more like the brown doll. I know what you are thinking – this was in the 1940s, things have changed now. Well, the experiment was conducted again in 2006, and the results were similar.

I think under-representation can internalize racism against our own

elves, as seen in the experiment. We have to be careful about the media that young girls are consuming and we have to bring more people from diverse

races into visible positions from the protagonists in animated movies to the CEOs of multinational companies. The world owes it to young girls.



Two Barbie Dolls Sitting on a Park Bench

Alexas\_Fotos via Pixabay

# It: Movie Review

\*SPOILERS INCLUDED\*



“Take Itttt”... It’s been 27 years since little Georgie was eaten by the sinister clown of Old Derry. Awaking from its slumber, Pennywise begins terrorizing the town once again, feeding off people’s fears but of course, how could IT ever forget the infamous Loser’s club.

The second installation of the franchise is centered around the reunion of the Loser’s club and how they plan on killing our beloved dancing clown. This movie is a 3 hour long jump scare. Sounds exciting, albeit it involves more gory scenes than expected. Stephen King, the author of IT, did not fail to entertain us with his ingenious transformations of Pennywise, into the loser’s greatest fears; from Bill’s

guilt, Beverly’s tormenting father, Richie’s neglecting parents, Eddie’s hypochondria, Ben’s weight, Stanley’s OCD to the death of Mike’s parents, all of the loser’s face their fears once again, only this time, it’s more amplified.

The plotline involves a good mix of the present day and 1988 cycles, filling some of the gaps during the 1988 summer when the losers parted ways. This gave the movie a sentimental value, which is always appreciated, as the first installation and the young cast absolutely won our hearts 2 years ago. The casting for the adult counterparts of the losers was on point. Their performance was astounding and perfectly cultivated to resemble the personalities of their younger selves. As for Bill Skarsgård’s performance as Pennywise, I have just two words; downright bloodcurdling. The plan to kill the ancient shape shifting clown gave an unexpected and convoluted twist to

the plotline, but as you watch further, everything begins to make sense, leading to a very satisfying ending.

Despite the thrilling and horrific scenes, the script added some humour to the movie with Richie’s hilariously inappropriate jokes and Eddie’s defenses. This gave the audience a break from the darkness and gore that surrounded the film. One of the most anticipated elements was the classic love triangle between Ben, Beverly and Bill. In the first film, Bev falls for Bill, thinking he wrote the poem for her, when in fact it was Ben she was falling for. What got the fans most excited was Ben’s transformation, which I must say, caused a very big distraction while watching the movie. Beverly’s realization that Ben was the one who wrote her the poem was beautifully captured when the two love birds were facing their deadliest fears and end up saving each other.

Easter Egg Alert! In a scene where

Beverly is drowning in blood in a washroom, a number of faces appear, one of them being John from the Shining, yelling “Here’s Johnny!”. This was probably in reference to the upcoming sequel to Stephen King’s The Shining, called Doctor Sleep.

Benjamin Wallfisch, the composer for the soundtrack, has absolutely outdone it with his eerie and thrilling music, sending chills down your spine and giving the audience the ultimate cinematic experience. The visual effects were stunning and made the zombie like creatures look realistic and creepy.

Overall, the movie is terrific. It’s everything you expect it to be, from Andrés Muschietti’s direction to the plot, the script, the music and the effects. This has been one of the most anticipated movies of 2019 and for a good reason. So, don’t miss out and make sure to book your tickets soon!

## IW Goes to Cheese Club

Our Experience at Campus Crusade for Cheese

RATAN VARGHESE  
3B COMPUTER

KIRSTEN EHLERS  
2A BIOMEDICAL

On the evening of October 2nd, in the unassuming classroom known as “HH 138”, a curious event took place. Students from various different faculties gathered to achieve the impossible. Their mission? To find out, once and for all, what cheese was best. Yes, this was a Cheese club meeting, known on Facebook as “Spice Up Your Cheese Life”, and previously called the “Campus Crusade for Cheese” in mockery of a similarly-named club. The Cheese Club is actually several decades old: perhaps a bit of a surprise for such a focused group.

The admissions fee was \$3, and after paying it all the visitors had time to stand around while the core team worked on cutting up the various cheeses they bought from Vincenzo’s. A suggested topic of discussion was favourite cheeses, but apparently people were much more interested in discussing their co-ops, professional development courses, and the differences between various programs. It was all quite pleasant, though perhaps more chatting than one might expect from the event description.

Then, the group agglomerated into two lines - or perhaps two oblongs. One was in front of the desk with the president of the cheese club and his cutting board. The other was behind said desk. The basic plan was that we would all try the different cheeses, with some accompanying grapes, juice, crackers and dried mango. Then we would vote on our favourite cheese... after having seconds, of course.

We tried six excellent cheeses from Vincenzo’s. First, I would like to apologize for not remembering all the names of the cheeses. We did make guesses and I think we were mostly right. We were so preoccupied with enjoying the unique cheese flavours that we forgot to write them down.

The first cheese we tried was Asiago. I was quite excited to try this cheese because it was a crossword clue from issue 1. I was sorely disappointed by this cheese. It was extremely mild like the spring morning where the sun the shining and you can feel a slight breeze

on your sweater-covered arms. However the presentation of the cheese as a thinly grated slice emulates the weightlessness of a feather in the mild spring breeze. So compliment to the cheese club for excellent presentation, intentional or otherwise.

The next cheese we tried was an apricot cheese. Now, this wasn’t my first encounter with this fine cheese. It slowly crumbled at the light touch like the drywall in house demolition. This made it harder to eat but the cheese still had an exquisite taste. The sweetness of the apricot balanced the saltiness of the cheese.

The next cheese I tried was the brie. Now, brie is brie. It’s soft and creamy. The texture reminds me of a gooey and sticky peanut butter sandwich. As for the cheese, it was quite mild. However, brie is a classic cheese that you really can’t go wrong with.

Another soft cheese that we had was a blue cheese. Now, I’m not a huge fan. However, when paired with a cracker the cheese was just splendid. A cracker helps cuts that off-putting flavour. I also don’t like the smell of the cheese so that might’ve turned me off.

The next cheese was a guacamole flavoured cheese. This cheese was probably introduced as a spice competitor against the Moroccan spice. More on that later. The cheese was distinctive as a result of its olive green colour. I’m a cheese traditionalist and this colour difference kind of turned me off. The taste was underwhelming. It wasn’t spicy but it had the slightest hint of some spice flavours. I found it a little bitter too.

Finally, the incumbent cheese champion was Moroccan spice. Moroccan spice was a little spicy, as the name suggests, but not too spicy. The spice gave the flavour some depth. Another advantage to the spice was that it tasted distinct from the other cheeses of the night. It was in a word: show-stopping.

Then, the next step was to vote.

The Cheese Club operated on a first-past-the-post voting system, much to the dismay of election nerds, third cheese supporters and CGP Grey fans. Each participant was allowed only one vote. There weren’t any ballots, or voting anonymity, or even records: the core group would name a cheese, people

would raise their hands, and after some quick counting the process would start for the next cheese. The winning cheese was the incumbent after whom the event was named: Moroccan Spice, which managed to win with 9 votes. This was definitely a plurality of votes, rather than a true majority: such is the price of voting simplicity.

There was an auction for the left-over cheeses, all of which had several bids. The bidding started at 25 cents, and increments of 1 cent were not accepted. Offering one nickel more than the competition was fair game though. The brie was sold for \$1.25, the guacamole cheese was sold for \$2 and the blue cheese was sold for \$4.25. The other cheeses were apparently entirely consumed before the voting.

Interestingly, the end was where the proper introductions began. We were all asked for our name, program, favourite cheese, and an interesting fact about ourselves. We learned a bit about the core

group running the Cheese Club during this part. They seem to be a casual but close-knit bunch with a long history, who joke around a lot because what else would you expect from a Cheese Club? Given the large number of visiting attendees, they openly wondered if attracting still more people was a good idea. They also revealed that it is possible to find love at Cheese Club... though not necessarily likely.

There was still one remaining mystery left to resolve: the fate of the Cheese Hat. This powerful artifact from Cheese Clubs of yore was left at the Iron Warrior’s office several terms ago, but apparently never collected and not moved to our tiny new office. What did the current staff have to say regarding dairy helmets? Well, they had A Cheese Hat, which they used at a previous event but didn’t bring with them to this one. The fate of the elder hat was never brought up. To this day, no one knows of the hat’s location.



The Cheese Selection at the Cheese Club



# Point Vs. Counterpoint

POINT 

 COUNTERPOINT

## Should Sleep be Prioritized Over Studying?

YVONNA LALUMIERE  
1A ELECTRICAL

Humans spend practically a third of their lives asleep, but those hours are often treated as optional and are instead spent working. Students in particular are guilty of staying awake all night studying or working on assignments, leaving them in a level of near-constant exhaustion. I believe that sleep is critical and should not be sacrificed for more study time.

Sleep has been proven to have many positive benefits. For one, it helps with mood and stress levels. With the endless stress of university, any little thing that can help either of those things should be considered important. When I'm tired and overwhelmed by the amount of tasks I need to complete, I find taking a nap helps tremendously in seeing everything with a clear head and the mind-set that I can complete it. Even with the lost time of the nap I get things done faster with less of the crushing weight of the world on my shoulders. A better mood not only helps yourself but the people around you. Someone tired who is grouchy and short-tempered is no fun to be around, and if the entire cohort is like that, it's a recipe for a miserable time.

Sleep has been proven to help with memory. Memories get transferred to long term memory while you're asleep, so if you don't get much, if any, sleep overnight then you're not going to remember nearly as much as if you had slept. The point of studying is to remember what you learned, but if you don't sleep then you're not going to remember all that you had 'learned' the night before. Why study if you can't even remember what you studied? Going to bed sooner, even if you haven't covered all the material, means that what you did study is going to stick better in your mind.

Let's imagine for a moment that you stayed up late to finish a project. You finish it, you feel great, but now you're running on very little sleep a whole day's worth of classes are ahead. The problem? You can't focus. While there are many other factors which influence focus, mental health and other concerns as just two examples, sleep is still a major part of keeping focus as high as possible. Staying up late to work on something means that the next day's classes are impacted as well. It'll take more effort after class to get to the same point of understanding that you would have had if you had slept.

But isn't that what coffee is for, you may ask. Sure, coffee is great, but if that daily cup becomes necessary, reaching the same baseline level of alertness that you would have had otherwise becomes a challenge. One cup is fine, many people drink it either for the taste or for the benefits, but when you need to drink a lot more than usual to make up for the little sleep you had the night before, it can leave you jittery or anxious, especially if you have a sensitivity to caffeine. Pairing that sensitivity with a large cup of coffee can mean completely writing off the day's productivity, at least until it wears off.

Don't get me wrong, I have my fair share of sleepless nights. Between classes, applying for jobs, and hanging out with friends, it's inevitable, though the next day is always terrible. I'm miserable, I can't focus, and everything is a blur. Why would I subject myself to that more than I need to? Personally, I'd rather go into a test well rested and with fewer hours of studying than with all that extra studying but exhausted. I even find knowing that I'm going to go to sleep at a certain time means that I'm more productive before then, but that's not always a guarantee. There is also the idea of planning ahead so that the all-nighter isn't needed, but let's be realistic, there is going to be that last-minute panic right before something big.

If a really late night is necessary, consider calling it a night even a half hour earlier. Any amount of extra sleep makes a big difference. At a certain point productivity levels off, so what little more that could be covered during that last half hour isn't worth as much as that half an hour of sleep. Or, if you can and your schedule allows it, consider a nap. A quick twenty minutes can really refresh your day, making those afternoon activities more bearable.

It's ridiculous to think that someone can go through their entire academic career without multiple all-nighters and considerably more late nights, but optimizing the amount of full nights can make the sleepless ones more bearable. I strongly encourage rethinking how you treat your sleep and treating it with the value it has. We all know sleep is important.

INAARA AHMED-FAZAL  
1A BIOMEDICAL

Every university student seems to find themselves at the crossroads between studying further into the night (or early hours of the morning), and shoving their stack of notes aside to dive under their warm and inviting Ikea comforter. It may happen at 10:30 p.m., or midnight, or even 3 a.m. You may arrive at this fork in the path once during your career as a student, or every finals season, or perhaps even several times each night.

You might ask yourself: is it really worth it? Is that 50% of your grade that the linear algebra final counts for really going to matter in the end? Should you just succumb to slumber and resolve to switch programs after you hibernate for a solid 48 hours?

While that pillow may look, in the moment, like the gates of heaven, sleeping cannot solve your problems (not even your calculus ones!). It can't do your design project for you, or help you to learn the steps to solve a physics problem, how only a grueling set of practice questions can.

No one can argue that sleep is not important. It is a basic human survival function that occurs so that the body can repair cells and regulate its energy usage, and the brain can transmit information from short term to long term memory. However, a similarly straightforward argument can be made when we consider the fact that there are only 24 hours in a day.

A typical engineering schedule keeps any student occupied with class for anywhere between six and ten hours daily. Once we factor in the time it takes to walk to class, eat, socialize, participate in any number of extracurriculars, and involve oneself in the general mess that residence or living with roommates often turns out to be, it may be safe to say that the time remaining for studying will be limited to the evenings.

And often, those few hours that comprise the earlier parts of the evening simply are not enough to keep up with a full course-load. The phrase "doing the bare minimum" can easily lose its meaning in engineering, as "minimum" implies a small amount, and a very not-

small amount must be done in order to even pass classes. And if you are striving for more than a passing grade, as many of us overachievers are, you will naturally find yourself needing even more time to thoroughly learn material and complete assignments.

One could even narrow down the debate between bed and the books to a simple visualization. Picture the most intimidating prof you know sitting down at their desk to carefully construct the most intimidating final exam possible. Seeing as you likely have limited time in the evening, and need to master a hefty load of content, cutting into the time usually allocated for sleep may be the only way to conquer that intimidating final.

But staying up late to study may also be a gateway to other exciting adventures. Looking up at the stars and plunging down a wormhole of existentialism, spontaneously having an interesting conversation with a similarly tired stranger, or simply making and savoring some much-needed microwaveable Kraft Dinner, are only a few of the quintessential university student experiences, and they are easily facilitated by the early hours of the morning.

Some of our strangest thoughts come to us in that delirious stage where the consciousness is fragile and the laptop screen has begun to stare back. Strange, unconventional ideas, however, are the driving forces behind the profession of engineering, which focuses on turning them into reality through design.

Now, it would be foolish to think that every bizarre idea that knocks on your consciousness at 2 a.m. is one worthy of an iterative design process. However, if you find yourself needing or wanting to study more for an upcoming test, why not open yourself up to the possibility of having these wonderfully weird ideas arrive in the late hours of the night?

Nonetheless, during that fateful minute, when your head turns from your notes to your bed, and you eventually come to a stare-down with your alarm clock, only you can truly make this decision. Only you can thoroughly consider your past nights' grind, the difficulty of your midterm, and how confident you feel about your knowledge of the subject. Only you can decide on your priorities for the evening.

Consider, though, as you make your decision: studying longer will not only help you to learn more material, and experience the thoughts and adventures of a university student; it will also make the sleep you get at the end of hell day or hell week or hell month so much more worthwhile.

### 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.



Koala Bear Getting Some Much Needed Sleep

# Wellness Tips for Midterms



Welcome back! Did you guys feel invigorated after trying out some of my recommendations? I hope so! If you haven't tried them out yet, don't worry. Start whenever you're ready because there's no point in doing something halfheartedly. You need to develop the determination to improve your overall health. I know, I know; easier said than done. You're constantly stressing about studies, work, LIFE, etc., and so it's easy to forget about being and feeling healthy, but you can do this, and remember, it's never too late to begin.

Midterm season is approaching soon, so your stress level has probably hit the roof. Don't forget to meditate and get enough sleep. Try to pull fewer all nighters to none if you plan to do so. It's toxic to your health, to say the least. You will mess up your internal clock, your brain won't function at its normal rate, it'll lead to weight gain and trust me, you will need at least 2 days to recover from it. It's not worth it. Maximize your utilization of reading week hours, so you don't go down that road.

One more important thing to do during midterms is eat healthy and light food. Foods that contain carbs make you sleepy, especially rice. Try to avoid those while studying, since you want your mind to be active. Eat until you're satisfied, not until you're full. There's a big difference between these two and most of us ignore it, sometimes subconsciously. While we're watching TV, we stop concentrating on our food and tend to overeat. So try to avoid that and don't stress-eat either. If you can't resist, then eat fruits or granola bars, not heavy food or unhealthy snacks. All this might seem like a lot to think about during hell week, but if you follow these tips, you will study better. Your mind requires fuel, not waste.

On that note, good luck for your exams! Let's move on to exercises and breakfast meals.

**Exercises:** Last issue, I talked about jogging. Now I'm going to talk about exercising at home. You can exercise anywhere you want and you don't even need equipment. There's tons of apps and YouTube videos that teach you exercises. I'd recommend sticking to one, so you're not all over the place. I personally use the Nike Training Club App. They have exercise routines that impact different muscle groups. Each routine mentions how much equipment you need, how long it should take to complete and the intensity level. Each exercise in a routine is timed and has a short video of someone performing the exercise, in case you don't know how to do them. There's even rest times between exercises. Because of the structure of their routines, it's easier to follow them in a timely manner. Some of these routines are 12 - 15 minutes long. That's a pretty good duration if you have a packed schedule and want to squeeze in some work outs.

**Breakfast Meals:** As you all know, this is the most important meal of the day. You want to begin your day with a good meal, or you're just going to feel lousy by midday. Why? Well, the answer is no fuel. You're basically going to harvest energy out of nothing, so you won't even have much of it to begin with. We're usually in a hassle in the mornings so we don't get enough time to make some breakfast. The trick is, don't make it in the mornings. Prep them the night before. Overnight oats and muesli are two examples. Get a mason jar, stash it with oats/muesli halfway, add milk, chia seeds, dried fruits, nuts, berries, fruits, etc., refrigerate it overnight and voila, you've got a meal without spending any time in the morning. You can eat it at home or take it with you to class, whatever works.

Fruit cups, boiled eggs and avocado toasts are some other options.

If you plan on having a good hearty meal, eggs and toast with some cold cuts or beans, melted cheese, spinach and mushrooms

sautéed in garlic butter is my go to.

An omelette mixed with onions, cheese, tomatoes and chilli, coriander powder and red chilli powder makes a delicious meal as

well.

Try these out whenever you get a chance, I'm sure you will love them. Keep reading for some awesome wellness tips!



Alexas\_Fotos via Pixabay

Two Barbie Dolls Sitting on a Park Bench

Upcoming Events Calendar							
<b>Wednesday</b> <b>Oct 09</b> Growing Hope Farm Visit 1:00 PM - 3:00 PM Clothing Swap 5:00 PM - 7:00 PM	<b>Thursday</b> <b>Oct 10</b> Black Engineers Study Hall 5:30 PM - 8:30 PM	<b>Friday</b> <b>Oct 11</b>	<b>Saturday</b> <b>Oct 19</b>	<b>Sunday</b> <b>Oct 20</b>	<b>Monday</b> <b>Oct 21</b>	<b>Tuesday</b> <b>Oct 22</b> Metal Club 5:00 PM - 7:00PM	Check out up-to-the-day event postings on the EngSoc website at <a href="https://engsoc.uwaterloo.ca/event-calendar/">engsoc.uwaterloo.ca/event-calendar/</a>
<b>Wednesday</b> <b>Oct 23</b> Council Meeting #2 5:30PM - 7:30PM Growing Hope Farm Visit 1:00 PM - 3:00 PM Coffee House 7:30AM - 10:30PM	<b>Thursday</b> <b>Oct 24</b> 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	<b>Friday</b> <b>Oct 25</b> Healthy Snacks 11:30 AM - 1:30 PM	<b>Saturday</b> <b>Oct 26</b> Wellness Walk 2:00 PM - 3:00 PM	<b>Sunday</b> <b>Oct 27</b>	<b>Monday</b> <b>Oct 28</b> EngiQueers 6:00PM - 9:00PM	<b>Tuesday</b> <b>Oct 29</b> Metal Club 5:00 PM - 7:00PM Puppies in Poets	

# Dear Darla Answers Your Burning Questions

## A New Advice Column From The Iron Warrior

DARLA  
IRON WARRIOR, ADVICE EXPERT

Dear Darla,

I'm living with a lot of new roommates this term and I'm really frustrated by some of their kitchen habits. There's no organization in the fridge and I keep forgetting which milk is mine, the dishes are either always dirty or they put wet dishes on top of my clean ones so that I have to dry my dishes when I go to put them away, and no one ever cleans the counters or the floors. One of my roommates is always using every dish in the house and inviting people over without telling anyone. We had a house discussion at the start of the term about responsibilities and cleaning schedule, but I hate confrontation and I don't want to bring it up with them. I can't keep

living like this though, it's driving me up the fridging wall! What should I do?

- Frantic Fred

Dear Frantic Fred,

Living with roommates is hard work; you're supposed to be a team and when one person starts to feel like they're keeping everything together things can go sour quickly. Things don't get out of hand at home because normally there's a parent policing things but at university you have to be your own police, and some people are easier on themselves than others. I can understand your reluctance for confrontation, but it sounds like you have a lot of things to discuss with your housemates.

A quick, easy thing you can do is to label your food, that way you won't lose

track of it and you'll stop worrying that other people are eating your stuff. Then, maybe try putting Post-It notes up with messages to your roommates. You can leave these on cupboards, in the fridge, but refrain from sticking them directly to their doors as that might come across as a bit rude. If the counters and floors are bothering you a lot, clean them yourself and talk loudly about it to friends on the phone when your roommates are nearby. Don't forget, this is a shared space, so if their stuff is taking up too much room in the drying rack maybe get a box and store all their things in that box and stick it up on the fridge where they will be sure to see it. If they're ignoring your cleaning schedule, then it's garbage anyways; rip it in half and leave the pieces stuck on the fridge or wall where the schedule was before. You will be sure to get your

message across that they have not been pulling their weight.

Lastly, if you don't like that they're inviting people over without telling you, have a raging house party but be sure to let them know in advance that you will be doing so; they will feel guilty that they have not been letting you know about their get-togethers.

Hope things work out for you!  
Love, Darla

Dear readers,

All future questions can be sent to [iwarrior@uwaterloo.ca](mailto:iwarrior@uwaterloo.ca). If you sign the article, your name will not be published in the paper.

I'm looking forward to answering your questions.

Love, Darla

# Horoscopes

LIBRA  
SEPT 23 - OCT 22

As October begins to unfold, you'll decide that it's never too early to start listening to Christmas songs to make the term go by faster. With Nat King Cole's "Chestnuts roasting on an open fire..." playing in your room, you'll realize that all the projects, assignments, and tests will soon be over, and before you know it, you'll be sitting next to a warm fireplace wearing your favorite pair of comfy socks and drinking a warm cup of hot chocolate. Then, you'll suddenly wake up from this daydream, and realize that it actually is too early to start listening to Christmas songs, and that you've wasted 3 hours binge watching "The Office". Relatable.

SCORPIO  
OCT 23 - NOV 21

The week will bring positive changes for Scorpio, it is important to accept them with an open mind. Focus on your own well-being and remember to treat yourself before midterms begin by going out with some friends or staying in and watching a movie or show you really like. Things will get stressful, but you will get through it with determination and be successful.

SAGITTARIUS  
NOV 22 - DEC 21

If your schedule feels too confining, don't be afraid to step outside the box and try something new. You can turn your restlessness into productivity by embracing a new hobby, joining a team, or trying a new food spot. While the prospect of studying for and writing midterms may seem bleak, a small change of pace can be more refreshing than you think. This exciting change will make you feel energized and ready to conquer the world!

CAPRICORN  
DEC 22 - JAN 19

As midterms are quickly approaching, life is getting extremely busy. Taking the time to prioritize what is important to you, even if it means saying "no" to a few commitments, can help you to manage stress. This will help you succeed in midterms and make you feel all the better. Evaluate your life and make some important decisions. Don't worry too much about what others think about your decisions - what matters in the end is your own happiness.

AQUARIUS  
JAN 20 - FEB 18

Trust your intuition and do something good for someone who would appreciate it. In the stress of midterms, one kind gesture can make someone's day, week, or even month. Share a cookie from the C&D with someone you care about and be sure to thank the cashier. Reflecting on the kind things people do for you will help get you in the holiday spirit.

TAURUS  
APR 20 - MAY 20

The week for Taurus will be full of positive, new changes that will inspire you to be your best self. Inquire about a new club or try something new, but remember to make time to relax. You deserve it! An interview (or many), is in the near future for those who will be on co-op next term. Keep working hard and it will payoff in the future.

CANCER  
JUN 21 - JUL 22

This week may bring about change in some aspect of your life. While it is tempting to hold on to what you know, life is full of unexpected adventures that could take you somewhere great. In times of hesitation, reflect on what is holding you back, and then be confident in the decision you make. Your confidence will pay off in the outcome.

LEO  
JUL 23 - AUG 22

You will realize that hell week is closer than you think (if it hasn't already started for you). You will also decide to make pancakes on a Tuesday morning right before your midterm so you can finally say that you had an actual breakfast, and not just half a banana. In the end, you're just going to conclude that trying to be "wholesome" is hard as a university student, and that having one meal a day comprising solely of microwavable ramen bowls will have to do. Who needs to eat healthy meals when you have calculus.

Good luck with the all-nighter.

VIRGO  
AUG 23 - SEP 22

Pay attention to the pace of your life. Are you rushing through everything without reflecting, or should you be planning ahead? Don't rush into decisions. Reflect on your values to find balance between what you want and what you need. Once you have a better idea where you are going, you can move forward with confidence.

### HISTORY OF HOROSCOPES

Horoscopes are used by astrologers to show the potential of a person. Astrologers insist that a horoscope is not destiny but can give insight into how an individual's life may change.

You control your destiny. Horoscopes are a tool available for individuals to harness their destiny.

Traditional horoscopes use the location, date and time of birth.

There are four elements of zodiac signs. The water signs are Cancer, Scorpio, and Pisces. The fire signs are Aries, Leo, Sagittarius. The earth signs are Taurus, Virgo, and Aquarius. The air signs are Gemini, Libra, and Aquarius.



wikimedia commons

PISCES  
FEB 19 - MAR 20

When you get caught up in your mind, it can be easy to neglect your relationships. Take the next couple of weeks to stay connected with your friends and family. Share a meal with your roommates, give your parents a call, or text a friend from your hometown. Don't forget to check in on those people too, let them know that you care.

ARIES  
MAR 21 - APR 19

The week will feel never-ending and stressful, but the hard work will pay off. Remember to relax and take time out for yourself though. Now is the time to seek new opportunities and approach the unexpected, you never know what might come out of it.

GEMINI  
MAY 21 - JUN 20

Decisions are rarely set in stone. You may find it easier to begin a project, and change paths once you have gained some experience with the topic. Even if you find yourself moving in the opposite direction from when you started, you will have gained some valuable insight not only in the subject, but also within yourself. These lessons are invaluable.

Still, it is imperative to stick with your path. Your path will lead to success even if the road is paved with troubles. Your journey may not be easy or conventional but it is yours. Remember that strength comes from trying times.

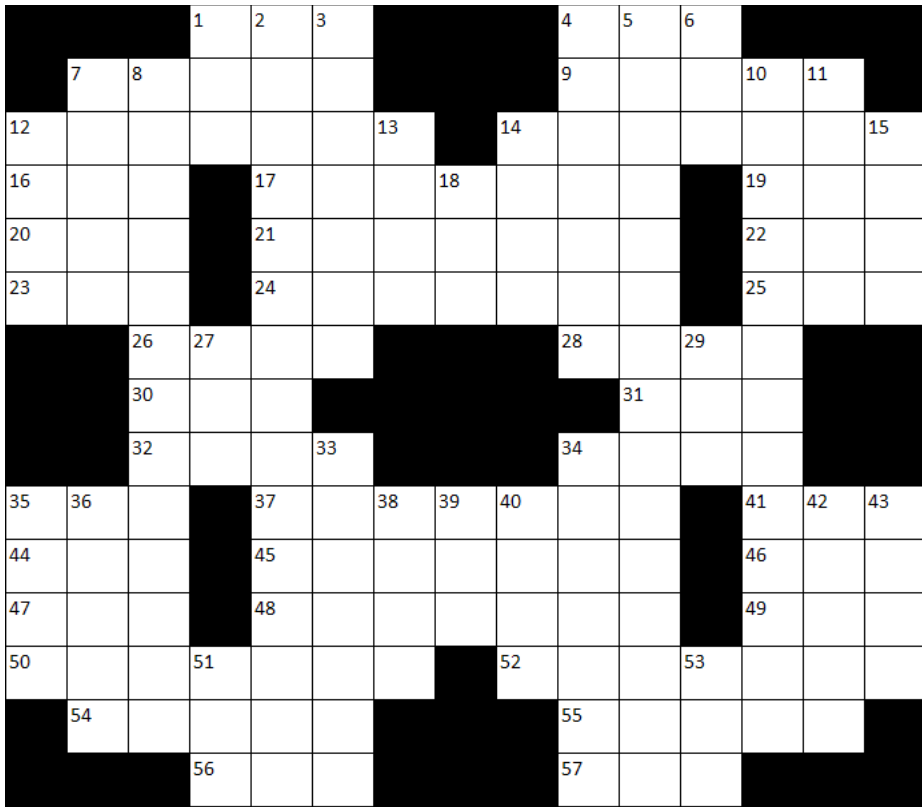
Stay strong and keep going. The best fortunes lie ahead of you. The lessons learned along the way will allow you to take these fortunes.

You've got this.

# The Iron Crossword

ABBA

INAARA AHMED-FAZAL  
1A BIOMEDICAL



**ACROSS**

- 1: Youth organization with a focus on agricultural education
- 4: Wonder, astonishment
- 7: Mr. Ulvaeus, baby carrier
- 9: German municipality in the district of Cham
- 12: Female inheritor
- 14: When you're hungry, \_\_\_\_\_
- 16: Sustainable faculty (abbr)
- 17: To snugly wrap a baby
- 19: Canadian rapper Navraj Singh Goraya
- 20: National public radio station of Spain (abbr)
- 21: "What's \_\_\_\_\_, a pound of bricks or a pound of feathers?"
- 22: 1st person singular (indicative) of to deny in French
- 23: Bless your heart
- 24: You may find an electron here
- 25: French institution for scientific research (abbr)
- 26: A crappy exit
- 28: More than one male offspring

- 30: Large container, goods and services tax
- 31: Expression of pleasant surprise (informal)
- 32: The derivative at a point (abbr)
- 34: American Bar Association forum for property, trust and estate
- 35: "Gimme, gimme, gimme a \_\_\_\_\_ after midnight!"
- 37: Author of A Room With a View, first name Edward
- 41: Electrifying rock band
- 44: Test measuring amounts of arterial gases (abbr)
- 45: "Breaking up is never easy, I know, but \_\_\_\_\_ go."
- 46: Roman numeral 3
- 47: Fatty acid supplement found in palm kernel oil and coconut oil (abbr)
- 48: Can expose vehicle thieves
- 49: Hospital case classification system (abbr)
- 50: Player of a sport
- 52: Leafy vegetable that shrinks almost to disappearance when cooked
- 54: First word describing main veins that

return blood to the heart

55: Trade association for sport nutrition in the EU (abbr)

56: National shooting sports distributor (abbr)

57: Segment in a best of 3 or 5

**DOWN**

1: "I tried to reach \_\_\_\_\_ for you, but you have closed your mind."

2: Neither rotten nor possessing any clue

3: Opposite of questions

4: Beautiful yet toxic flowering shrubs

5: "\_\_\_\_\_, \_\_\_\_\_ to love you for evermore!"

6: French National School for Meteorology (abbr)

7: The one associated with The Jets, Mr. Andersson

8: "You can dance, you can \_\_\_\_\_, \_\_\_\_\_ time of your life."

10: Mamma Mia herself

11: Another Town, Another \_\_\_\_\_

12: A green to garnish

13: Swedish automobile manufacturer founded in 1945 (abbr)

14: Small change

15: "Why, why, did I \_\_\_\_\_ let you go?"

18: Display interface connecting video source to display device (abbr)

27: North American trade association for the real estate industry

29: "You know I'm \_\_\_\_\_ that strong."

33: An associate in hate

34: Adheres again

35: Fond way to address one's mother

36: American Broadcasting Company Television (abbr)

38: To completely destroy

39: State housing facilities for US veterans (abbr)

40: Used by DHS to keep track of immigration and emigration (abbr)

42: Approximately, often used in reference to dates

43: "\_\_\_\_\_, I'm a bird in the sky"

51: Linamar company in stocks (abbr)

53: Non-invasive screening test during early pregnancy (abbr)

# Sudoku

#2019-10-9

YVONNE LALUMIERE  
1A ELECTRICAL

Easy

1		7	9	8			5	3
				6		1		
5	2		3		1	8		
			8			7		1
	1	8		2			3	
		5	7		3	4		8
8	6			3				4
	7		6		8	2		
		9			4		8	

Medium

		4			6	2		
		8				7		
1	9		4	2		8		
		2	9		8			
		6				5	2	9
7			2		5			4
	6				1	4	7	
5					2			
	8		7	4		3		6

Hard

		4		9				2
8		5				6		
6			1		4	7		
				2			7	
								4
	4	1	3		7	8		5
1								
					2		3	8
		7	5		8			

Solutions for previous crosswords can be found on *The Iron Warrior's* website at [iwarrior.uwaterloo.ca/distractions](http://iwarrior.uwaterloo.ca/distractions).

THE IRON INQUISITION  
Kirsten Ehlers, 2A Biomedical Engineering

## "How do you plan on spending your reading week?"



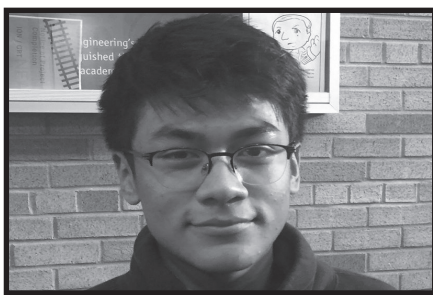
"Go see family and loved ones"  
Idamae, 2A Chemical



"Spending time with family and fall activities"  
Liz, 2A Chemical



"Going to Toronto and studying"  
Javier, 1A Architectural



"Catch a nap and watch Netflix"  
Damian, 1A Architectural



"Applying to more jobs so I can get rejected by them"  
Bilal, 3A Computer Science



"Going to Montreal"  
Dana & Lama, 2A Management