

THE IRON WARRIOR

THE NEWSPAPER OF THE UNIVERSITY OF WATERLOO ENGINEERING SOCIETY

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Gemütlichkeit in Kitchener-Waterloo

A review of Oktoberfest



inspirator via pixalbay

Oktoberfest is a celebratory event



GABRIELLE KLEMT
4A GEOLOGICAL

Ein Prosit! Ein Prosit! Gemütlichkeit! The anthem of Oktoberfest rang out loud and proud over the hall floor at Concordia Club; German-speakers and tourists alike, singing along. It's a song that celebrates a good time with friends, making new acquaintances, and, obliquely, beer. Much like the Swedish word "hygge" which has no real translation to English because it just IS, Gemütlichkeit has no real English equivalent. It is, in a nutshell, the spirit of friendliness and a good time.

The week-long Oktoberfest celebrations here in Kitchener-Waterloo have less to do with traditional German roots than you might imagine, but the

spirit of Gemütlichkeit is very much alive and thriving. Then again, even the original Oktoberfest in Munich is less in touch with its own roots than you might imagine, so who's to judge. The point of Oktoberfest is not to maintain Bavarian culture for future generations; what we're preserving is a Disneyfied stereotype, albeit a fun one.

The point of Oktoberfest is to go out, dance, and have fun with a lot of friendly strangers – though the heavy security presence may have belied the friendliness somewhat.

The history of Kitchener's celebrations goes back 50 years to 1969 when a group of locals decided to host their own Oktoberfest in celebration of the rich German heritage in the region. All they had was \$200 and a vote of confidence from city council, but they pulled off a fun event that kept people coming back year after year. My own

grandmother went many times and I have the pictures of dirndles to prove it! The Oktoberfest in this city of 242,000 now draws 700,000 visitors each year!

The Festhalls are usually hot and crowded, probably to prompt you to get more beer... And they have German beers on tap if you want authenticity. Then there are the snacks, the pretzels and bratwurst with sauerkraut, tasty and also good to soak up some of that beer. But my favourite part is the dancefloor! There's always a live band who are, as one person put it, "really good at hyping the crowd". They play polkas and rock music and the traditional Oktoberfest dances... chicken dance, elephant dance, flying dance (fliegerlied)... You will work up a sweat on the dance floor, you will sing until you are hoarse, you will link arms with strangers, but most importantly, you will have so much fun. But you will need another beer after to

get your voice back.

One fester told me that they were impressed at how well organized it was, another said they had a lot of fun playing games – games are not available at all the Festhalls – but over all I have the feeling that people had a really good time.

I know I did.

I think the spirit of Gemütlichkeit can sometimes be lacking in the lives of many students – you're not having fun in university? Taking the opportunity to get out and forcing good times on yourself can be a healthy thing to do. A good chunk of Oktoberfest lore is the drinking, but when you're dancing "mit deine Hände hoch" it doesn't really matter whether you're drinking or not.

Oktoberfest is a good reminder to relax a little because with good friends and good music, things can't be too bad. Happy Oktoberfest everybody!

Letter from the Editor

It's that time of the year...



KIRSTEN EHLERS
2A BIOMEDICAL

Hello everyone! Issue three is finally here and it's spooky. We have horror-scopes (get it? it's a pun) and a Halloween crossword. We have a comic strip! I'm so excited. I apologize for my artistic abilities but I decided that we needed one and I couldn't find a talented artist willing to make one. If any of you readers like to draw, let me know. Also, we have a design team spotlight. Special shout out to all the design team folks who helped us put this together. If any design team want in for issue four email ironwarrior@engsoc.uwaterloo.ca. Also a huge thank you to everyone who helped with layout this issue.

I'd like to give a huge thank you to everyone who helped distribute issue 2. Thank you to the math student whose name I never learned. He got our cart unstuck multiple times. Also, thank you BME classmates (Patrick Maloney, Ben Huggard, Krystal Li, and Syndey Pothier) whom I enlisted to deliver stacks around campus. I learned that bringing a cart with 2000 newspapers around campus takes longer than making multiple trips. Campus is not wheelchair accessible at all. By the way, if you see any Iron Warrior member on a Wednesday evening frantically running around campus with stacks of newspapers and you have ten minutes to spare, we appreciate the help. But now, we totally know the best way to do this, right?

My last tidbit of newspaper news is that we are looking for recommendations about articles. What do you want us to write about? All recommendations are welcome. Also, questions for Dear Darla (our advice column) are welcome. Questions can be sent to ironwarrior@engsoc.uwaterloo.ca. We are transitioning to this email, but I still check all the other ones.

So Halloween is right around the corner (or it just past depending on when you're reading this). That means that it's that time of the year to discuss cultural appropriation in Halloween costumes.

Honestly, this debate is never easy. Last year, I wrote half of a point-counterpoint about this very issue.

Now, there's two drastic opinions. There's the "absolutely no cultural appropriation should be allowed. How dare you violate others' cultures, you racist, ignorant fool". There's also the "Halloween is just a celebration. How dare you spoil my imaginative fun?". Obviously, I've exaggerated these points of views. I believe most people lie

somewhere in the middle. The problem is that whenever I've seen this argued, the arguments are overly skewed towards one side or the other.

This is such a tricky issue. We know that society believes blackface is wrong. It has a terrible past in the discrimination of minorities. Is that something we want to laugh about on Halloween? However, has society allowed political-correctness to dictate our lives? This is the problem. Where do we draw the line?

Repeatedly, First Nations groups have spoken out against Native American Halloween costumes. The act of dressing up as someone else's culture on Halloween is an offensive act because the nature is humorous not respectful. Now, explained like this. I completely agree.

Then you have to explain this to everyone. Is dressing up as a fictional character okay if you don't share a race? Should Halloween be one night-off from political correctness. What harm can 24 hours do anyway?

I recognize my privilege in this debate. I myself have never been discriminated as a result of my race. So perhaps, I am not the most knowledgeable in this area. I just hope that everyone, regardless of their costume this year, shows respect to the feelings that some people have about culturally-insensitive Halloween costumes.

Can we all take a moment to recognize how silly Halloween costumes have gotten? I saw a Sexy Mr. Roger's costume this year? there's also a sexy pizza rat costume? I don't understand how either of those costumes can be considered sexy.

As for myself, I'll be passing on the Halloween costume and doing the scariest thing of all this Halloween: calculus.

In other news, I want to talk about the election. Voter turnout was 65.95%. I means it could be better, (the 2015 election had a 68.5% voter turnout), but overall, it's not terrible. The voter turnout at the advanced polls was amazing. Experts say this is a result of the extended dates and more polling locations this year. Ewan is talking about the results in his article, though I can't help but talk about it. I'm a big fan of election shakeups. This election didn't have a change in leadership, but the Bloc are the third party. Bloc had a gain of 22 seats, mostly to the expense of the NDP. It has been a while since the Bloc have had serious power in the House of Commons.

Another interesting observation is that the leader of the People's Party of Canada, Maxime Bernier lost his seat in Beauce riding south, which he previously won with 59% of the vote in the 2015

election as a conservative. Also, the rhinoceros party put up a candidate also named Maxime Bernier in the riding.

Western Canada is not on board for the results of the election. I totally get it. A party can win the election with seats from Ontario, Quebec and Eastern Canada. Also, election results come out before people vote in B.C. This has ignited #Wexit or Western Canada Exit. British Columbia, Alberta, and Saskatchewan want to leave Canada. I have three questions about this. Firstly: can the Quebec separatist movement be called #Quexit? Secondly, do they think this will work? Quebec has been trying to separate for years. Thirdly, can you make a better name?

As for Waterloo, hell week has come to a close. Most midterms should be done by now. However, every time we reach this point in the term, I ask myself: how am I still so busy? First round of ranking for co-op is around the corner. What I mean is the crushing blow of rejection or the sweet, sweet relief of knowing you've escaped this recruitment term with a job offer is around the corner.

That's all my rambling for now. I do enjoy writing all of my random thoughts down. I apologize for this messy style of editorial. It's hard to fill a page.



RyC - Behind the Lens via Flickr

Sexy Pocahontas costume

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Send your submissions for the next issue to ironwarrior@engsoc.uwaterloo.ca.
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Ontario New Proposal

Nurses and their authorization to sign prescriptions



KSHIN PATEL
1A BIOMEDICAL

Earlier in Ontario, the government raised the question of whether pharmacists should be allowed to prescribe certain mild medications to a patient. A large reason as to why this question was raised is because many pharmacists felt that patients must go through a lot of unnecessary trouble to get prescriptions for mild medications for minor problems like a sore throat, cough, or easily treatable infection. When they would finally have a prescription ready for filling, many pharmacists felt that these were things that they would have prescribed the patient anyway, had they had the right to sign-off on a prescription.

Similar to the debate on whether pharmacists should be able to prescribe certain medications, an identical question has been raised more recently this month on whether nurses in Ontario should be given similar rights. The Ontario government has designed a proposal that would allow nurses to be authorized to prescribe medications such as contraceptives, drugs for wound care, and vaccinations required for travelling outside Canada like the Yellow Fever or Typhoid vaccine.

The proposal is still in the early stages

of development, but many are already in support of it. It is being regarded as a step in the right direction and the College of Nurses of Ontario is on board with the idea as well. It would involve revision of the current education curriculum, but it is regarded as highly beneficial. This addition could help bring about a lot of positive change, most importantly when it comes to wait times with respect to seeing a physician.

There is no doubt that Canada is one of the best countries when it comes to providing its citizens with health care coverage, but the average wait time to see a specialist in Ontario is currently about 15 weeks or nearly four months. Wait times to see physicians in Canada are also much higher than the national averages for many other countries. Having to wait for a doctor to give you a prescription for a pain medication that a nurse could have given to you in less time is a very common frustration patients have. Nurses being able to prescribe medications for mild problems, or being able to give vaccinations for immunization or travel, will help free up a physician's schedule. This will ultimately aid in reducing wait times, and, more importantly, help patients get the care they need more quickly.

Although it seems like a feasible solution to help tackle these seemingly easy to solve problems, the proposal has not yet been finalized. The Ontario

government is looking for public feedback regarding this proposed solution as it is designed to help make the process of providing patient care more efficient. It is becoming increasingly difficult to get in touch with a doctor at times and this solution would

help make health care more accessible. This step towards providing better care will hopefully help eliminate one of the many problems that patients face when it comes to seeking help for smaller health-related problems in such a large health-care system.

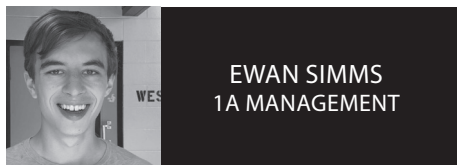


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Who should be able to write prescriptions?

Trudeau got a Minority

Elections results 2019



EWAN SIMMS
1A MANAGEMENT

On Monday, October 21, 2019, Canadian went to the polls for the 43rd time since Confederation and elected Justin Trudeau's Liberals to the 15th minority government. Despite narrowly winning the popular vote, the Conservatives fell short of a minority government and remain the official opposition.

Out of the 338 seats up for election, the Liberals won the plurality of 157, though losing 27 and a million votes compared to the 2015 election. The Conservatives increased their seat count by 22 to 121, gaining half a million votes and putting them just barely ahead of the Liberals in percentage of the vote. The NDP suffered a loss of half a million votes and 20 seats while the Bloc Québécois picked up 22 seats and half a million votes. Finally the Green party broke through, tripling their seat count to 3 and garnering another half million votes.

So how did the Liberals lose the popular vote but end up with 36 more seats than the Conservatives? In comparison to the 2015 election the Conservatives increased their number of votes, but most of these gains were in western Canada, where they already had most of the seats. Thus most of the new votes were wasted in contests they would have already won anyway. It also creates a fractured electoral map, only one seat between Saskatchewan and Alberta did not go Conservative

In Ontario, with the lion's share of 121 seats, the electoral map was virtually unchanged. Only 6 ridings

switched hands, allowing the Liberals to keep the bulk of their seats and shutting the Conservatives out of a majority. The major shakeup was in Québec.

After a year where the existence of the party was looking uncertain, the Bloc Québécois was arguably the largest winner of the election. In fact, they increased their number of votes by a larger amount than the Conservatives, despite only running candidates in Québec. This performance was in no small part due to their new leader Yves-François Blanchet, whose charismatic performance stirred the patriotism of Québec's nationalists. They effectively stole this swing demographic from the NDP, who lost all but one of their seats in the province, a low point from their 59 in 2011.

As a whole, the campaign seemed rather dull and disengaging for many voters. Voter turnout shrunk to 66% (passing, but could be better). Party leaders expounded the negative qualities of each other while spending comparatively little time convincing voters why they should vote for them. Therefore, voters shouldn't expect many major new policies like they received in 2015.

However, due to the nature of minority parliaments, smaller parties' policies may see the light of day. In order to pass bills, the Liberals will need the support of other parties, most likely the left-leaning NDP, Bloc or Greens. Their support may come at the price of policies like pharmacare and increased environmental protection, or more autonomy for Québec in the case of the Bloc. If the Liberals lose any confidence vote, like the budget, an election will happen and the 44th election will be triggered.



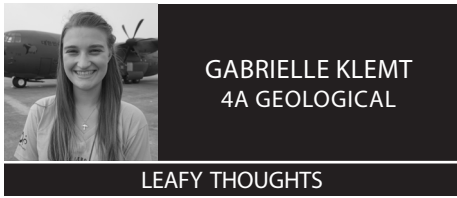
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Trudeau holds power with a minority



Eco-Friendly Self-care

A beginner's guide to eco-friendly mascara



Hello, bonjour, welcome to Leafy Thoughts. Today we're diving into a topic I've been interested in for some time: eco-friendly self-care. It struck me one day that I use a ton of products every single day that come in plastic containers which I inevitably toss after a few months. Face wash, moisturizer, lip balm, shampoo, even make-up. I've been slowly trying to eliminate the number of things I buy that come in packaging – shopping at Lush is a really good way to do that because almost everything you buy there comes in either a re-usable container, or just a compostable paper bag, no container at all.

Over the summer I switched to using shampoo and soap bars, and I have a lotion bar that I use too, but my foray into face-wash bars was less successful. Cetaphil makes a soap bar for your face, but I found it was irritating my skin and I went back to their regular gel wash. One thing that struck me as a huge waste, though, was my mascara. It's pretty much the only make-up I wear because 1) there's no skill involved, and 2) it's a minimal effort way to make yourself look "not sick!", as College Humor accurately put it. I was feeling bad about the fact that pretty soon I'd have to toss my mascara tube in the trash when the idea came to me: zero waste YouTubers are a thing, and most people on camera wear at least a minimal amount of make-up, if only to look "not sick". Surely

someone on the World Wide Web was both eco-conscious and a little vain? And if not, maybe I could use one of those Victorian or ancient Egyptian recipes. Luckily, I did not have to resort to kohl mixed with crocodile dung and honey (the price of crocodile dung these days is just outrageous!), many YouTubers were on hand to give me ideas.

The first few videos I watched all required lots of fancy ingredients that I don't own and don't want to buy, from all-natural aloe gel to charcoal powder. The point of this exercise was to see whether making my own mascara could really be simpler and cheaper and more eco-friendly than buying it at the store. Then I found a recipe with TWO INGREDIENTS! I was very excited because I already owned both of them! So, here's what you need: a handful of almonds, some Vaseline, patience, a mortar and pestle (okay, yes I realize not everyone owns one of these, you could definitely also use a food processor or some other method of grinding things down to a paste), and a tolerance for carcinogenic smoke... more on that later.

We start by pouring boiling water over your almonds. Wait a tic then start peeling the skin off; this goes by surprisingly quickly. Next chop the almonds up real quick and toast them on a hot pan until black. By toast I mean burn and by black, I mean you literally want charcoal. This is fun for about five minutes when you start smelling burning and you realize you didn't do anything wrong... and then you realize your stove fan is unequal to the task of removing the smoke and your kitchen starts filling with the scent of death that is burnt almonds. I had to open the window, the door, and

stick my pan outside for a few minutes and still I couldn't get the scent out of my nostrils.

At last it will be fully burnt, and you get to crush it up. Like I said, I used a mortar and pestle which I now regret because how do you clean almond paste out of granite, but if you can turn your charcoal into a paste your method is probably fine. Once ground up, transfer the paste to a bowl sitting in hot water on the stove. If you are starting to think this is sounding a little energy-intensive, you are not wrong. Once the paste starts to soften, add your Vaseline until it is a

good goopy consistency, I can't really describe it better than that, I think you'll know it when you try it.

And that's it, folks! Transfer your goop from the bowl to a little container, if you have an old mascara wand, give it a wash and try your new make-up out. One thing I will say is that it doesn't have the lengthening effect of most mascaras, but if you have an eyelash curler, you're probably good. I hope this was useful to you, let me know if you try it out, I'm very curious! Think and do something green and I'll meet you back here next issue!



Pxhere

Do you think about the environment when you apply makeup?

Dear Darla Answers More Burning Questions

DARLA
IRON WARRIOR, ADVICE EXPERT

Dear Darla,

I'm a second-year student in engineering and I'm having doubts about my program. I was really excited to start university last year but now I'm worried that this is the wrong program for me. Maybe it's because I'm doing poorly in calculus right now, or maybe it's how difficult it was to find a job over the summer, but I don't know what to do. Did I make the wrong life choice? How do I know when it's time to switch programs?

Sincerely,
Confused Carla

Dear Confused Carla,

It's normal to have doubts by the time you get into second year. Finding your first co-op job is always difficult, especially over the summer term. I would recommend that you think about why you might be having doubts about your program and why you picked it in the first place. If you're truly considering dropping out of school, I recommend a trial period. Why not give yourself a month off class to see how it feels being in the real world, alone and friendless? When you eventually realize the real feeling of loneliness experienced by adults who are no longer in university with a strong support system, consider returning to school. At this time, I would suggest adopting for yourself a small tomato plant. This will help to reduce the feelings of loneliness you will have upon returning to campus after a month away.

It will, with time, as you learn, love and grow, as you nourish and cherish the plant from its infancy, bring you good health and happiness. You will have food, and it will also increase your performance in school and beneath the sheets. Scientific studies have shown that students who eat home-grown tomatoes are more likely to make the Dean's List, get to Cali without busting, and win at BOATs competitions.

I hope this helps.

Love,
Darla

Dear readers,

All future questions can be sent to ironwarrior@engsoc.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

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The Anthropocene Review

A podcast review



RATAN VARGHESE
3B COMPUTER

(RA)TAN LINES

Hello, and welcome to Ra-Tan Lines, a column where we review podcasts freely available on the internet without the use of a numeric scale. My name is Ratan Varghese, and in today's article I'll be reviewing The Anthropocene Reviewed, a review series with a much broader scope hosted by John Green.

So let's begin with John Green himself, the man, the legend. I haven't actually read his novels, though I remember the days when *The Fault in Our Stars* was all over the place. He has numerous video and podcast series that I have also not consumed, this article's topic being the exception. I did see a video where he collaborated with Lindsay Ellis to explain the literary concept of "the death of the author". In the spirit of the extremes of that strain of criticism, I'll blithely ignore the rest of Green's life and focus on the persona presented in *The Anthropocene Reviewed*.

Green's voice remains comprehensible even at nearly double the intended speed. Then again, so do many voices. He has an American accent, or as an American might describe it, "a normal voice." He is neither especially calming nor especially annoying to listen to. It is his word choice

and storytelling skill that really makes the podcast interesting.

Green can vary from the robotic tone popular in nerd humor ("partly because I love you and partly because of evolutionary imperatives baked into my biology") to a more graceful, more poetic manner of speech ("just as the silence seems ready to take off its coat and stay a while"). He can be academic or casual, serious or joking, and all these changes can manifest in the space of a moment. This keeps things engaging even when discussing the rather mundane topics that dominate the podcast.

In case you're still wondering, the Anthropocene is a geological era defined, not by the furry fandom, but by human influence on the environment. By the standards of geological eras it is still quite short, however it is hard to pinpoint a particular year or even century where the Anthropocene truly began. Apart from the title, the relation to the Anthropocene to the podcast can sometimes feel quite vague. Trends that started in the last century, last millennium, and from before the dawn of civilization are all fair fodder for analysis. The Lascaux Paintings were made 17000 years ago, while googling strangers is a relatively recent practice. The most interesting twist on relating a topic to the Anthropocene was the review of velociraptor. Velociraptors died millions of years before humans even evolved, but they loom large in our culture. Thus, the cultural roles of the velociraptor are Anthropocene

phenomena.

The Anthropocene Reviewed is a somewhat educational podcast, given that there are long descriptions about the origins of various aspects of modern life. However, even in rather focused episodes, the *Anthropocene Reviewed* is much more opinionated and subjective than other podcasts providing interesting facts about the mundane. *Freakonomics Radio* and *99% Invisible* both lean heavily on expert guests who provide nuanced, or even contradicting, points of view on a topic. In *The Anthropocene Reviewed* the only speaker is Green himself. He is definitely capable of nuance, but he is also very willing to throw in personal anecdotes and viewpoints. This is a good thing, because the anecdotes and viewpoints are generally entertaining to listen to. Furthermore non-neutrality is the explicit goal of the podcast.

While most of the reviews in the podcast are descriptions of a topic followed by a star rating, other episodes are a bit more convoluted. A minority of reviews start with something deeply important to the human experience, or at least important to Green's experience, only to segue towards the end into a quick discussion of the actual topic title. My favorite example is the review of *Sycamore Trees*, which starts with over 8 minutes describing existential angst which is finally interrupted by noticing one of the titular plants.

After all this description, Green rates the topic on a 5 star scale. There are two topics

per episode, and if for some strange reason you only care about the ratings, those can be found on the podcast's Wikipedia article. The minimum score is one star, not zero, which suggests that *Piggly Wiggly* is worth 2 pennies, and *Super Mario Kart* is worth 4 choleras. The narrative and educational parts of the podcast don't seem to mesh well with the parody of product reviews. This is my least favorite part of *The Anthropocene Reviewed*, a 2-star practice in a 4 star podcast. Perhaps Green should edit out the star ratings and rename the podcast to "*The AnthroGreen*".

Episodes of *The Anthropocene Reviewed* range from 15 to 26 minutes, except for "A Word from John" which doesn't really count. There is an intro chime, and there are credits near the end. There is roughly one episode per month. Much like *Freakonomics Radio* and *99 Percent Invisible*, *The Anthropocene Reviewed* has transcripts of each episode on its official website. The site also has original "cover images" for recent episodes, which attempt to include both topics under review. It's an all-around good podcast, definitely check it out, and also big thanks to Gabrielle for suggesting it to me. I'd like to dedicate this article to my brother's dead pet fish from middle school: rest in pieces. We'll close the article with the sound of someone twiddling their thumbs while claiming they have nothing to say...

Okay, I'll confess, I am a BIT sour about how Hawaiian Pizza got a measly two stars.

Post-midterm stress techniques

Yoga, soup, and more



FARZEEN TITINA
4T COMPUTER

THE BARE NECESSITIES OF WELLNESS

Hi All! I hope you had a good reading week and killed those exams! In this issue, I'm going to talk about mental health, yoga and some delicious soup recipes.

Post Midterm Stress: Considering you guys just had exams, I'm going to emphasize more on post midterm stress. In engineering, midterms can be difficult. Sometimes we fail to score as well as we anticipated, and this leads to tremendous stress. We constantly worry about making up for the lost marks. Now, this can have both, a positive and negative effect. Good stress gives you an energy boost and helps you concentrate on finishing assignments and labs and study better as well. Bad stress gives you anxiety and can lead to depression, which in turn reduces your performance. So, as long as it's having a fruitful impact, it's beneficial to you. The moment you feel like it's taking a toll on your health, ease up a bit, do something relaxing to calm your nerves. If you need help with studies, ask your friends or your TAs and professors. If you need help dealing with stress, visit counselling services. If you don't have the time, then there are tons of ways to reduce the burden. Always make some time for yourself, otherwise school work can become overwhelming.

Yoga: You can try Yoga. It's relaxing to the mind and body. Sign up for yoga classes in the university or try the yoga exercises in the Nike training Club App that I mentioned in the previous issue. Thirty minutes of Yoga is a decent amount of time to ensure you have your daily exercise routine in check. For beginners,

mountain, child, downward facing dog and warrior are some of the poses you should try. Yoga in the morning would be a good start to the day but any other time of the day is fine as well.

Mental Health: Mental health is a major concern these days and we don't always address it with the same importance as physical health. Having a daily or weekly routine to keep your health in check is beneficial. For example, make a list of questions that you can ask yourself at the end of the week and reflect on your answers. How did I improve this week? Did I stress too much? What did I do to battle the stress? Is my health deteriorating? Am I losing interest in my studies or extra-curricular activities and why? What can I do to make myself feel better? These are some basic questions you can ask yourself just as an act of self-reflection. Many people write journals, which is something you can try if you don't do that already.

Recipes: Soup is a very healthy meal and something one should have often. I've got some good recipes for soups and would love to share them with you. Making soup might seem complicated but in fact, it's very easy. All you have to do is boil or steam the vegetables. Once they're soft, you blend them. That's it! Simple right? The only annoying part would be cutting the vegetables.

So let's talk about the different soups. Healthiest soups would be vegetable soups, chicken clear soup and oats soup.

Chicken clear soup –

Chicken

Garlic

All you have to do is chop up the garlic into small pieces. Boil the chicken and garlic in a cooker. Once it's boiled, make sure you keep the water or strain it into another bowl. Shred the chicken and add it to the boiled water. You can always stir celery in the soup just to add to the taste.

Oats soup –

Oats soup sounded odd to me at first but when I tried it, I loved the taste.

Tomato

Onion

Oats (1 tbsp for each cup of water)

Chicken cubes

Cook everything in a cooker and blend it after.

Green Pepper Soup –

Green peppers

Milk (1 cup per green pepper)

Flour (1 tbsp per green pepper)

Boil the pepper and blend once it's soft. Heat two cups of water in a cooker, mix the flour in it and add it to the blended pepper.

Add milk and let it boil for some time.

Vegetable Soup –

Pulses

Spinach

French beans

Carrots

Tomatoes

Vegetable/Chicken broth

Add all the vegetables to a cooker and cook until they're soft. Add the broth and boil. Add some lemon juice and/or garlic.

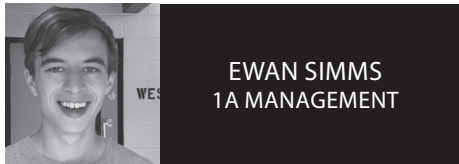
I hope you guys like these recipes if you get a chance to try them. They're delicious and make a healthy dinner. Study hard, stay healthy and relaxed. Keep reading for more wellness tips and healthy recipes!



Soup is a great healthy meal

This Team Rocks!

UW concrete canoe



EWAN SIMMS
1A MANAGEMENT

Probably the most solid design team on Campus is the UW Concrete Team. This design team does not satisfy themselves with one competition, but two. In the winter the team assembles a fully equipped concrete racing toboggan, with an aim to out speed all the competition. During the spring, the team creates a canoe made entirely out concrete to race against other schools. In order to learn more of this prolific team, the General Captain of the UW Concrete Team, Eric Merchant,

agreed to answer our questions.

Q: What do you do in your design team?

A: Every year we design, build, and race a toboggan down a ski hill. The toboggan has a full roll cage with steering and braking capabilities with concrete skis as the running surface.

Our team also designs, builds, and races a concrete canoe. The canoe is a monolithic piece of concrete that not only handles just like any other canoe, but floats just like one too.

Q: What competitions does your team compete in?

A: With our toboggan we compete in the annual Great Northern Concrete Toboggan Race (GNCTR) along with 15 to 25 other schools from across Canada.

(see gnctr2020.com)

With our canoe we compete in the annual Canadian National Concrete Canoe Competition (CNCCC) along with 15 to 20 other schools. (see www.cseccompetitions.ca/en/home/cnccc/)

Q: How can people join your design team?

A: The best way to join any design team is to show up, jump in, and get busy doing something. We are always welcoming of new students whether they're interested in leading a major design or having an occasional place to get away from their studies and get their hands dirty with some construction events. The best way to get in contact with the team is through the team email below.

uwconcreteteam@uwaterloo.ca

Q: What the most challenging/rewarding part of working on your design team?

A: I find the most rewarding part of working on the design team is coming up with an idea and going through the design and fabricating it yourself. Having a hand in the entire creation cycle and taking part in bringing your ideas into reality is an amazing feeling that is very fulfilling.

Another thing I have found very rewarding as one of the leaders on the team is seeing the skills of my teammates progress. Witnessing the people I care about grow makes any hardship worth it and makes me so grateful to be part of this team.



UW Concrete Canoe

UW Concrete Canoe competes in races



Watautonomous

Watautonomous makes a self-driving car

No One Take the Wheel

Watomomous

CHARLES ZHANG
1A COMPUTER SCIENCE

So, you're an engineering student. You got into a prestigious Canadian university. Now, what do you do with the rest of your life?

How do you find something you're passionate about? Consider Watomomous.

Watomomous is a team of Waterloo's brightest undergrad students competing with 7 other universities to see who can build the best fully autonomous self-driving car using a Chevrolet Bolt electric vehicle as a base. This is no easy task – these students are working on the same project that multi-million-dollar companies such as Google, Uber, Lyft, and Tesla are struggling with.

Who are these students? What makes them tick? How did they decide their life path?

In this article, three of Watomomous' most dedicated members share their journey through university and provide some tips on how you can find your passion.

Towaki Takikawa (4A CS) is the software director for Watomomous and has extensive experience with autonomous vehicles through two internships at Nvidia and one at Toyota Preferred Networks.

Ray Li (2A CS) and Rowan Dempster (4A CS) are the two team captains of Watomomous and manage the team of 130 students spread among software, electrical, mechanical, and business

divisions.

Towaki Takikawa, Watomomous Software Director

Towaki has always been fascinated by autonomous vehicles. Towaki's journey began in high school in the parking lot of a Jamba Juice. Towaki was in the car with a relative, when a wrong gear change caused Towaki's relative to drive herself and Towaki through the front of the juice stand. Luckily, no one was hurt.

"Still, that kind of mistake shouldn't be possible," remarked Towaki. Since then, Towaki has been obsessed with Advanced Driver Assistance Systems (ADAS) and car safety features. Self-driving cars are the obvious next step in terms of road safety.

Towaki believes it's never good enough to settle for the status quo. In his 2B term, Towaki took MTE 544 Multi-Sensor Data-fusion, a fourth-year mechatronics technical elective. MTE 544, combined with his involvement in Watomomous, helped him land his Nvidia internship on autonomous vehicles. "Find the loopholes, and take advantage of them," Towaki recommends.

How did Towaki get to where he is today? Towaki's number one tip is: "Don't go through the front door, use the back door. Stalk people and ask them for jobs!" Towaki found success in cold calling and emailing people in cool startups he saw online. "It was intimidating at first, but soon I realized these startup CEOs know even less than I do". Towaki has barely

used Waterloo Works because of his success in cold calling and networking.

Watomomous is not all incredibly single-minded technically focused students like Towaki. Ray Li's dream is to build his own company and cares more for the business aspect than the technical. "It's easy to get top engineers to do the technical part. Look at Watomomous!"

Ray Li, Watomomous Team Captain

Ray's motto is to "Iterate." Find an idea you're interested in, develop a prototype, test it out, gather feedback, adapt, and try again. This applies to much more than just entrepreneurship, but also to figure out what field you're interested in.

As for achieving your goals, "Just do it", says Ray. Waterloo has a lot of great resources between clubs, Velocity, and design teams. Design teams are an especially great opportunity to experiment while developing technical skills and connections.

Right now, Ray is using Watomomous as a proving ground for management techniques while also building a startup about making friends and connections through mobile apps. According to Ray, "Watomomous is like the scale-up after a successful start-up."

Rowan Dempster, Watomomous Team Captain

Despite being in his 4A term and being the second Watomomous team captain, Rowan Dempster still hasn't decided what his dream career field will be. "Something with technology,

100%," he says. Rowan has done it all: six co-op terms in software development including Zynga and Facebook both in the California bay area.

Rowan's biggest hurdle right now is finding an industry where he feels like he's doing "real" impactful work. "Real work is work that takes over your life, that you feel passion for".

Right now, Rowan is spending his last co-op term as the full-time team captain for Watomomous. "Working for Watomomous is the most real job I've had. Everything I work on has an impact".

As for finding your passion, Rowan recommends to "try stuff out, but dig deep". It's not just enough to have a surface level involvement. All aspects of human systems have something you can enjoy, especially design teams like Watomomous, Midnight Sun, and Formula One Electric. Once you feel ownership for something on a project, you can decide "Do I really want to own this?" Of course, being deeply involved in a project takes commitment, but the friends and experience you gain are worth it.

For those of you who are interested in joining Watomomous, check out www.watomomous.ca or visit the team in the Sedra Student Design Centre bay on the first floor of E5.

Watomomous is always looking for dedicated technical-minded students who can help develop the hardware, software, mechanical, or business aspects of their self-driving car.

Launch Yourself to Success

UW Rocketry



INAARA AHMED-FAZAL
1A BIOMEDICAL

Question: Can you give us an introduction to Waterloo Rocketry and the project(s) you're currently working on?

Answer: Waterloo Rocketry is a student design team composed primarily of undergraduate engineering students. We currently have around 40 members from a variety of disciplines. We design, manufacture, and test rockets to launch them at the Spaceport America Cup (SAC), held each June at Spaceport America, New Mexico. Our mission is to give students practical experience in engineering, design, and precision fabrication through the challenge of competing at the SAC. We are currently iterating on last year's hybrid rocket, Shark of the Sky (SotS), to help us reach our target altitude of 30,000 feet. Our projects this year include:

Live Telemetry to give us real-time data as the rocket is in flight, reducing the risk of loss of data after a hard landing

Recovery System redesign, which will involve the design, fabrication, and rigorous testing of this critical system that allows us to recover the rocket in one piece after launch

Payload Cloud Chamber Experiment, which will attempt to detect incidences of muons at high altitudes compared to ground level

3D Printed Inconel Nozzle, which will allow us to use a more optimal nozzle geometry than we are capable of producing in the Engineering Student Machine Shop

Injector Redesign, the goal of which is to reduce the weight of the injector valve and surrounding structure

Ground Support Equipment, which include any systems which do not fly on the rocket, but that are required for testing or launching it

In parallel with SotS, we have started development of a liquid rocket engine

prototype intended to fly in the coming years.

Question: What does a typical team meeting look like?

Answer: General meetings happen once a week. We usually start by going over project updates where project leads share what progress they've made in the past week. After that, we talk about administrative/general team-wide announcements and updates, if there are any. Some subsystems also hold their own, smaller meetings to have more in-depth technical discussions that are specific to their system.

Question: I understand that Rocketry participates in a number of competitions and races throughout the year. Which have stood out to you in terms of fun, innovation and/or challenge?

Answer: One interesting quality of our competition is that it poses both a mental and physical challenge. At the SAC, launch preparations involve extensive

setup and assembly, while the operations that we go through to launch the rocket require time-sensitive decision making and problem solving. These are often conducted in adverse conditions, which can make the probability of failure quite high. That makes it all the more rewarding to see a successful launch, which is the culmination of a year of work. Another exceptional thing about the SAC is the spirit of cooperation and learning. While it is a competition, teams are always enthusiastic to share knowledge about their own innovative designs, which makes it an amazing learning experience, and results in more competitive and better performing rockets every year.

Question: What would you like to see in the future of student aerospace design?

Answer: Considering our team's past successes and the high level of interest from our team members, we would love to see the creation of an Aerospace Engineering department at the University

of Waterloo. In terms of the future of our team, we hope to continue providing a place for students to learn through experimentation, and taking on new and interesting challenges.

Question: Finally, is there anything you'd like to say to a student who is interested in joining the team?

Answer: You can find the team's design bay in room 1008 of the Sedra Student Design Centre (SSDC) in Engineering 5. Drop by the bay at any time, or message our team Facebook page and let us know that you're interested in the team. No prior experience required! Also, come join our weekly meetings held in E5 2004 on Thursdays starting at 7:30PM. You'll hear about all the projects and get to know everyone.

If you can't make it to the meetings, feel free to email us at contact@waterlorocketry.com, or message us on Facebook and we can help you get involved.



UW Rocketry via Flickr

UW Rocketry Team

A Helping Hand

BioTron



AKANKSHA JOSHI
2A BIOMEDICAL

Mark Ting, BioTron Team Lead

Q: Tell us a little bit about BioTron-What is the team and what do you guys focus on?

A: BioTron is a club that primarily focuses on bringing more people into the field of rehabilitation engineering. We regularly run workshops to introduce students to rehab engineering concepts and commonly used skills. They then get the chance to apply those skills to a number of projects.

Q: What projects are you working on, and what are your goals?

A: BioTron always has many projects going on simultaneously, all with the goal of improving the lives of others. Most of our projects focus on mobility, telemetry or helping disabled individuals regain independence.

Our current suite of projects include NeoWulf, Enable, Pressure Sensor, Gait Analysis, and 2 powered arm teams. These are mostly upper limb

prosthetic projects as well as some lower limb focused telemetry and sensors.

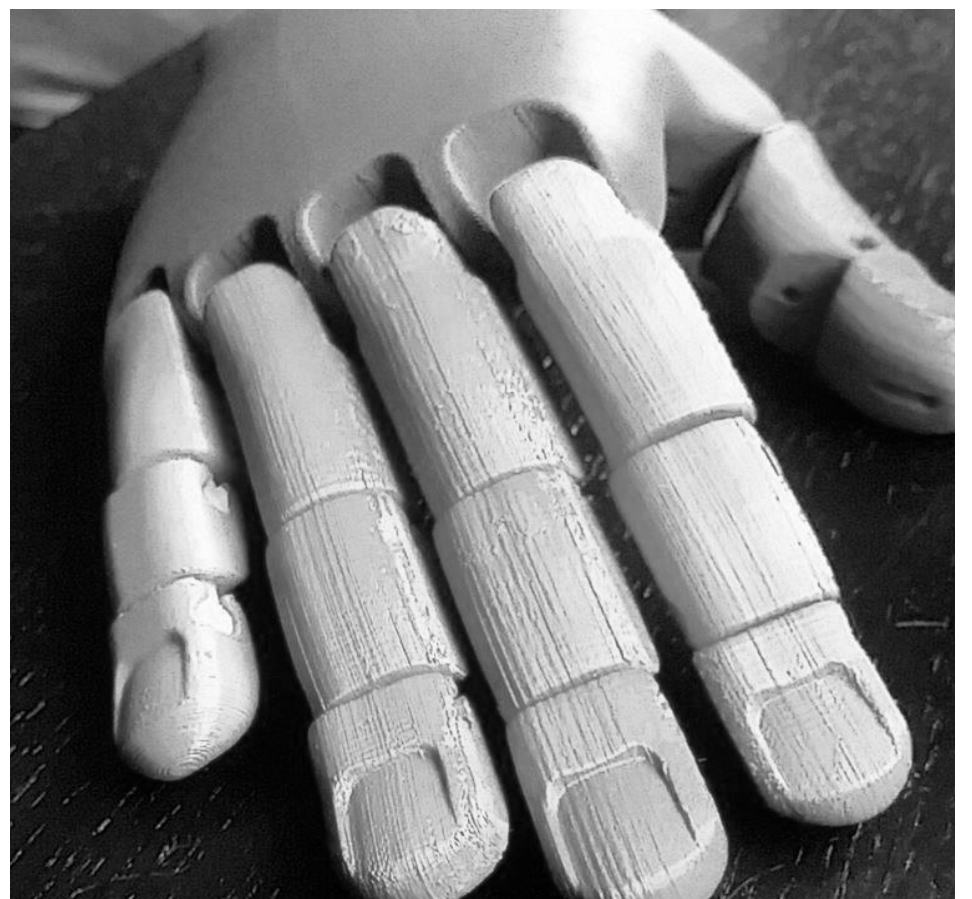
Q: What do you guys hope to achieve with your projects?

A: There are 2 main things that we hope to achieve. We want to introduce students to rehabilitation engineering through workshops and projects, while simultaneously delivering custom made cost effective prototypes to those in need.

The format of a student team allows us to give away all of our prototypes for free while still being able to give high quality devices. Most importantly however, we are able to highly customize everything that we make.

Q: Have you made any significant impacts with the work you've done?

A: The development life cycle of our work is relatively long. We are currently working with a quadriplegic in Chicago, and a double arm amputee in El Salvador. We have delivered initial prototypes to both, and are continuously working on improvements based on feedback we receive. We anticipate sending another round of prototypes out by the end of the term.



BioTron

BioTron makes prosthetic hands

The Fem in Feminist is Optional

Feminism isn't just for the ladies



SAMRIDHI SHARMA
4A CHEMICAL

DID SHE JUST SAY THE F-WORD?

Hello, wonderful readers of The Iron Warrior. Fun fact for you today - feminism applies to boys too! Not just boys, even men! I am not saying this as a diplomatic statement to cover my bottom, because, frankly, I don't think I need to. But because, like I have said in almost all of my articles before, feminism is not about women over men, but about equity.

Notice how I didn't say equality? Let me explain in simpler terms. Let's say two people need to look over a five-

foot fence. One of them is 6 feet tall, the other is only 4 feet and 5 inches. You wouldn't expect the shorter person to keep jumping to catch glimpses of the required view. The person needs a higher platform to be able to look over the fence, while the taller person can just stand, comfortably looking over the fence. This is the idea of equity, and hence, the idea of feminism. People, who are in some way disadvantaged, need a head-start to become equal to those who are already advantaged. In the past, women were seen as the weaker sex and it took them a while to even get the right to vote.

Even today, gender based wage gaps exist in many workplaces. Therefore, yes, women need feminism and equity - but only because we want to have a

fair shot at winning.

Coming back to my point - feminism also includes men and boys. Here's why: women have a huge advantage over men - the acceptance of emotions in women. Society tells us that it is okay for women to show emotions, and don't even get me started on the flawed logic of emotions portraying weakness. Either way, it is far more acceptable for women to show pain, or shed a tear. According to Forbes, women consistently outperform men in emotional intelligence. Therefore, men need feminism, because feminism advocates for men's rights to be emotional and to express those emotions in a healthy way.

Men also need to be told that it is okay to cry. They need to know that

there are other options apart from violence to express anger. They need to be told that it is okay to seek help if and when they need it to deal with their emotions. Just because there is a hormonal difference between these two sexes, it is not an excuse for unhealthily dealing with emotions. The society needs to understand the value of the feminist movement in men, and men need to let the feminist movement welcome them with open arms and a mom-hug.



Coffee via Pixabay

Hult! New Competition Incoming

Hult Prize Kick-off



SOPHIA CHU
1A NANOTECHNOLOGY

On Thursday, October 10, a small crowd of Waterloo students gathered, brought together by the idea of creating environmental sustainability through invention and business.

The event was the Waterloo 2020 Hult Prize Kickoff. Some students came in groups with an already planned pitch, some came with their final design projects to see what the real world response to their work would be, and others came purely to see what environmentalism through commerce looks like.

What does environmentalism through commerce look like? That's what this competition is all about.

The Hult Prize is the "intersection of purpose and profit." It is impact-centered while still profit-minded and market-driven. Partnered with

the UN, the goal of the Hult Prize is to change the world through business. Since 2009, they have held global competitions where students come up with an idea that fits their current "world-changing" theme and then compete in stages starting within their school, regionals, and then finals. With the addition of "the accelerator" in 2013, where groups that placed from regionals are mentored by experts to turn their idea into an investable product before finals, this is a competition you don't want to miss.

This year's theme is Environmental Sustainability and Accountability, with the challenge of creating a positive impact on the planet with every dollar earned. This competition differs from other environmental movements we are seeing today because it strives to come up with solutions within what some consider to be the root of the problem: capitalism. In a video presented to the group, the CEO and founder, Ahmad Ashkar, emphasized just how revolutionary, and perhaps

necessary, that concept is. Just think how amazing it would be to use the infrastructure of commercialism not only for the immediate benefit of consumers but for the environment and thus the general public as well.

As part of the event, a guest speaker spoke to the science and specific issues behind environmental sustainability. Dr. Amelia Clarke is the founder of Sierra Youth Coalition, a group that has launched a sustainable campus program that has made significant change on more than 80 Canadian campuses. Dr. Clarke mainly focuses her research on implementing the United Nation's Sustainable Development Goals. She spoke to how the biggest environmental problems facing humanity today originate from the concept of planetary boundaries. This is to say, ecosystems have limits, and when we push those limits through industry and development there are consequences. These consequences include climate change as well as loss of biodiversity. If we continue

manipulating the environment to suit our wants we face a massive loss of biodiversity and a change in climate so drastic our planet may become inhabitable.

The hope for the Hult Prize this year is to help change the way we use the planet's resources to create products for sale. To quote Dr. Clarke: "Humans need products and services, and we need them to work within what our planet can manage."

Environmental sustainability is a major concern today. The problems are known, and now is the time for solutions.

Waterloo's Hult Prize finals are on December 3, and will be an event of inspiring innovation from students across different faculties. The top three teams will move on to regionals, with funding from the university. Prizes are as follows: 1- \$3,000, 2- \$2,500, 3- \$2,500.

Come out, and see what other students are inventing to help our planet!

Grace Hopper Conference

Interviewing the delegates

PARUL ARORA
4A COMPUTER

What's the Grace Hopper Celebration?

Named after American mathematician and rear admiral in the U.S. Navy, a pioneer in developing computer technology, the Grace Hopper Celebration of Women in Computing is a series of conferences designed to bring the research and career interests of women in computing to the forefront. It is the world's largest gathering of women in computing. This year, the conference took place in Orlando, Florida.

Adeline Wang (UW EE '2020), Talia McCormick (UW CS '2020), and Swetha Prabakaran (Berkeley CS '2021) were asked this year to provide their thoughts on the event.

How did you like Grace Hopper this year?

Adeline - I had a great time. I bumped into so many familiar faces and met so many amazing individuals. I also learnt about all types of tech. Oculus had a booth, Lyft had their autonomous vehicle demo.

Swetha - You would have to try to not

have a good time on a trip to Orlando! I definitely enjoyed the conference; it was my first time attending and I felt like I had a pretty good experience. It was really cool to see so many talented women engineers and leaders in one room, and I had a great time meeting so many people who have so many diverse interests within STEM.

Why should people go to Grace Hopper?

Adeline - You'll find a great community of people at GHC, from your peers to mentors to sponsors.

Swetha - Grace Hopper is a great opportunity to learn more about the breadth of experiences available within all different areas of tech and technical opportunities and applications in other industries. It's also an excellent way to meet a lot of amazing people and build your network!

What kind of things did you do and what was your favorite?

Adeline - My favorite were the parties at night, hosted by companies. It was a great way to unwind from the long days, and to catch up with friends.

Swetha - I mainly attended talks, met

folks in the expo hall, and attended some unofficial meetups and events hosted by companies in the evenings. I tried to make sure I balanced all the different types of activities and do a little bit of everything. My favorite part of the conference would probably have been a talk I attended by Yamilee Toussaint Beach, the founder of STEM from Dance.

What advice can you give for those who want to attend Grace Hopper next year - how can someone get involved?

Talia - Start planning early! It's a good idea to go through the list of talks & events in advance to identify your must-sees and the nice-to-haves - and pay attention to location. It's a lot easier to go to two consecutive talks in the same building than it is to spend 15 minutes walking across the conference centre. It also makes it easier to pick a talk to skip if you know you'll need a break to study (or take a nap). If you're searching for coop or new grad positions, I strongly encourage you to submit your resume to GHC's database and to attend the career fair early on the first day: many companies will give

interviews throughout the conference or follow up after. Make sure to leave extra room in your suitcase because many of GHC's sponsors will give out plenty of swag. I also recommend taking a break for a couple hours to relax and de-stress partway through the conference. It's an incredibly busy three days & it's important to make sure you don't burn out before Friday's closing keynote and evening celebration. Finally, of course - don't forget to have fun!

What are some of your major takeaways from the conference?

Adeline - I went into GHC feeling unsure of my abilities, and of my interests, even in tech. I left feeling empowered, motivated, and ready to pursue my dreams.

Swetha - One of my main takeaways is that even though we have come a long way with diversity in tech, we still have a really long way to go.

It was definitely very inspiring to be around so many people working to tackle these deep-seated problems in the tech industry and a very motivating experience to continue my own work towards those goals.

Point Vs. Counterpoint

POINT

GABRIELLE KLEMT
4A GEOLOGICAL

“When you eat your Smarties, do you eat the red ones last? Do you suck them very slowly, or crunch them very fast?” What about cracking them in half and peeling off the sugar coating to eat the inside separately? There are as many ways to eat a Smartie as there are people who eat them. Like the human race, Smarties are diverse and delectable. Personally, I always eat the red ones last.

It has come to my attention that some slanderous people say the M&M, that American candy-coated chocolate, is superior to the Smartie – a Canadian gem. But wait, are Smarties Canadian? Well, in researching whether or not Smarties were a Canadian invention, I stumbled across a website investigating this very issue. They cite, as their evidence for Smarties being a Canadian invention, a piece of junk mail advertising Molson beer which says Canada is better than the States because of Smarties. True. They however also cite that the Nestle website claims Smarties were invented in the UK by H. I. Rowntree & Co. Well, never mind their country of origin, I am forever grateful to be able to eat them, while the States must eat “Smarties”, the equivalent of our “Rockets”, so obviously our Smarties are far superior to theirs. And yes, American Smarties had to change their name to Rockets when they wanted to sell in Canada.

Today we are not discussing peanut M&M’s, which are, of course, the supreme shelled chocolate candy. We’re discussing the small, unsatisfying, overly sweet M&M’s that will never compete with Smarties. The flatter, crunchier Smartie is both suckable and crunchable. An M&M gives you no choice, dissolving to mush almost immediately after it enters your mouth. Gross. Smarties are bigger, have more chocolate, and there are more Smarties in a little Smartie box than one of those dinky packets of M&M’s.

Speaking of boxes versus packets, you can recycle a Smartie box, but you can’t recycle the little bags of M&M’s... If you support M&M’s you support climate change, just saying... Plus, Smarties manufacturer Nestle has committed to 100% ethically and sustainably sourced cocoa, whereas Mars, who manufactures M&M’s, was much more convoluted on their website about their climate goals.

Planetary health aside, Smarties are better for you, too! Smarties care about what you eat and in 2009 they made the switch in Canada from synthetic to all-natural flavours and dyes. And no, Smarties are not made with insect guts. At one point, the red colour used a pigment derived from cochineal beetles, but it has been replaced by a red cabbage extract. Plus, how cool is it that the blue colour comes from cyanobacteria – essentially blue-green algae – way better than eating “Brilliant Blue FCF” which sounds like a paint and not an edible substance. And it’s in M&M’s.

Smarties are better at a lot of things besides – would you put Smarties or M&M’s in your trail mix? The hardier Smartie for sure. What works better baked into a brownie? The chocolate with a crunchable shell that won’t melt in the oven. If you wanted a melted chocolate mess, you should use chocolate chips, much more affordable than the over-priced, under-engineered M&M. Want to do a face of make-up using only candy shell dye – that M&M shell melts as soon as you lick it, but you can easily turn a Smartie into lipstick. Try it next time! Given

Are Smarties Superior to M&Ms?

RATAN VARGHESE
3B COMPUTER

how tough that outer coating is, you can use them for all sorts of fun things from crafting to replacement board game pieces in a pinch.

And Smarties never get messy when you take them on a car ride and lose them between the seats. Have you ever reached under a cushion and found a perfectly preserved Smartie? Go ahead, dust off the hair and give it a nibble – I bet it tastes great. You know what wouldn’t taste great? A leftover M&M, smushed beyond recognition by the merest touch like a mosquito.

I’m going to tell you a little story about myself. My love of Smarties goes way back to childhood Halloweens. My mother, always on top of the latest health news, had recently found out about the horrors of hydrogenated oils, trans fats, and modified palm oils. To the horror of my sister and I, we had to sort through all our candy and toss the ones that had any of the “bad ingredients”. It was kind of a fun Halloween tradition because my OCD loves to sort things, but it also meant that my candy haul was divided into the third I could eat and the third that my mum would take to work for co-workers. One of the very few candies that fit into the strict guidelines was Smarties. Add to that the fact that unlike other candies, these ones were long-lasting. It took me twice as long to eat a box of Smarties, and there was always enough to share if anyone asked. The bag never has enough M&M’s to share.

Look, if you’re not convinced by now that Smarties are superior, I don’t know what else to say. I’ll leave you with one parting question. “Eat that candy-coated chocolate, but tell me when I ask, when you eat your Smarties, do you eat the red ones last?”

M&Ms are superior to Smarties, in nearly every possible way. This is not merely a half-remembered opinion, no, this is the result of an intensive HCI (Human-Candy Interaction) study involving two people and six varieties of candy. M&Ms are more memorable, more iconic, and available in greater flavours than Smarties. Of the five flavours of M&Ms I have tried, all of them additionally had a better taste and mouthfeel than Smarties.

However before plunging into the merits of individual M&M flavours, let’s consider some general facts about Smarties. First of all, Smarties are NOT Skittles. Sometimes people confuse the two in discussions of candy superiority, which is definitely a poor omen for Smarties. Skittles are a fine confection in their own right, but are devoid of chocolate: instead they are fruit-flavoured. Smarties and M&Ms are both candy-coated chocolate, and thus are a more direct competition.

Smarties are very thin and crunchy. The candy layer of each Smartie is so thick, that there is hardly any chocolate at all. But if I didn’t want to eat chocolate anyway, then why wouldn’t I buy the fruitier, tangier, chewier Skittles? Alas, unlike Skittles or M&Ms, Smarties are little more than glorified sugar cubes.

Smarties also do not have a glyph printed on each candy. M&Ms of course have their iconic “m” on each individual piece, and Skittles have an “s”. Smarties have no such symbol: they are just unadorned coloured

discs. Obviously Skittles have already taken “s”, but why not have a picture of a brain, or the entire word “Smartie” written in a small font? No, instead Smarties remain indistinguishable from whatever other imitators happen to come along.

M&Ms are available in a much greater variety than Smarties, another feature to M&Ms’ flavour and Smarties’ detriment. The “regular” M&Ms are already much better than their Nestle-spawned counterparts. They have a higher CCR (chocolate-candy ratio) than Smarties, because of their larger interior and thinner outer layer. Thus the regular M&Ms have a richer chocolate taste and less sickly sweet candy than the Smarties.

Connoisseurs of crunchiness may prefer the peanut M&Ms, which are also superior to Smarties. The peanut taste overpowers the chocolate a little, but that’s still better than Smarties, which allow the taste of candy to overpower chocolate instead. The peanut M&Ms have a crunchy peanut on the inside, rather than the crunchy candy shell on the outside of a Smartie: that’s a much better mouthfeel right there. Peanut M&Ms are also much thicker and longer than Smarties: much more fun to look at.

Another nutty choice is the almond M&M, which is quite similar to the peanut M&M, except with almonds. Some almond M&Ms have an interesting teardrop shape, once again more cool to look at than Smarties. It is a testament to the power of M&Ms that they can make eating almonds enjoyable. Smarties can’t do that, which is probably why almond M&Ms have lower sugar and higher protein than an equal weight of Smarties. And let’s be real: you won’t even miss the sugar.

Perhaps the strangest and most daring of the M&Ms is the Jalapeno-peanut M&M, which for the first second of consumption seems identical to the peanut M&M. However each individual glob of jalapeno-flavoured, candy-coated, chocolate-drowned peanut leaves behind a spicy aftertaste. Has there ever been a Smarties flavour so innovative, so rebellious, so unconventional? Not in my local Short Stop. Despite their material shape, the Smarties are all a bunch of squares, content to live within the rules, think inside the box and prolong the status quo.

All the prior M&M flavours are superior to Smarties, but there is one more that truly stands out. It is not merely delicious, but absolutely divine. I am of course referring to the peanut butter M&M, not to be confused with the peanut M&M. Each peanut butter M&M is filled with extremely creamy peanut butter. The salty butter, the savoury peanut, the sweet chocolate and the firm outer candy coating combines to create the greatest snack ever invented. You simply cannot imagine it, until you have felt it: the way that it is both buttery smooth and solidly firm, simultaneously. For so many years I have wondered about the great philosophical questions: why do we exist? What is the good life? What is the nature of good and evil? Well, at long last, I have the answer.

Move aside, Shrek: peanut butter M&Ms are love, peanut butter M&Ms are life. Heaven exists right here on Earth, in the humble form of a candy-coated chocolate. All of civilisation, all of human history, was created with the aim of bringing the peanut butter M&M into being. After millennia of struggle, your Savior has arrived. Don’t just gobble it down, no, enjoy it, savour the dance of the flavours upon your tongue and know that your life, at long last, is finally complete.

COUNTERPOINT



Smarties or M&Ms?

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.

Cry of a Mandate

ELLEN MCGEE
PRESIDENT

“In March, several of the Mandrakes threw a loud and raucous party in greenhouse three. This made Professor Sprout very happy.” - J.K Rowling, Chamber of Secrets. Unlike the screaming Mandrakes, we will not be having a loud and raucous party. We have been doing quite the opposite, and working on a mandate.

At the first council meeting of this term, executives were mandated by council to “make readily available an inclusive low intensity, low light room near engineering

campus”. We were asked “to start a campaign to disseminate or readily advertise the availability of this space, and should this room not already exist then create it.” The need for a quiet space like this was voiced by many on council.

Matthew Casale and I met with Karen Dubois (Engineering Facilities and Spaces Manager) and Robin Jardin (Engineering Student Relations Officer). We first learned that a space like this doesn’t already exist anywhere on engineering campus. Both Karen and Robin understood the need for this space and immediately jumped into action working with us to create one.

We first worked through the purpose of the room. It should be available for students who need a minute for themselves, in a quiet space, for whatever reason. It is not another lounge space or a quiet study space, those both already exist. The room should have adjustable lighting and be quiet. It should be large enough that multiple students can use it at a time, but no forced interaction should be required. It should be easily accessible and available to students 24/7.

The progress on the creation of this space has been extremely positive. We have a space set aside and are just waiting on some of the old contents to be removed. Karen

has been kind enough to purchase some furniture for the space and we are expecting it to be available before the end of the term. We will also be working to make sure that the existence of this space is known to students.

The space can only be it’s best if we know what students want from it. If you have ideas for this space or what you would like to see in it, please let us know! Email me at president.b@engsoc.uwaterloo.ca or come visit me in the EngSoc Office (CPH 1327). Like Professor Sprout, I am also very happy and am optimistic about the progress and potential of this space!

Coming Out of My Cage and Doing Just “VP Fine-ance”

JAY REINSTEIN
VP FINANCE

Hey there everyone! I’m so excited to be joining the EngSoc exec team as VP Finance. For those unaware, I was elected (with my candidate pair Peter Dye) via by-election at Council Meeting #2 on October 2nd. Since then, it’s been a wild ride getting transitioned to take on the role. I am pleased to report that I’ve got my bearings and am looking forward to doing all that I can for the remainder of

my term.

For Novelties, we’ve recently reordered a lot of stock, and so if there’s something you missed you should go check in the next few weeks to see if it’s back! As well, our swag design contest results will be out soon so we’ll have some sweet new merch!

I want to give a huge shout out to our amazing POETS managers who have been playing a wonderful array of movies (and music) and keeping our student lounge running in tip-top shape! I’m looking

into developing methods to ensure all resources stay in peak condition. Needing a break? Check out the engineering themed coloring pages we’ve printed off to chill and de-stress.

The Sponsorship Committee met on October 26th and saw presentations from student groups and teams. This is a committee I have sat on several times and is always a joy because we get to support the amazing work our students are doing outside of the classroom. After thoughtful deliberation, a total of over \$10,000 was

allocated to various student teams! After approval from EngSoc Council, the results will be available and teams can begin making use of their funds.

Thanks for reading! I hope we have a fun rest of this term. Please don’t be afraid to reach out to me for anything if you have any comments, questions, or concerns relating to the finances or operations of EngSoc. You can find me in the EngSoc Office or Novelties most days or email me at vpfinance.b@engsoc.uwaterloo.ca

A Whole New World (of Co-op)

MATTHEW CASALES
VP ACADEMIC

‘Tis the season of co-op on every one’s mind, stress is building from interviews or in my case lack thereof.

Formally known as CECA, Co-operative and Experiential Education (CEE) has gone through a re-branding and unlike some other organizations it went really well. By listening to students CEE decided that some changes needed to be made to improve student’s mental health, safety and usability of their services. So, what are the changes that we will get to see right away?

The first change that is being made is increasing the number of no ranks from one to three. For those that don’t know what a no rank is, after the interview process you will be given the opportunity to rank your employer from 1-10 (1 being the highest and 10 the lowest) and the employer will do the same. From this, CEE matches you with the position that has the lowest number. The issue with this is that there could be an interview after which you realize ‘wow this is not the job for me’ and rank it a 10 but still get it anyways. What the heck? So, after hearing students voice this concern the no rank was introduced so you could just get rid of that

job meaning you have no chance of matching with them. This was great but at the time we were only given one. Students still had an issue with just one and our voices were heard so from now on we get three no ranks per term instead of just the one.

The next change to the system concerns students being able to say no to interviews. Some upper years will probably say that you have to be at every single interview otherwise you won’t be able to go to any of them. In the past this was true unless extenuating circumstances arose. But this term if you have hell week or you are having a really terrible time and you just can’t do the

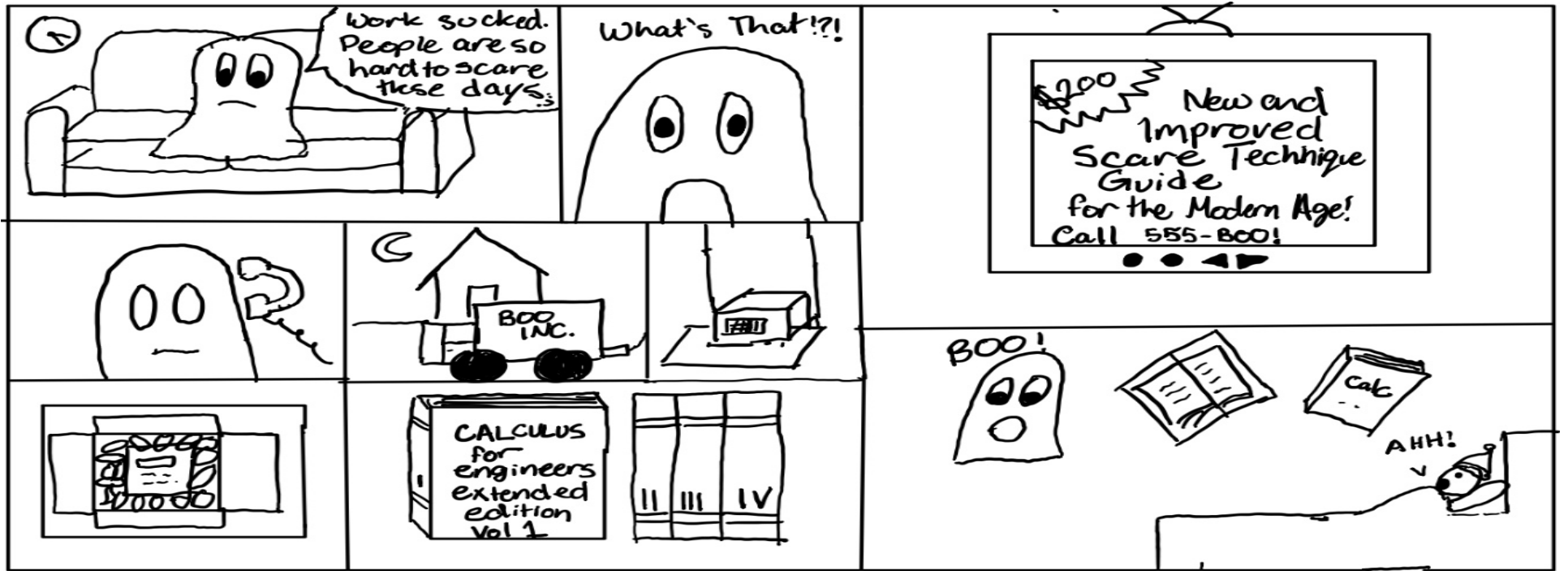
interview, you can go into the Tatham Centre and go through their process of withdrawing from the interviews that you just can’t do. The process is geared towards the students for the students.

Overall there are lots of changes that have been made and really should be highlighted but I am getting to the ‘ideal’ length of my article and I think no one will even bother reading anymore. So, if you want to hear more you can come out to the council meeting on October 30th to hear more about what has been going on from CEE or you can go and check out their new website which is much more usable than you probably remember.

Upcoming Events Calendar

Wednesday Oct 30	Thursday Oct 31	Friday Nov 1	Saturday Nov 2	Sunday Nov 3	Monday Nov 4	Tuesday Nov 5	Check out up-to-the-day event postings on the EngSoc website at engsoc.uwaterloo.ca/event-calendar/
Council Meeting #3 5:30PM - 8:30PM	Swag Design Contest Ends Black Engineers Study Hall 5:30PM - 8:30PM Genius Bowl 5:30PM - 7:30PM		Bus Push 10:00AM - 4:00PM		Lettuce Club 5:00 PM - 6:00PM EngiQueers 6:00PM - 9:00PM	Ramen Noodle Eating Contest 6:00PM - 8:00PM	
Wednesday Nov 6	Thursday Nov 7	Friday Nov 8	Saturday Nov 9	Sunday Nov 10	Monday Nov 11	Tuesday Nov 12	
	Black Engineers Study Hall 5:30PM - 8:30PM	WEC Let’s Talk Mental Health! 2:00PM - 5:00PM	WEC Semi Formal 8:00PM - 12:00AM		Charity Grilled Cheese 11:30AM - 1:30PM EngiQueers 6:00PM - 9:00PM	Metal Club 5:00PM - 7:00PM	

The Adventures of Bob the Ghost Vol. I



Kirsten Ehlers, 2A Biomedical

Horror-scopes

SCORPIO
OCT 23 - NOV 21

You'll decide to watch an episode of goosebumps, not only because it's a great goose pun that you just thought of, but also because it's Halloween. After watching "Night of the Living Dummy", you'll turn around to find the cookie monster puppet you bought to practice your ventriloquism with staring back at you. With flaming red eyes, it will say "I WANT CHOCOLATE CHIP COOKIES!", before going back to its inanimate form. What a terrifying experience...

SAGITTARIUS
NOV 22 - DEC 21

You'll suddenly decide to spontaneously go shopping and buy yourself a family size box of 50 assorted Halloween candy bars so you can eat them by yourself while binge watching "Stranger Things". After finishing the entire box and 3 whole seasons of the show, you'll realize that it was a bad idea to eat all 50 candy bars in one sitting. Oh well, YOLO.

CAPRICORN
DEC 22 - JAN 19

Even though you live off campus and aren't in first year anymore, you'll decide to host a Halloween door decorating contest on your apartment's floor. A total of zero other people will show up, but you'll decide to decorate your own door anyways since you already bought 3 packs of Halloween stickers. But as you reach into your drawer to retrieve these items, you'll simply find a sticky black, ectoplasm-like slime. Looks like a sticker stealing ghost just robbed you of your \$15 worth of Halloween stickers. Spooky.

AQUARIUS
JAN 20 - FEB 18

You'll decide to really embrace the Halloween spirit and buy yourself a pumpkin to carve. However, you'll have a hard time coming up with a good design, so you'll decide to go with the classic Jack Skellington look from "The Nightmare Before Christmas". After finally finishing your masterpiece after 5 hours of painstaking carving, you'll step back and realize that it isn't really a masterpiece after all, but you'll put it outside your door anyways just to show that you tried.
Because you did.

PISCES
FEB 19 - MAR 20

During a get together with your friends over lunch after bombing your calculus midterm, you'll decide to crack a funny Halloween joke to lighten the atmosphere: "What did the father ghost say to his son? 'Spook only when you are spooked to!'" Your friends will attempt to fake a laugh to make you feel better about yourself before you realize that the joke was a little lame, and that the calculus midterm is going to haunt you for the rest of your life. Good luck on the final!

GEMINI
MAY 21 - JUN 20

Today's a great day for you to go out for a walk! Take a breather, get some fresh air, midterms are over (hopefully)! Take advantage of the fact that the geese aren't angry at this time of the year, so you won't get attacked by one if you walk past it. That being said, it is almost Halloween, so I wouldn't be surprised if a ghost (a goose ghost if you didn't get that pun) decides to ominously start following you as you walk back home from class. Keep your eyes open.

LEO
JUL 23 - AUG 22

Whether it's a dream, a grade, or the very essence of you, soon something shall die in the lab of WEEF. The odor will permeate all. This is a portentous time to pursue your dreams. Beware Leo, lion of heart, your bravery is needed.
Roar!

VIRGO
AUG 23 - SEP 22

A time of opportunity is quickly approaching, and there are slim pickings. Many will race to capture the shiniest candy apple, so you must put a spin on all your accomplishments.
If you do not succeed, you may be stuck with a mouth full of wormy, rotten remains.

LIBRA
SEPT 23 - OCT 22

A grave ailment will overtake you. The synapses of your brain will slow to the beat of the forgettery. It twists up your thoughts, your memories, your recollection. Despite all your effort, you will be unable to rouse yourself to meet the challenges you face unless you eat seventy-two pumpkin seed by midnight of the next Halloween. Three pieces of candy corn will work too.

WHAT ARE HORROR-SCOPES?

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.

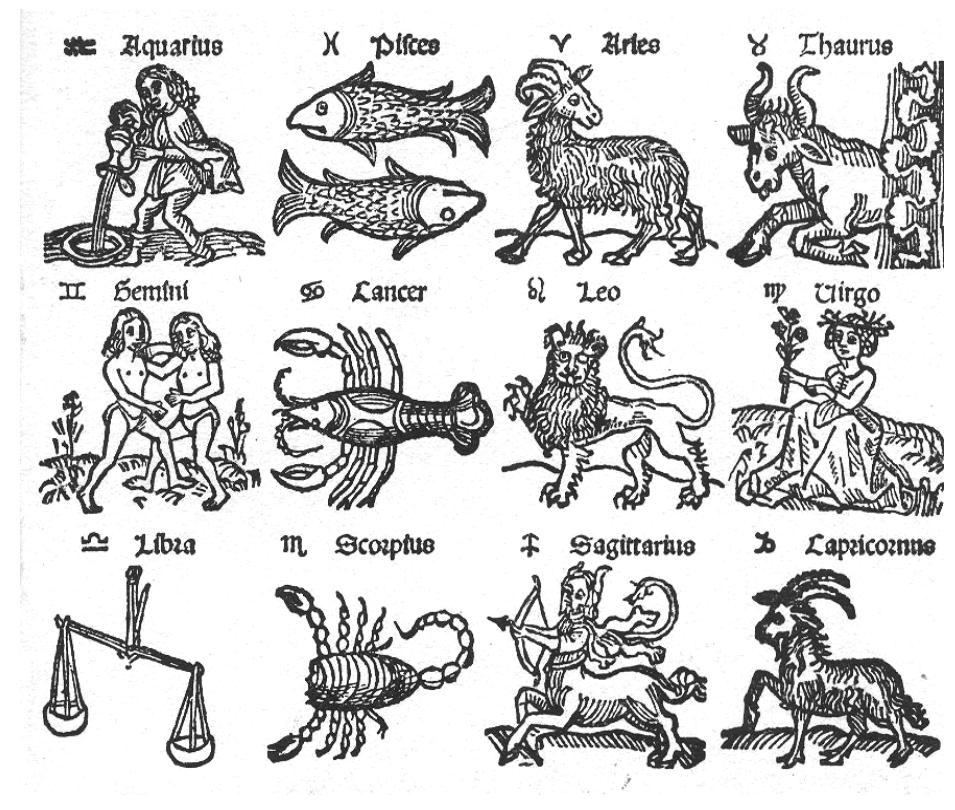
You control your destiny. Horoscopes are a tool available for individuals to harness their destiny.

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.

This issue, the Iron Warrior is proud to present Horror-scopes in the spirit of Halloween.

Obviously, there is little accuracy in these horror-scopes but we hope they do provide a little fun (and distraction) for you.



wikimedia commons

ARIES
MAR 21 - APR 19

If you feel at the top of your game, beware of what's around the corner. Not all motives are pure and now is a time for serious reflection. Ask yourself: if I wasn't where I am right now, would they (trick or) treat me the same?

TAURUS
APR 20 - MAY 20

The beast of time is stalking you. Watch the clock, deadlines are approaching with very sharp teeth and even sharper claws. The choice is up to you, and the seconds are tick tick ticking by. All play and no work makes for a very tasty sacrifice.

CANCER
JUN 21 - JUL 22

Look around, plan your route, and watch your step, as Schrödinger's cat may cross your path.

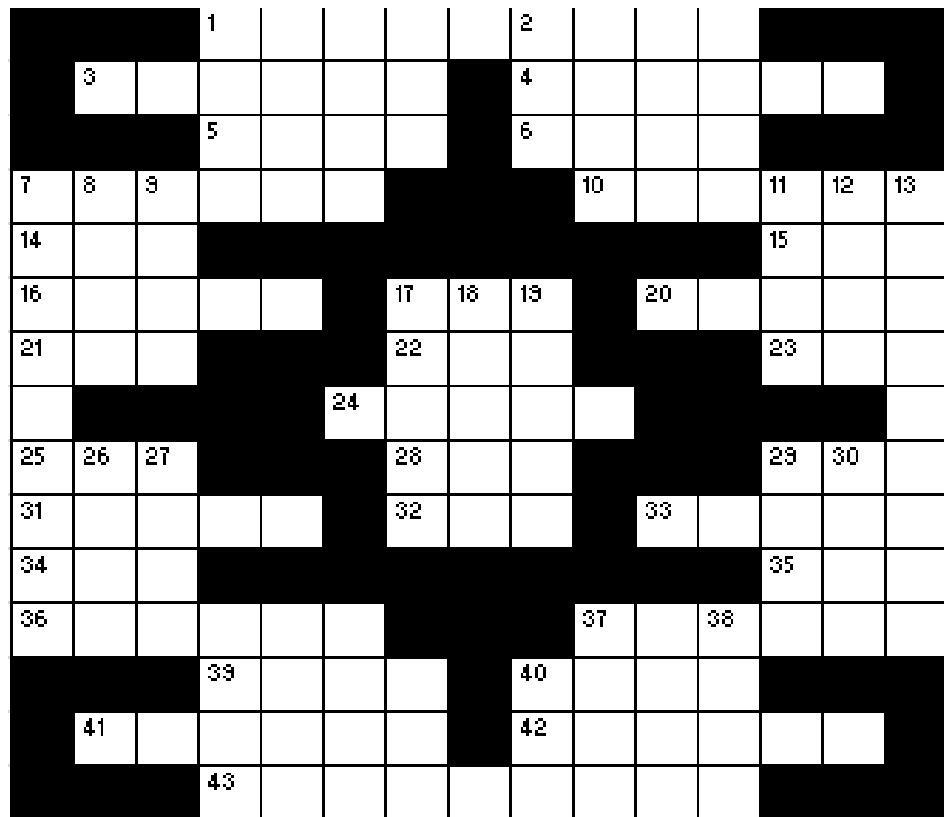
All things are in superposition, and your horrendous fate has not yet been revealed. Yet it is certain that your future is entangled with doom.

However, if you take caution with garlic and some cheer with friends, the dangerous ghouls will be chased away and good fortunes will come in the form of the superior M and Ms, chocolate, candy corn, rockets, Reese's pieces, Smarties, Skittles, doughnuts, mashed potatoes, pumpkin pie, butterscotch pudding and pumpkin spice coffees.
Best of luck!

The Iron Crossword

Horror Movies

FARZEEN TITINA
4T COMPUTER



ACROSS

- 1: The dancing clown of Derry
- 3: 1960 horror film about a man who kills his mother and develops dissociative identity disorder
- 4: institution offering support to the mentally ill
- 5: Horror movie about a killer canine
- 6: high energy electromagnet radiation
- 7: Remake of a Japanese horror movie about a curse that is passed on from one victim to another
- 10: Latin American folklore about the spirit of a woman who walks the earth in search for new children
- 14: high in temperature
- 15: Main character in Night of the Living Dead
- 16: A board game that is used to communicate with spirits
- 17: Horror franchise about the infamous Jigsaw Killer
- 20: Reason for Jason's death in Friday the 13th
- 21: File format native to CAD software

(abbr.)

- 22: A claw - nail on feet of certain animals
- 23: Seventh letter of the Greek alphabet
- 24: Demon nun in the conjuring universe
- 25: Convulsions - Symptom of a demonic possession
- 28: A combining form meaning fire or heat
- 29: A tool used as a murder weapon by Jason Voorhees
- 31: ___ ville - horror movie about the spirit of a man who killed his family
- 32: A tree whose name is also in the title of a movie about a pedophile who terrorizes children in their sleep
- 33: Chief evil spirit
- 34: Another word for taxi
- 35: Non polar chemical substance that is a viscous liquid at ambient temperatures
- 36: The exorcism of ___ (first name + last name initial)
- 37: Horror movie about a teenager with telekinetic powers

- 39: Frankenstein's assistant
- 40: Currency of Ghana
- 41: Slasher film about a serial killer who performs a voodoo ritual to transfer his soul into a doll
- 42: Famous quote from a Stephen King movie - Here comes ___
- 43: Horror film franchise about paranormal investigators who help families terrorized by supernatural beings

DOWN

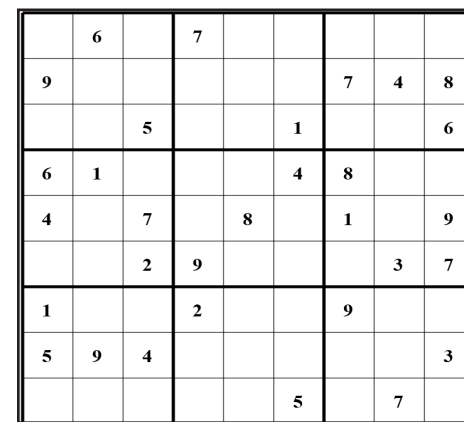
- 2: horror movie about twins who turn people into live ___ exhibits
- 7: Name of the serial killer in the Scream franchise
- 8: A disorderly retreat of defeated troops
- 9: A hypothetical unit measuring satisfaction in economics (noun)
- 11: A woodwind instrument
- 12: A salamander in the subfamily Pleurodelineae
- 13: A doll that's a beacon for evil spirits
- 17: Denoting a specified type of scene
- 18: Unsaturated hydrocarbon radical
- 19: Middle English - another form of the word 'warm'
- 26: A person who leads the prayers in a mosque
- 27: 'You' in Latin
- 29: Involuntary eye movement that stabilizes retinal images (abbr.)
- 30: Number that is synonymous with bad luck (Roman)
- 38: Movie about a spirit who kills people 7 days after watching a mysterious videotape

Sudoku

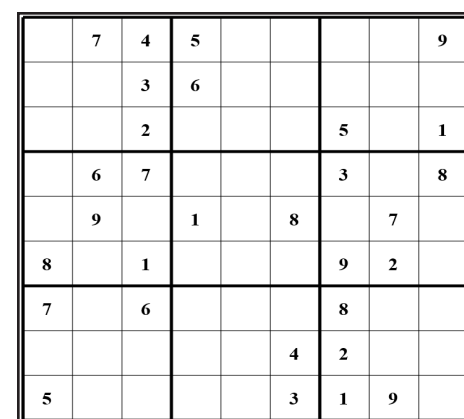
#2019-10-30

AKANKSHA JOSHI
2A BIOMEDICAL

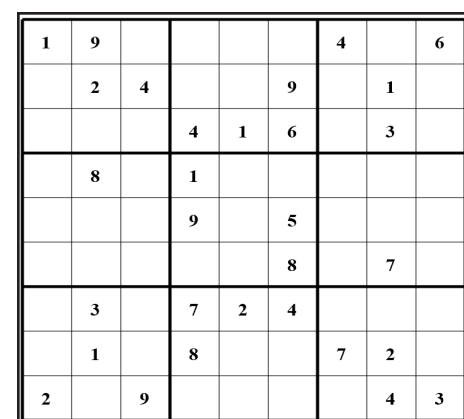
Easy



Medium



Hard



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

THE IRON INQUISITION
Samridhi Sharma, 4A Chemical

"What is the best candy? Period."



"Eye candy"
Akash Gill, 4A Computer



"Jolly ranchers"
Mridu Walia, 3B Biochemistry



"Going to Toronto and studying"
Nidhi Prabhakar, 4A Computer



"Cardboard - nothing beats the taste of cardboard"
Samridhi Sharma, 4A Chemical



"Three musketeers"
Mit Patel, 4A Computer



"Maltesers"
Saatvik Walia, 4A Computer Engineering