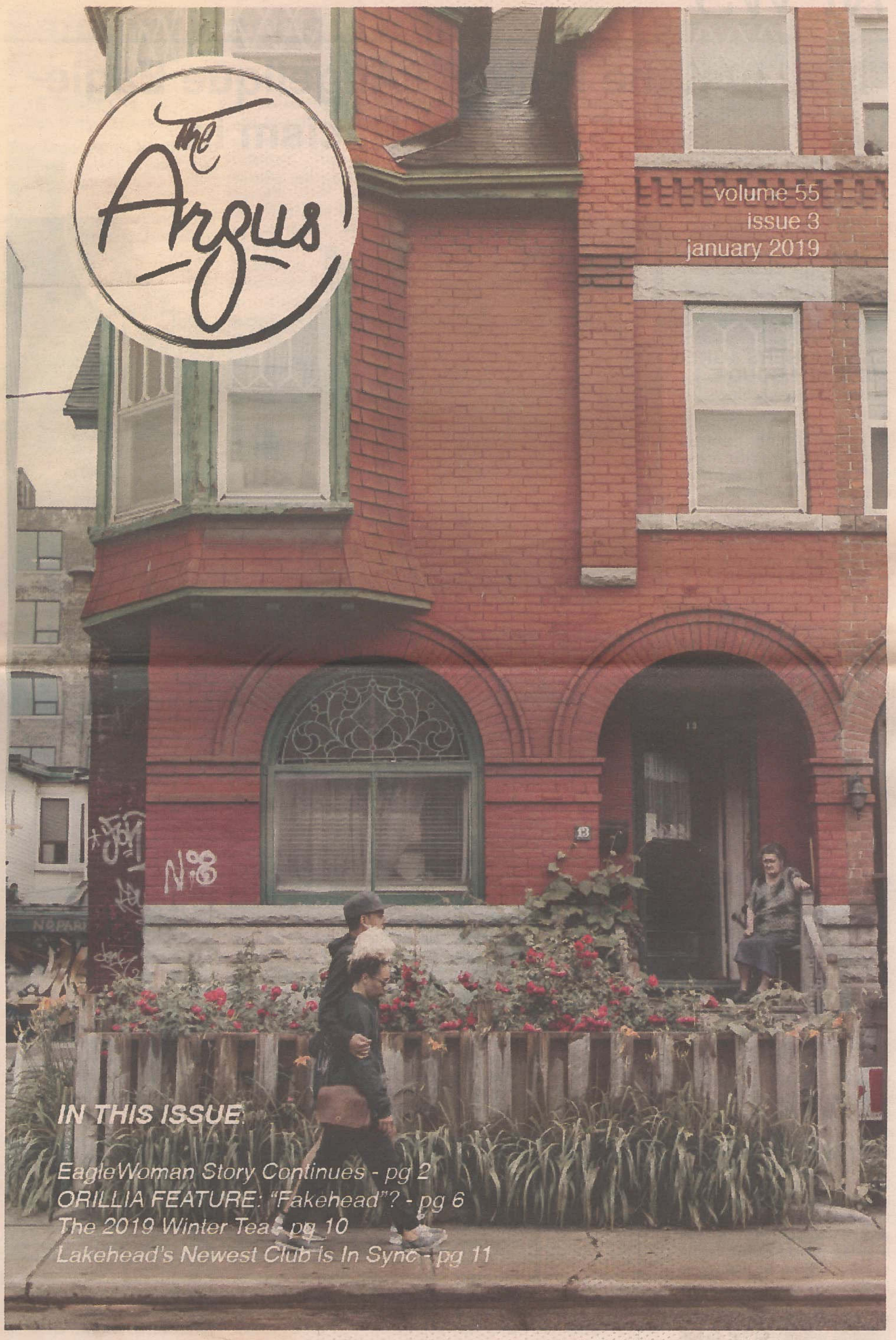
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"Not Just the Police": Angelique Eagle-Woman and Systemic Racism in Academia

A closer look at the former Dean's case and Pan-Indigeneity in Education

SAM MATHERS &GREG MCGRATH GOUDIE
Editor-In-Chief & News Editor



Sourced from alumni.lakeheadu.ca

In January of 2016, Lakehead University announced that Angelique EagleWoman had been hired as the Dean of the Bora Laskin Faculty of Law, making her the first Indigenous woman to become the Dean of a law school in Canada. Nearly three years later, EagleWoman is suing Lakehead for constructive dismissal and for breach of the Human Rights Code, citing ongoing micromanagement, failure to provide resources and support, differential pay, a hostile *work environment, reverse discrimination* allegations, and lack of support with managing faculty.

According to EagleWoman's statement of claim, "The individual discrimination experienced by the Plaintiff formed part of a pattern of broader systemic discrimination within the law school against Indigenous Peoples."

A recent graduate of the Bora Laskin Faculty of Law, who identified themself as "Lawschool Grad," told The Argus in an anonymous interview: "I certainly never witnessed any anti-Indigenous racism when at I was at Lakehead [...] they take their Aboriginal mandate very seriously [...] from my perspective, I don't really see how there's any systemic racism."

Systemic racism has become a prevalent topic of discussion in Thunder Bay in recent years. In 2016, the Office of the Independent Police Review Director launched an inquest into Thunder Bay Police Services (TBPS), looking into 37 investigations involving the sudden deaths of Indigenous peoples. Director Gerry McNeilly states: "I find systemic racism exists in TBPS at an institutional level."

On January 13th, 2019, a healing circle was held at the Ka-Na-Chi-Hih Treatment Centre, where the Thunder Bay Police Services Board officially acknowledged this systemic racism and announced plans for cultural awareness training, among other things.

Systemic racism and discrimination is not exclusive to policing—it has long pervaded all institutions, including the hallowed halls of academia. One must only look to the establishment of the residential school system to understand the deeply rooted racism in Canadian education.

Dennis McPherson knows this well. An Associate Professor in the Department of Indigenous Learning, McPherson has had a long history with Lakehead University. Beginning as a student in 1985 and as a sessional lecturer in 1990, he would go on to coordinate and co-direct the Native Philosophy Project and have an instrumental role in developing the Masters of Native Philosophy program. He was also instrumental in developing his department, serving as the first full-time Chair.

In June of 1995, after learning that Lakehead would pay his salary using funds from the province's Aboriginal Education Training Strategy (which was meant for developing curriculum to be delivered in First Nation communities), McPherson sat on the University's lawn for an entire month in protest. He told The Argus that the alleged response from Lakehead's President was: "The Indian can sit there till he rots."

Instead, McPherson walked to Ottawa to see the Minister of Indian Affairs, departing on July 15th and arriving on the 26th of September.

On the surface, it would seem times have changed.

The Bora Laskin Faculty of Law was established in 2013. This came after two rejected attempts, due to the province already being saturated with law programs. Lakehead University's law school was finally approved when its application suggested it would have an Indigenous focus and would prepare graduates to analyze the law from an Indigenous perspective.

When asked exactly how this requirement is met, Lawschool Grad told The Argus that all first year students are required to take a half-year course called Indigenous Legal Traditions and all second year students take a mandatory full-year course called Aboriginal Legal Issues. First year students also take a non-credit course called Aboriginal perspectives, which "involves spending a certain number of hours attending events, such as guest speeches, powwows, and film screenings, to learn about Indigenous culture and issues." According to Lawschool Grad, the time commitment changes from year to year, ranging between 20 and 36 hours.

When asked if they feel equipped to practice the law from an Indigenous perspective, Lawschool Grad said: "Yes, certainly [...] I think that we definitely learned quite a lot about Aboriginal law at Lakehead," adding they believe the law school is living up to its mandate of being Indigenous focused.

"Not at all," was McPherson's response when asked if the law school is preparing graduates to analyze the law from an Indigenous perspective. He continued: "I think this is, or should be a concern provincially and nationally that everybody's jumped on this bandwagon of reconciliation without understanding what it's all about."

Citing a tendency toward pan-Indigeneity within academia, McPherson argues that "we put a nice face on it. Political correctness. And show the world that we're doing all these wonderful things, but at the same time there's no substance to it." For example, McPherson points to how hiring a Dean of Sioux descent in Ojibwe territory contributes to the notion that all Indigenous cultures are the same.

Both McPherson and Lawschool Grad conceded that EagleWoman's appointment as Dean was strange given the fact that she is a woman of Sioux descent who was working within a primarily Ojibwe community, and that she was an American woman with an American legal education hired to work within a Canadian legal context.

McPherson stated: "in a lot of ways I think that EagleWoman was set up."

According to her statement of claim, EagleWoman's appointment was "leveraged into media exposure" for Lakehead, who in turn, "never gave [her] the authority or respect that her position as Dean entailed."

To fulfill the University's mandate, EagleWoman sought to hire more Indigenous faculty members and implement cultural competency training, which was met with push-back or was simply denied.

Lawschool Grad told The Argus: "the general perception was that the white staff members were being discriminated against. When I came back in September one year I found out that one of the staff members had been let go. She just got let go and we didn't get an announcement, an email, or anything. [...] Two of the staff members made complaints about discrimination, and I think that the student body certainly felt that those complaints of discrimination were warranted."

Though they are opposing sides of the story, the picture painted by both EagleWoman's statement of claim and Lawschool Grad's account of her time as Dean suggest that the relationship between Indigenous and non-Indigenous scholars has remained largely unchanged.

McPherson recalls returning from Ottawa in the fall of 1995: "I go to the faculty lounge, pick up my tray, go sit at the table in the centre of the room, all the other faculty members would sit along the wall. I did that for two years [...] and still today, I walk down the hall there and I see colleagues coming towards me and all of a sudden they just disappear into the wall. So don't tell me there isn't systemic discrimination here, there is. It's not just the police. Historically, it's the system that we live in."

EagleWoman is seeking $2.6 million in lost income and punitive damages.

Toby Goodfellow, Lakehead University's Chief of Staff told The Argus: "While Lakehead University did submit its Notice of Intent to Defend, last semester, it has not yet issued its Statement of Defence."

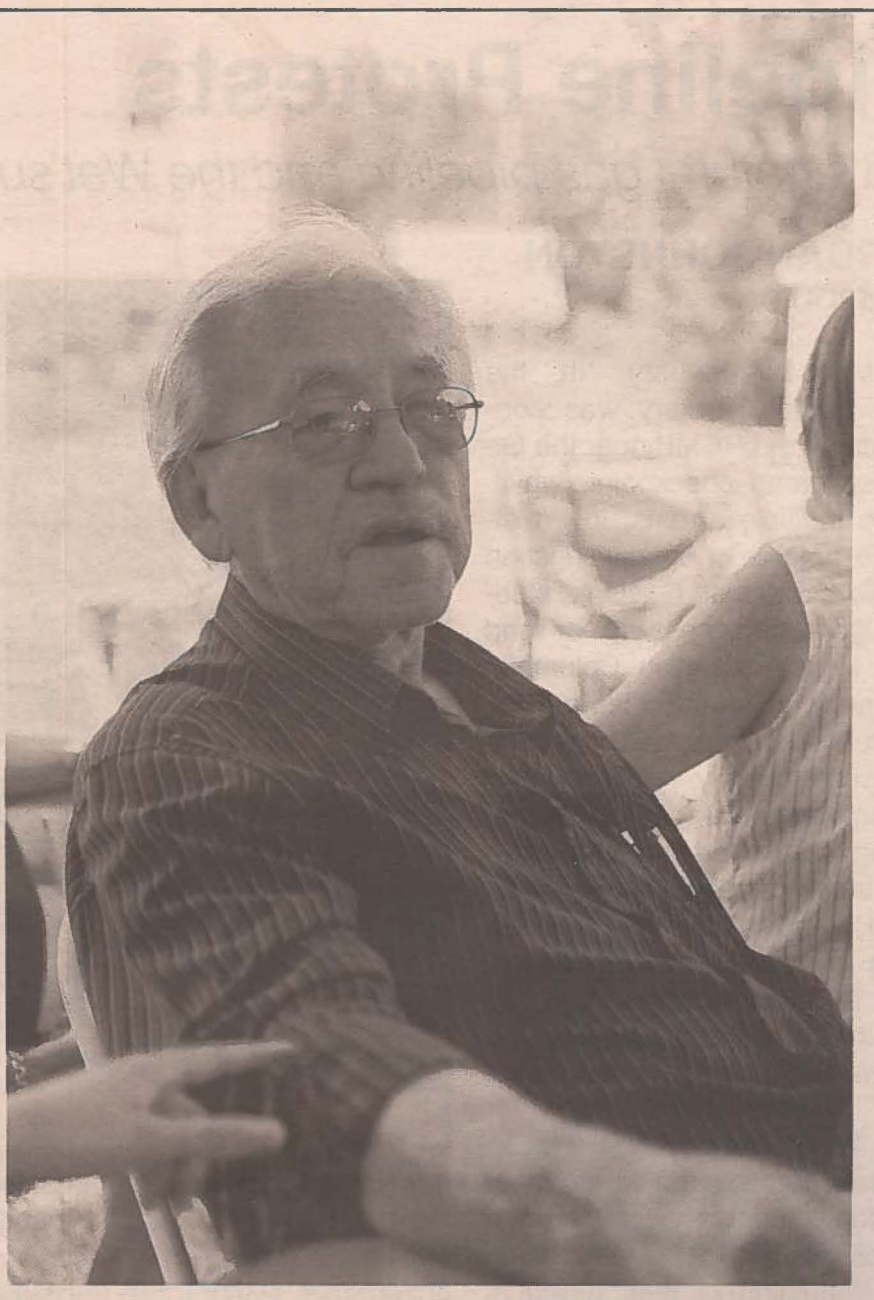


Photo by Sarah McPherson

Disrupt It Weekend Returns for Fifth Year

Test driving business ideas in fifty-four hours

ALYSON MACKAY
Manager

Have you ever thought you had good idea for a business but weren't too sure it would work? Do you wish you had the opportunity to give it a try with no risk? That chance lies in an exciting annual event called Disrupt It Weekend, returning for its 5th year this February.

A weekend long event, Disrupt It kicks off on the Friday evening with participants proposing their ideas in a quick, two-minute pitch format. From there, the participants vote on which ideas they would like to move forward and work on over the course of 54 hours. Teams form organically around these ideas and spend the remainder of the weekend working together until the final pitch to the judges on Sunday afternoon. Don't know much about how to launch a business? Don't worry, that is where the coaches, mentors and members of the organizing committee come in – they are there to help. The weekend also includes workshops to support the development of business ideas in the areas of financial literacy, business planning and presenting a successful pitch to the judges. Disrupt It Weekend sees a variety of participants, with ages ranging from 14-65, as well as a wide variety of business ideas. Past participants have pitched ideas from mobile cat grooming units to subscription-based home gardening services. Ideas pitched at the finals have also been incredibly diverse, varying from crickets used for protein powder, to tiny house villages and technology-based customer service retention models.



Sourced from disruptit.ca

Previously, Disrupt It has gone with a theme for the weekend, but this year the organizers have decided to leave it wide open – all ideas are welcome. It is really an anything goes kind of event and the organizers are looking forward to seeing what the participants will come up with this year. Participants don't need to come with a team, or even an idea – they can join a team and work with the idea that they like best. This year, Disrupt It will be giving away over $5000 in cash prizes to the winners, along with follow up support for business development.

The 2019 Disrupt It Weekend is being held in the new TEC Hub at Confederation College, from February 1st-3rd. The cost for the weekend is $50 for students and $75 for adults. To register or to find out more information, please visit www.disruptit.ca

Alyson MacKay is the Manager of the new business incubator, Ingenuity, located on Lakehead University campus.

The Argus

Looking for advice on school, love, or anything else?

ASK ARGUS!

E-mail your questions to editor@theargus.ca!

Pipeline Protests

BC's natural gas pipeline and the Wet'suwet'en Territory

JORDAN JOHNSTON
Contributor



Sourced from bc.ctvnews.ca

On Monday, January 7th, the Wet'suwet'en territory was confronted by the RCMP near the Gidimt'en camp checkpoint, which led to multiple arrests, in an effort to enforce a court injunction to allow Coastal GasLink pipeline workers access to a road near Houston, British Columbia. The news coverage following the confrontation has been varied and subsequently, widely shared throughout social media. The following is an effort to break down key terms, understandings, and Canada-wide protests while outlining a chronological account of what has taken place so far, as well as the anticipated actions to follow.

The Wet'suwet'en First Nation currently occupy the forefront of pipeline struggles within Canada in their demand for the recognition and upholding of their territorial rights. Wet'suwet'en First Nation, led by Hereditary Chiefs, is located in British Columbia's northwestern Central Interior. The hereditary authority and governance of the Wet'suwet'en, passed down through generations, is inextricably rooted within a relationship, responsibility, and connection to the land. The Wet'suwet'en have established two camps, Unist'ot'en and Gidimt'en, with fortified checkpoints protesting the construction of the Coastal GasLink pipeline in a determined effort to protect and steward their land. Prior to the arrests, both Unist'ot'en and Gidimt'en denied Coastal GasLink workers access without obtained consent from the Hereditary Chiefs. The tenacious resistance of the Wet'suwet'en speaks volumes to their privileging of the sustainable management of their territory's environmental resources and emphasizes that the cultural continuity of the Wet'suwet'en people is bound up in their relationship with their land.

The Coastal GasLink pipeline project is a subsidiary of TransCanada Corporation. The Coastal GasLink pipeline is intended to transport natural gas from northeastern British Columbia to the coast, where the $40 billion LNG Canada facility is currently under construction in Kitimat, B.C. While TransCanada states it acquired the necessary signed agreements with all First Nations occupying the proposed route, some Hereditary Chiefs argue that said agreements are not applicable to the traditional territories. In fact, the agreement came from the Nation's elected band councils; however, as a hereditary governance system, the decision is ultimately in the hands of the Hereditary Chiefs that represent the five clans of the Wet'suwet'en Nation, who have vocalized their disapproval of the pipeline. Notably, Coastal GasLink refers to the camps, Unist'ot'en and Gidimt'en, established along the proposed route of the pipeline as "blockades," whereas the Gidimt'en group explains the camps are checkpoints that are accessible, providing consent from Hereditary Chiefs has been given.

In December, an issued injunction called for the cessation of preventative action against Coastal GasLink's access to the area in order for the company to begin pre-construction activities. Upon hearing the news, the camp members of the checkpoints anticipated the RCMP's arrival. On Monday, January 7th, the RCMP officers of the Division Liaison Team spoke with Gidimt'en camp members concerning the removal of the checkpoint. Despite the injunction to remove the fortified checkpoint, the members of the Gidimt'en camp upheld their checkpoint and barred access to the pipeline company workers, as the workers lacked the necessary consent to enter from the Hereditary Chiefs. This talk, which occurred at 11 a.m., was followed by the RCMP's forced entering of the fortified area at 3 p.m. when they broke down a gate at the checkpoint and engaged in a standoff with the Gidimt'en camp and the anti-pipeline protestors. As per the RCMP news release, the 14-people arrested are currently being processed. The RCMP stated that the arrests were determined by an unlikely resolution with the camp members after speaking to them. The RCMP created a "temporary exclusion zone" which permitted access solely to members of the enforcement team. The primary intentions of the temporary exclusion zone being privacy and safety for both the public and the media. The RCMP denied reports of military presence, as well as accusations of jammed communications preventing public access to information concerning Monday's events. After an incredibly tense few days on the rural forest-service road, the Wet'suwet'en came to a tentative agreement with the RCMP on Thursday, January 10th which allows construction crews to reach the proposed natural gas pipeline site.

Following the events of Monday, January 7th, an uprising of protestors have emerged across Canada to demonstrate support of the Wet'suwet'en First Nation for preventing access to Coastal GasLink on their traditional territory. Approximately 100 people congregated on Parliament Hill in Ottawa in protest of the RCMP's invasive action at the Gidimt'en checkpoint. The Atlantic region organized rallies on the TransCanada highway between Nova Scotia and Cape Breton Island. In Vancouver, hundreds of protestors marched outside the B.C. Supreme Court building. Similarly, hundreds of people marched in Toronto's financial district. Canadians have expressed an outpouring of support for the Wet'suwet'en First Nations' right to protect their traditional territory. Beyond this, some Canadians have expressed disdain for the pipeline and are calling the government to action for better investment in greener initiatives.

While many are outraged by the actions of the RCMP, the RCMP stand by their actions due to the "unpredictable" nature of the protest and their potential for escalation. There is debate concerning the degree of the protests, as to whether they were passive and peaceful or active and aggressive. Some of these protests included singing, locked arm barricades, people secured to the barricade as well as the underside of a bus, and a person in a hammock attached to the bridge to deny bridge-access. Moving forward, there is evidently a greater need for trust, respect, and communication between the RCMP and the Hereditary Chiefs of the Wet'suwet'en Nation. The tentative agreement for company access is by no means a granted consent by the Hereditary Chiefs for the construction of the Coastal GasLink pipeline; rather, it is an effort toward the de-escalation of tensions. In light of these events, Prime Minister Justin Trudeau has been met with a number of questions regarding the pipeline, which has led to further scrutiny regarding Canada's Nation-to-Nation relationships, and accusations of not upholding efforts toward reconciliation. In response to these questions and accusations, Trudeau stated: "We've gone from a place where Indigenous people were not listened to, were not consulted, were not included, and we are doing a better job of it." For now, the question is what "a better job of it" will look like as negotiations proceed.

Canada's Carbon Tax

What you need to know

EMILY MACDONALD
Staff Writer

The Canadian government wants to see a decrease in carbon pollution that cars, planes, big businesses and factories expel, and has decided to impose a carbon tax on provinces who do not adopt their own policies. Some Canadians call it a money grab by the Canadian government, while others believe it necessary to do our part to protect the environment.

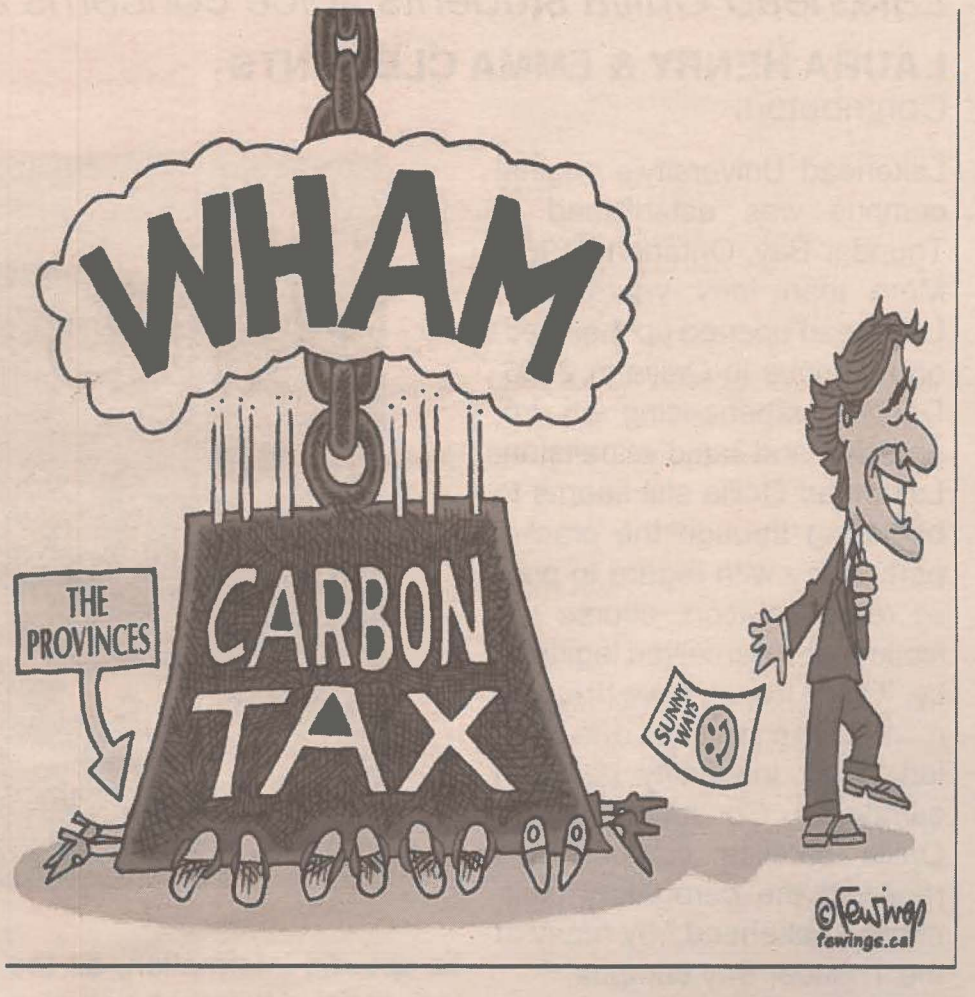
The carbon tax is different from most taxes, in terms of what it is and what it will do. The purpose of the carbon tax is to lower the amount of greenhouse gas emissions by placing a fee on each tonne of emissions produced from fossil fuels. This would include gasoline, coal and natural gas. Larger businesses and corporations will be charged under a different system than individual households or small businesses. The plan intends to help cut carbon emissions by an estimated 6 million tonnes by 2020.

The revenue collected from the carbon tax is intended to go back into households. In Ontario, the average home will pay an estimated $244.00 in direct and indirect costs for the carbon they use, but will be granted an estimated $300.00 back, making a benefit of $56.00. The tax will vary among each of the provinces and territories.

British Columbia has had a carbon tax for the past 10 years, making their policy the first in North America. According to the Government of BC's website, "In 2008, the province implemented North America's first broad-based carbon tax, proving that it is possible to reduce emissions while growing the economy. Between 2007 and 2015, provincial real GDP grew more than 17%, while net emissions declined by 4.7%." B.C does generally have the highest gas prices due to this tax, being anywhere from 10-25 cents more expensive than what we see in Ontario.

In Ontario, the carbon tax will increase gas prices by 4.4 cents per litre in 2019, making its way to 11 cents by 2022.

Premier Doug Ford, along with other Premiers in Canada, have had a lot of negative views when speaking about the carbon tax. Ford has recently decided to do away with the Drive Clean emissions test as of April 1, 2019, meaning vehicle owners will no longer have to pass an emissions test before renewing their registration. Ford has stated that "cap-and-trade and carbon tax schemes are no more than government cash grabs that do nothing for the environment while hitting people in the wallet in order to fund big government programs." He went on to say that "The carbon tax is the single worst tax anyone – not just in Ontario – Canada could ever have." Ford makes his views very clear -- any marginal benefit to the environment is not worth any hindrance to the economy.



Sourced from ethanallen.org

As an alternative to carbon tax or a cap and trade program, the Ontario government has released the Made-in-Ontario Environment Plan, which is under proposal until January 28, 2019. The proposal states that polluters will be "held accountable with tougher penalties while reducing regulatory burden for responsible businesses." It outlines how the government will provide people with tools, resources and information that are easily accessible and recognizes "that environmental impacts faced by communities across Ontario may be very different." According to the proposal, the government "will work with these communities and use the best scientific practices and other evidence-based methods to develop unique solutions to their challenges." The full proposal can be found on the Government of Ontario website.

The federal government is set to begin taxing Ontarians as of April 1, 2019.

The Argus

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FEATURE: Welcome to "Fakehead"

Lakehead Orillia students voice concerns about their campus

LAURA HENRY & EMMA CLEMENTS
Contributors



Sourced from lakeheadgeorgian.ca

Lakehead University's original campus was established in Thunder Bay, Ontario in 1965. More than forty years later, Lakehead opened up their second campus in Orillia in 2006. Despite experiencing an impressive and rapid expansion, Lakehead Orillia still seems to be falling through the cracks, particularly with regard to public representation, course selection, and perceived legitimacy. These issues have troubled many Orillia students and have led to an inequality between campuses. Consequently, the Orillia satellite campus has received the derogatory nickname, "Fakehead," by many at the Thunder Bay campus.

Boasting nearly 8,000 students, the Thunder Bay campus is much larger and is deeply connected to the image of Lakehead University, portrayed through its website, social media platforms, and advertising brochures. Lakehead's Orillia campus is significantly smaller with approximately 1,400 students and has a far less prominent public image.

The Lakehead website and social media pages rarely promote the Orillia campus, and instead favour photographs and videos of Thunder Bay. This focus on information from the Thunder Bay campus has led many Lakehead Orillia students to a point of great confusion, realizing the school they thought they signed up for is in reality, hours away and in the middle of a small town's cornfield.

One solution might be to create two separate Lakehead websites, one for the Orillia campus and one for Thunder Bay. Although Lakehead Orillia is featured on the current website, Thunder Bay's campus is still predominantly shown in most of the photos and has more widespread attributes such as sports, programs, students, faculty, and course selection. In addition, it can be difficult to select or access important Orillia-specific information, as the website's claim that you can "save your preference for later" rarely works. By having two separate websites, prospective students will know exactly which campus is pictured and will know which courses and extracurricular programs are offered at each campus.

The Thunder Bay campus holds a great amount of control over Lakehead Orillia in a multitude of ways, granting special information or permissions for distant Orillia students, and housing many of the program heads and online course professors. This forces Lakehead Orillia students to use e-mail or telephone communication to discuss important academic details that are not accessible on their own campus. The Thunder Bay campus sometimes even dictates weather-related campus closures for Orillia, despite being over a thousand kilometres away.

Though the innovative telepresence in classrooms on both campuses has been a point of pride for many students and has allowed the two campuses to remain somewhat connected, it appears that nearly all Lakehead Orillia students have at least one or two horror stories from participation in these classrooms. Students on the Orillia campus have faced issues such as: Thunder Bay professors favouring their own campus or paying an insufficient amount of attention to Orillia students, audio or video lags interrupting class communication and participation, and professors selecting assignment formats that do not suit this digital, dual-campus class setting.

An Orillia student, who prefers to remain anonymous, told The Argus she had an extremely negative experience in one of these classes. The difficulties started early in the semester when the professor, who was on the Thunder Bay side, frequently paid more attention to the Thunder Bay students. This behaviour continued, with the Orillia students feeling regularly ignored. During one class, the professor completely muted the audio for Orillia without the students' knowledge or consent, claiming that the "typing sound" was too irritating. Later in the semester, severe winter weather caused the Orillia campus to be closed, but the professor still held class in Thunder Bay and failed to provide the Orillia students with a sufficient "catch-up" lesson. At the end of the semester, the professor and the Thunder Bay students collectively decided to meet for dinner instead of holding their final class. Obviously unable to attend, the Orillia students were assured they would still receive attendance marks for that day of class; however, they were ultimately outcast from the social experience.

The professor's behaviour during this telepresence class further punctuated the frustrations felt by students of the Orillia campus, and this is only one story of many. Professors teaching telepresence classes have excellent opportunities to foster positive relationships between campuses, but they cannot do so if their class structures and teaching styles are exclusionary.

Many Orillia students told The Argus they wish the campus' faculty and administration could have more freedom and control when it comes to determining academic opportunities. Many of these students expressed frustration about the fact that when they have program or course questions, they are almost always told they need to speak to someone unknown and distant in Thunder Bay. More training and resources might help the Orillia staff and students. Students on this campus should not have to constantly wait weeks, sometimes even months, for emails or confirmation from faculty in Thunder Bay who are not familiar with our educational path.

Many students expressed feeling forgotten about on this campus, and this should never be an issue. Read on for more from Orillia students, in their own words.



Sourced from Lakehead Orillia Facebook page

On the nickname "Fakehead":

"I feel this name is detrimental to the campus...and creates animosity between the two campuses...I think the Orillia campus needs to grow to establish that we are a serious campus too." - 4th year Interdisciplinary Studies student, Orillia

"I can see how the nickname is intended to be a joke, but it undermines the legitimacy of the campus, the programs, and the students in Orillia...we are all made very aware of the power that the Thunder Bay students, staff, and faculty have over our campus' reputation. I think that by offering more program options, Lakehead Orillia [can] build up its reputation and re*inforce its legitimacy.*" - Anonymous student, Orillia

"When I heard it, my first reaction was to laugh. There isn't much you can do about this sort of thing aside from putting your best foot forward...[the] Administration, the student union, The Argus, and the various clubs in Orillia play an integral role to the close-knit feel of their campus...By comparison, I actually think it is easier to slip through the cracks and have a relatively unengaged experience on the Thunder Bay campus". - Lakehead Orillia Alumnus; Masters student, Thunder Bay

"I think coming here has changed my life, and this campus deserves more recognition and funding so the programs can continue to expand and the wonderful professors who changed my life can receive all of the benefits that they deserve." - 4th year Criminology student, Orillia

"I had to email a Thunder Bay student, and [they] said 'Whoa, the Orillia campus actually has students willing to go there? And laughed..." -3rd year Business student, Orillia

On discrepancies between the two campuses:

"Orillia is good, but I would really love to see a couple more buildings...a bigger library would make a huge difference." - Anonymous student, Orillia

"Their course selection is the only thing I've ever been jealous of...our library is definitely lacking (though the staff are tremendous!). I'd say the major difference between both [campuses] is student identity." - 3rd year Arts student, Orillia

"The Thunder Bay campus is without a doubt the thriving hub of Lakehead University, due in large part to the substantially higher student population, infrastructure, and access to services and amenities. Because Orillia is considerably smaller, there is less representation—and, accordingly, less agency—for it across these structures. If Orillia is looking to change this relationship, I would simply argue that it has to clearly express its voices and concerns, perhaps loudly at times" - Lakehead Orillia Alumnus; Masters student, Thunder Bay

"As the number of students at Lakehead Orillia grows, the common areas are getting busier and busier so it is becoming increasingly difficult to find quiet workspaces. Having more access to less busy areas would make it easier to get work done on campus." - 4th year Business student, Orillia

"I had no clue Lakehead Orillia even existed until one day I saw it on a pamphlet...we need better promotional pictures and descriptions of Orillia's campus." -1st year Anthropology student, Orillia

"We're all getting the same degree, I just wish we could [have] what they [have], and when they brag about it or it's shown online, it kind of sucks. We should be represented better and have more opportunities" -1st year History student, Orillia

"Students at the Orillia campus need more course selection... we have a great amount of academic support but students are not always able to take courses they are passionate about or even enjoy remotely...Ask the students what they want to learn about." - Anonymous student, Orillia

"There are unquestionably more services offered to the students on the Thunder Bay campus, which is mostly due to a lack of infrastructure at Lakehead Orillia, but I will say that one of Orillia's major benefits is its proximity to southern Ontario. Thunder Bay is a very isolated city, surrounded by hundreds of kilometres of wilderness, which creates a unique set of challenges." - Lakehead Orillia Alumnus; Masters student, Thunder Bay

On what makes Lakehead Orillia unique:

"We have great professors who are incredibly well recognized in their respective fields, we have small classes which help the student learning experience, and we have great campus programs that bring students together." - 4th year Interdisciplinary Studies student, Orillia

"I truly love the tight-knit and close quarters Orillia's campus offers. I don't love the huge, sports obsessed, and easy to be lost in schools. I like to be a face and a name, rather than a number" - Anonymous student, Orillia campus

"I feel valued and a part of a community in my classes, in my program, and just on campus in general." - Anonymous student, Orillia campus

"My favourite thing about attending Lakehead [Orillia] has always been it's small size. Small class sizes is always a bonus...Getting to know professors is helpful to students, for a number of reasons, as well." - 4th year Business student, Orillia

"There is less competition for the usual student roles than there are at larger university campuses, which means that people have greater potential for growth and change...Lakehead Orillia is a place where anyone can accomplish good things, get involved, and learn a lot if they are simply willing to try." - Lakehead Orillia Alumnus; Masters student, Thunder Bay

"It is a very tight knit campus with *lots of small class sizes* and it has professors that are very approachable and helpful." - 4th year Social Work student, Orillia

"Because of the small class sizes, I was able to form bonds with these professors. They noticed when I missed class, asked me if I was okay, pushed me to do my absolute best and told me when they were proud of me...Lakehead Orillia is a place to grow." - 4th year Criminology student, Orillia

Lakehead Orillia is a fantastic campus, and we truly do love it. However, change is required to provide a more equitable education for current students and to enhance the understanding and exposure for prospective students of the satellite campus.

The Argus contacted several Lakehead faculty and staff members for comment, however, these individuals either denied or failed to fulfill our request within the allotted time frame.

Hit Refresh!

Skincare secrets to help you put your best face forward this winter

EMILY MACDONALD
Staff Writer



Photo by Sarah McPherson

Winter skin got you down? Besides the cold, dry skin is one of the most uncomfortable things about winter. It can leave your skin feeling tight and cause you to overproduce oil, which can cause your makeup to disappear from your face like magic. When your skin is dry, it 'drinks' anything with moisture in it, like makeup. Proper skin care is as essential during the winter months as SPF is for summer.

Paloma, the Beauty Studio Coordinator at the Georgian Mall Sephora told The Argus: "My favourite product for winter is the Squalane + Vitamin C Rose Oil, but you have to get the one with the added bits, it makes a difference." This oil provides a brightening effect to the skin while hydrating with the Vitamin C and Rose Oil, while the Squalane goes deep into the skin to heal and provides comfort.

Another favourite is the Avocado-Melt Sleeping Mask from the Glow Recipe. This sleeping mask is designed to go over your nighttime routine, working to provide extra glow and moisture, and to really seal in your skin care for the night. Paloma suggests: "Just throw it on before bed and sleep in it, wake up and your skin is glowing. That easy!" Skin cell turnover occurs at a faster rate during the night, so this mask will give your skin the added help it needs. If your skin is extra dry, there is no need to rinse it off in the morning.

If your skin is struggling with the stresses of the semester, Bareminerals Clear Complexion range is great. It has hydrating mineral-foundation and a concealer pen for pesky blemishes. Additionally, Tarte Park Ave Princess Bronzer stays put and works wonders on the complexion.

Sephora also offers many added benefits and perks to take advantage of:

Free Samples: Sephora offers free samples of almost any product in the store. With up to three samples per visit, this is a great way to try before you buy.

15 Minute Mini Service: The 15-minute services are free, fast, and fun! Walk in, decide on a service and let the magic begin. Mini Facials are great for keeping your skin in check. Cleanse, tone, mask and moisture will help get rid of your dry spells. You can help choose the products or simply tell the skincare specialist about your skin. Mini Makeovers are similar -- choose one part of the face to be touched up by a colour specialist, whether it be complexion, cheeks, eyes, or brows! It's great if you want to look amazing before class or just want to try a different look.

Custom Makeovers: This longer, one-hour service must be booked online in advance. While this service has a price tag of $50 in redeemable products, it is not hard to spend. If you're hunting for a new foundation, it is best to book a custom makeover: you'll have your entire face of makeup done for the price of your foundation. Mini facials are often done prior to starting your custom makeover, giving you two services in one!

Beauty Insider Program: Even if you only buy a few products a year, this is worth signing up for. It is free, earns you points with every purchase, gives you an added 10-20% off twice a year, and keeps track of your past purchases. No need to remember the last foundation shade you used, they have it on file.

When that Beauty Insider sale is far away, skin care can be expensive and sample jars cannot account for your whole routine. For the student budget, Shoppers Drug Mart or Walmart can be great places to visit for your skincare needs.

The top drugstore range for normal-oily skin is Hydro Boost by Neutrogena. This line has a main gel cream that goes deep into the skin and offers a hydrating sensation without any grease. For acne, that old high school favourite Clean and Clear should do the trick. Be sure to stay clear of anything with microbeads, because they are terrible for the environment and can be damaging to the skin. For normal to dry skin, try the Aveeno Positively Radiant line. The daily moisturizer is a favourite for many.

Whatever your budget, it's best to always invest in your skin.

The Argus

HEY ORILLIA!

The Argus is looking for photograph contributers!

Contact luargusmultimedia@gmail.com for more info!



Winter Nostalgia

Preventing seasonal affective disorder through winter sports

ERICH OTTEN
Arts & Culture Editor

Winter is here, bringing lots of snow and for some, seasonal affective disorder. According to the Mayo Clinic, symptoms of winter-onset seasonal affective disorder include: oversleeping, changes in appetite, and changes in energy level including tiredness or chronic fatigue. Stagnation and a decrease in activity may also be a component of SAD. According to the Mayo Clinic, activity may lessen the effects of some of the associated symptoms. We all know Thunder Bay can experience long and cold winters, but the city also offers almost every winter sport and activity to get you out of the house and enjoying the winter.

Ice hockey is of particular significance to folks in Thunder Bay, apparent from the fact that the city has produced 95 professional players in the National Hockey League. Lakehead University student Connor Macintosh tells The Argus of his fond memories and how important growing up playing hockey was to him:

"Growing up in Thunder Bay, you were surrounded by hockey. Whether through participation or by noticing when half of your grade 7 class was missing on a Friday, for some out of town tournament down in Duluth. Or every October, when your new team jacket would come in you would wear it with pride, trying your best to subtly show off that number on your sleeve. Or it was the late-night shenanigans, messing with the hotel staff as you ran up and down the hotel hallway the night before your game.
Now having ended the journey of my childhood hockey days, it is interesting to reminisce and think back on all the good and bad times and memories that were made alongside my teammates. Even though we may have put a bit too much stock at times into those minor hockey days, the memories and friendships that were made have shaped who I am today. I couldn't be fonder looking back on those snowy drives to the rink or taking a puck off the ankle, or even the hidden excitement of telling Mme. Trudel that I would be missing class for a tournament because it was these days, and these memories that I will hold on to and grow from for the rest of my life."

From Macintosh's anecdote, it is evident just how important hockey and spending time on the ice was in his childhood. In my own family, my eldest brother played hockey in southern Ontario for a number of years. I have many fond memories of driving out to other towns and cities in the cold to support him as he competed. My recollections include how I developed a critical taste of hockey arena vendor's hot chocolate, which was usually terrible, sitting under a pile of blankets in the stands, the warmth projected by overhead heaters, the smell of the ice rink, and learning the rules of hockey.

Thunder Bay has many opportunities to join in on winter sports, such as cross-country skiing, snowshoeing, or ice skating. If you prefer to be a spectator, the Lakehead University Men's Hockey team plays their home games at Fort William Gardens.

How do you enjoy winters in Thunder Bay? Have any nostalgic memories or tips on coping with seasonal affective disorder? Contact The Argus and have your favourite memories featured in our ongoing Winter Nostalgia column.

Spilling the Tea (On Tea)

An introduction to the varieties and benefits of a cold weather favourite

SANJANA SHARMA
Staff Writer



Sourced from flickr.com from user Abayburina

Although having been familiar with tea for many years on hand, it was because of my father that I started drinking tea. Soon, green tea became a ritual because of its health benefits like prevention against cancer and I never left the habit despite its unsavoury kick of bitterness. As winter crept in this December, I visited my professor and learned more about different teas, their benefits, and the comfort that comes with their brewing. I was so fascinated that I ended up buying four different types of tea.

Originally a Chinese beverage, tea has found its way across the globe with its refreshing and aromatic qualities. With so many types of tea available over the counter today, finding the perfect tea for a good first experience can be gruelling.

In technical terms, tea comes from the shrub Camellia Sinensis, and what distinguishes white, green, and black tea is in the way the plant's leaves are processed.

According to endocrineweb, 78 percent of the tea consumed worldwide is black. Its health benefits speak for its popularity as it has the highest concentration of caffeine. It can help with alertness, improve digestion, relieve stress and asthma, and increase bone density.

Black tea is stronger than white and green tea, and is sometimes consumed with milk. One of the tea beverages -- chai tea -- is gaining popularity in coffee and tea shops around the world. Chai tea comes from India, which is why it's usually called "Indian chai" or "masala chai" ("chai" is a Hindi word that translates to "tea"). It is made by brewing black tea leaves with additional spices like cinnamon and cardamom, to which milk and sugar are added according to preference.

Chai Station, a stall relatively new to the Thunder Bay Country Market is an initiative to introduce the city to the real Indian chai. Selling a variety of authentic, handmade Indian tea, Sabah Rahmath, the proprietor of the business venture that began in November, told The Argus that she used to go to the Country Market a lot, and thought it would be a good idea to bring in something Indian. She started out with simple cardamom-flavoured chai and saw the first couple of weeks go really well. She says, "People were really curious to know about it [chai]. They liked the idea and were supportive." She also said that on some days, it got really busy, and she started making larger quantities of the soothing beverage. She also noted that some people who didn't like chai before started liking it when she gave them samples to try. "It's very different from the chai tea they sell in coffee shops," she tells her customers. Into the new year, Rahmath introduced other spices like cinnamon and ginger as well. Currently, she is experimenting on making dairy-free chai due to multiple requests. If you're looking forward to trying some good tea, Chai Station is a good place to start.

Green tea has the highest concentration of antioxidants and polyphenols. It also reduces risks of cancer (National Cancer Institute), heart diseases, strokes, and other ailments (Journal of the American Medical Association). It is also shown to enhance memory and prevent Alzheimer's disease (Alzheimer's Society).

Each sip of green tea brings about a detoxifying effect to your body. If you don't like its bitter taste, we do seem to have an antidote for that too: the bitterness of any tea depends upon how long you brew your it for. So, the less that you brew your tea, the less bitter it will be. You can also add sweeteners like sugar or honey to make it taste sweeter.

White tea is the most effective out of the three types of tea in killing bacteria, viruses and fungi in the body. Other benefits include anti-aging properties, prevention of skin from the effects of ultraviolet rays, and improvement in oral health. White tea is lighter, more delicate in taste than green tea, which makes it a good option to try for people who enjoy mild beverages.

The best thing about tea is that you can always alter the ingredients or process to your preferences. So, give it a try and dare to *spice* up your experience!

The Argus

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茶

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Thunderwolves Win Championship in Shootout

Varsity Women's Indoor Soccer team dominates the field

SILVER SCHAEFER
Media and Communications Assistant
Orillia Athletics and Wellness

On Sunday, January 13th, the Lakehead University Orillia Varsity Women's Indoor Soccer team dominated the field during the Barrie Indoor Soccer Fall League Championship game. Their hard work during the fall season paid off, leading them to victory as champions of the Women's Recreational A/B league. Throughout the season, team captains Madison Leigh and Chauntelle Palmer have shown great leadership on and off the field by supporting the team and this game was no different. Fabulous goalkeeping by Palmer led the Thunderwolves to a final game shootout. Leigh, Palmer, Hayley Miskiw and Ally Morris scored, giving the game a final score of 1-0 for the Thunderwolves win.

We wish our fellow Thunderwolves the best of luck in the varsity season.



Photo by Elana Weber

2019 OCAA Tournament Schedule:

George Brown College Soccer Tournament (Vaughan, ON) - Thursday, January 31, 2019
Georgian College Soccer Tournament (Bradford, ON) - Friday, February 22, 2019

Lakehead Hosts:

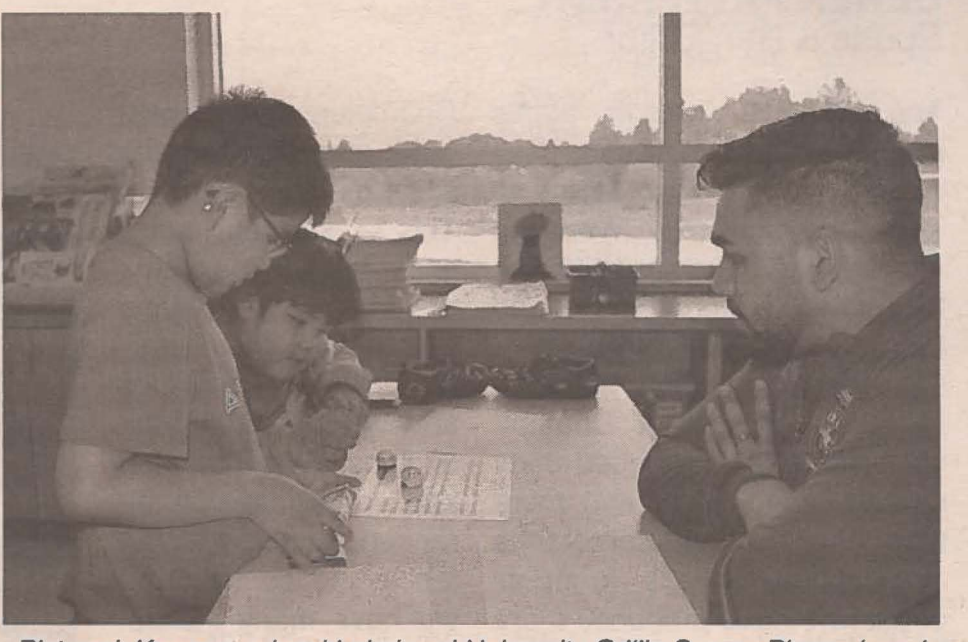
OCAA Varsity Indoor Soccer Regionals (Vaughan, ON) - Saturday, March 9, 2019

A Winter Throwback to Warm the Heart

Thunderwolves athletes give back

SILVER SCHAEFER
Media and Communications Assistant
Orillia Athletics and Wellness

Last Spring, Lakehead varsity athletes and staff traveled to Bearskin Lake First Nation as part of Reach Up! and the Lakehead University Aboriginal Mentorship Program (AMP). An Oji-Cree First Nation reserve, Bearskin Lake is located 425 kilometres north of Sioux Lookout. The volunteers engaged with local youth and provided educational support in various areas of learning. The program consisted of 50 youth of all ages participating in various physical activities, such as soccer, basketball, volleyball, and floor hockey, as well as educational programs, such as Indigenous Cartography and Ozobots (miniature robots that can follow lines or roam freely and detect colours), run by the Aboriginal Mentorship Program.
After its creation in 2013, Lakehead University AMP mentors have been able to connect with Indigenous students in Northwestern Ontario to foster a passion for lifelong learning. The mentorship program is an investment in Indigenous youth built on trustful partnerships to inspire and facilitate educational opportunities, employment opportunities, and the building of capacity and sustainability within northern communities.



Pictured: Kareem, a local Lakehead University Orillia Soccer Player, learning and assisting two youth from the Bearskin Lake First Nations community with a planned activity.

Kareem Poonah, a Lakehead Orillia Indoor Varsity Soccer player said of the experience:

"This opportunity is one that was extraordinary in so many different ways [...] being there as a leader for the youth was great. Not only did we get to interact with them through extra curricular activities but we also got to go into the classroom and participate in the class activities with the youth. I loved being able to interact with the youth, whether it was in the classroom providing them with learning activities and games or being outside with them swimming in the lake. I'd say it was a very rewarding trip as we were also able to learn so much from their community. The smiles that we were able to bring to the kids faces by playing with them and just being there was more than enough to make me appreciate the chance to go. It was a great opportunity and I hope that other athletes will be able to receive this same opportunity that I have."

Thank you to all the Thunderwolves who participated in this experience.

SPORTS

In Synch

A look at Lakehead's newest club sport

DEREK PATTERSON
Sports & Rec Editor



Photo submitted by Lakehead's Synchronized Swimming team

This fall, Lakehead welcomed its first synchronized swimming team to our expanding list of club sports. For the uninitiated, synchronized swimming is an intense sport combining dancing, swimming and gymnastics to perform a high-octane routine choreographed to music. Teams are usually comprised of 4-10 competitors who must be able to display endurance, flexibility, strength, grace and precise timing all while under water. Routines are performed to a panel of judges who judge according to both technical merit and the team's artistic impression.

Our 2018-19 synchro team is currently a team of 8 athletes, many of whom have been part of the Thunder Bay synchro community for years. They will be performing in two competitions across Canada this year. First, the team will head off to Eastern Divisionals in Sherbrooke, Québec on January 26th, which will allow them to travel to Ottawa to compete at the Canadian University Artistic Swimming League National Championships during the February 16-17th weekend.

Our synchro athletes are very proud to represent Lakehead and to be the first synchronized swimming team that the school has ever had. The creation of the new synchro team is expected to attract other students to the school and to the sport. Team member, Eden Mackereth says, "I know that when I was in high school and I was looking at schools, having a synchro team was a big deal. Luckily I now have that opportunity and I'm looking forward to expanding our team."

In the future, the synchro team is looking to create a novice team for those who have never participated in the sport before. The novice team would not compete, but would learn the basics of synchronized swimming and get the chance to make new friends while getting a killer workout. Those who are interested are encouraged to check out the "LU Synchro Team" on Facebook and contact the coach Lisa Dunville.

Lakehead Legacy

Wrestling team carries on tradition, preps for OUAs

DEREK PATTERSON
Sports & Rec Editor

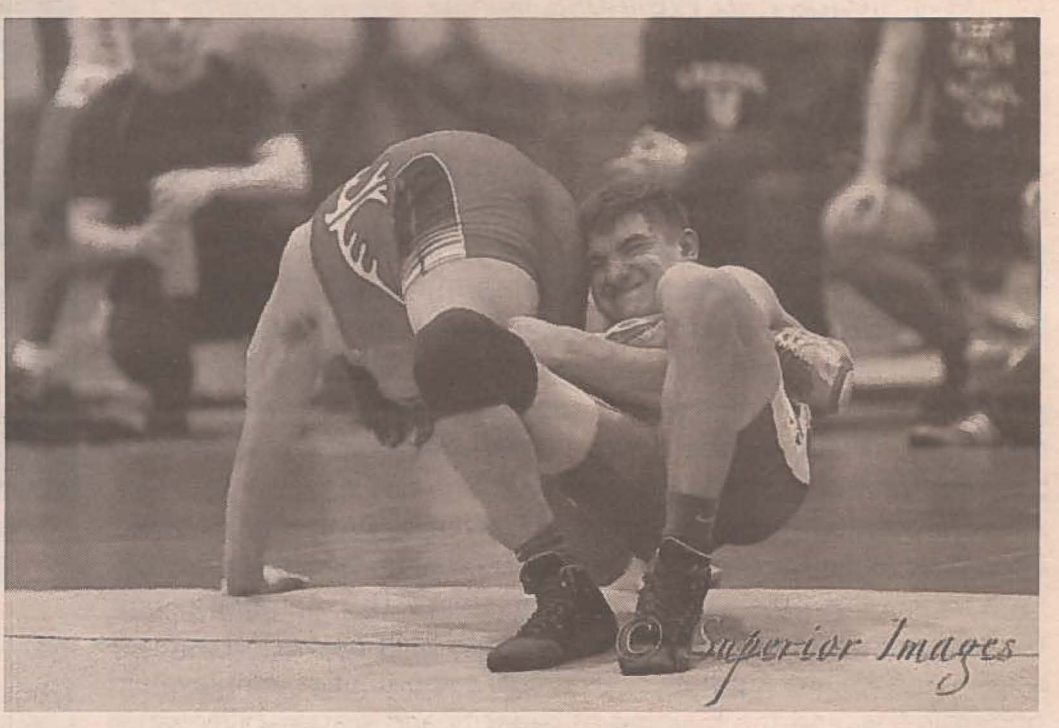


Photo by Superior Imagery

The 2018-19 season marks the 49th season of a long successful tradition of wrestling at Lakehead University. Wrestling at Lakehead began in 1970 with the hiring of Gord Garvie and has been successful ever since. Over these nearly fifty years we have won a National Championship (1980), developed thirty national champions, and more than one hundred conference and national all stars. To top all of this, we have produced more than forty wrestlers who have made national teams and represented Canada on the international stage.

Fast forward to today, and we are still carrying on this legacy. Last October, Lakehead's very own Jacob Luczak represented Canada and competed at the Senior World Championship in Budapest, Hungary in the 92 kg weight class. Our wrestling depth doesn't stop there, as Lakehead's 2018 Athlete of the Year, Marco Palermo, travelled to Fortaleza, Brazil to compete at the Junior Pan-American Championships in August and claimed the silver medal.

This season, our men's and women's teams are currently getting prepped for the Ontario University Athletics and USPORTS championships. Both our men and women's teams are ranked among the top ten in the country and we have many individuals who have been ranked at one time in the USPORTS top six. Among these include Marco Palermo, Jacob Luczak, Hasan Ercan, Sam Lockie, Steven Chambers, Abraham Mfonpa're Ntienjem, Alex Richer and Myles Bellegrade. We've also had 3 women who have been sitting in the top six who include Megan Smith, Ashley Gravelle and Klara Patel.

Our wrestlers have several upcoming competitions that will help them to qualify for the provincial and national competitions. After traveling to Guelph for the Guelph Open on January 20th, for some, the next stop will be the Ontario Junior Championships during the January 26-27th weekend, while the rest of the team will travel to the Western Open. Coach Francis Clayton is very proud of his athletes and is excited to see them prove themselves among the top in their respective weight classes in the coming weeks before OUAs.

Athletic Facility Update: Construction to Begin this Spring

State-of-the-art facility will feature multi-use gym, student gathering spaces

DEREK PATTERSON
Sports & Rec Editor



Sourced from thunderwolves.ca

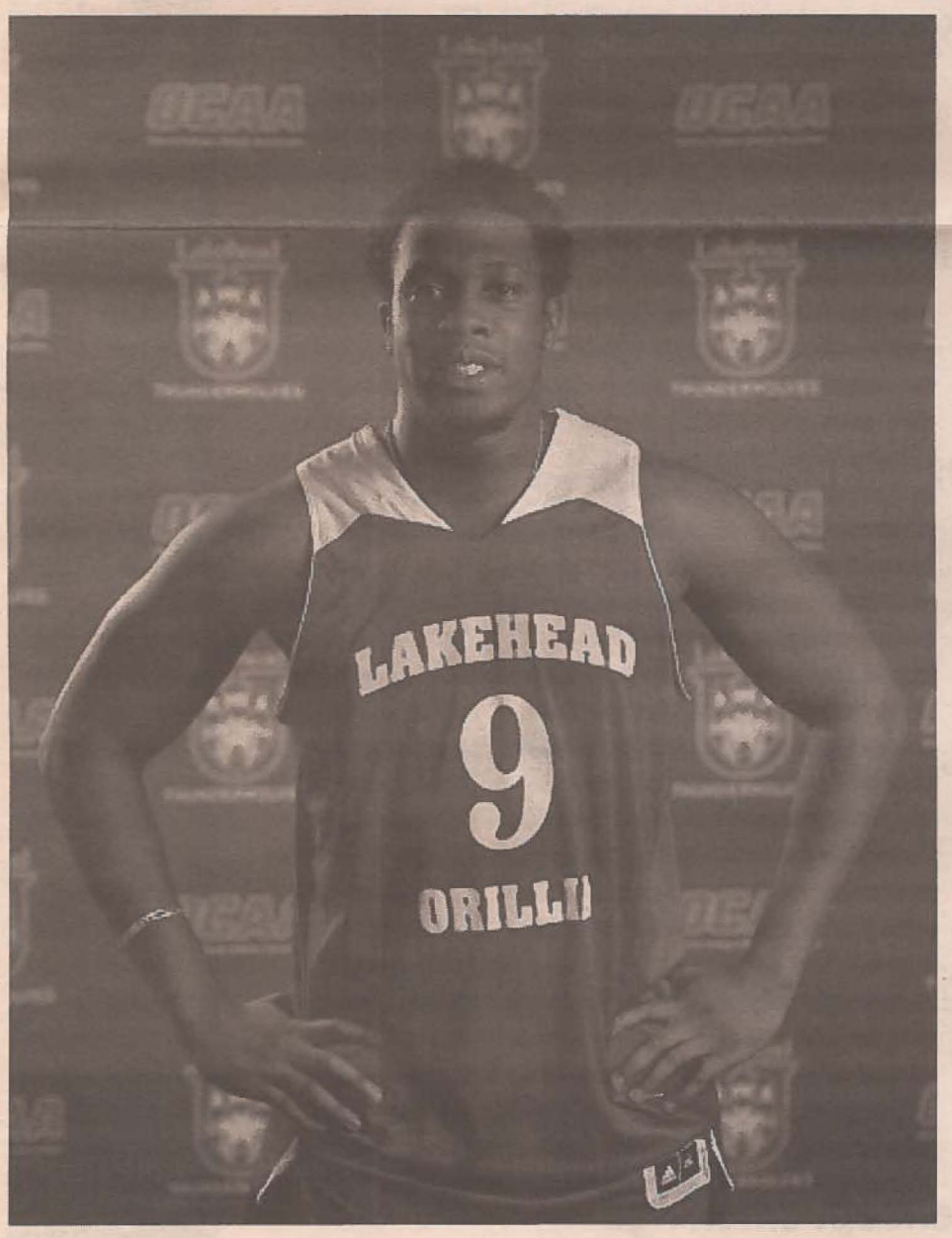
During the winter break, the Athletics Department released an update providing further information about the impending Athletic Facility. In their update, they emphasize that students will not be paying until the doors of the new facility open, which will feature a multi-use gym, recreational spaces and many new student gathering areas. The Athletics Department is "working hard to ensure it [the new facility] is [an] environmentally sustainable, student centred, state-of-the-art facility meeting your wellness, health and recreational needs and re-emphasizing your pride for Lakehead." They also state that construction will begin this spring.

For more information you can check out: http://thunderwolves.ca/new-facility/

Athletes of the Month

Highlighting January's Outstanding Performances

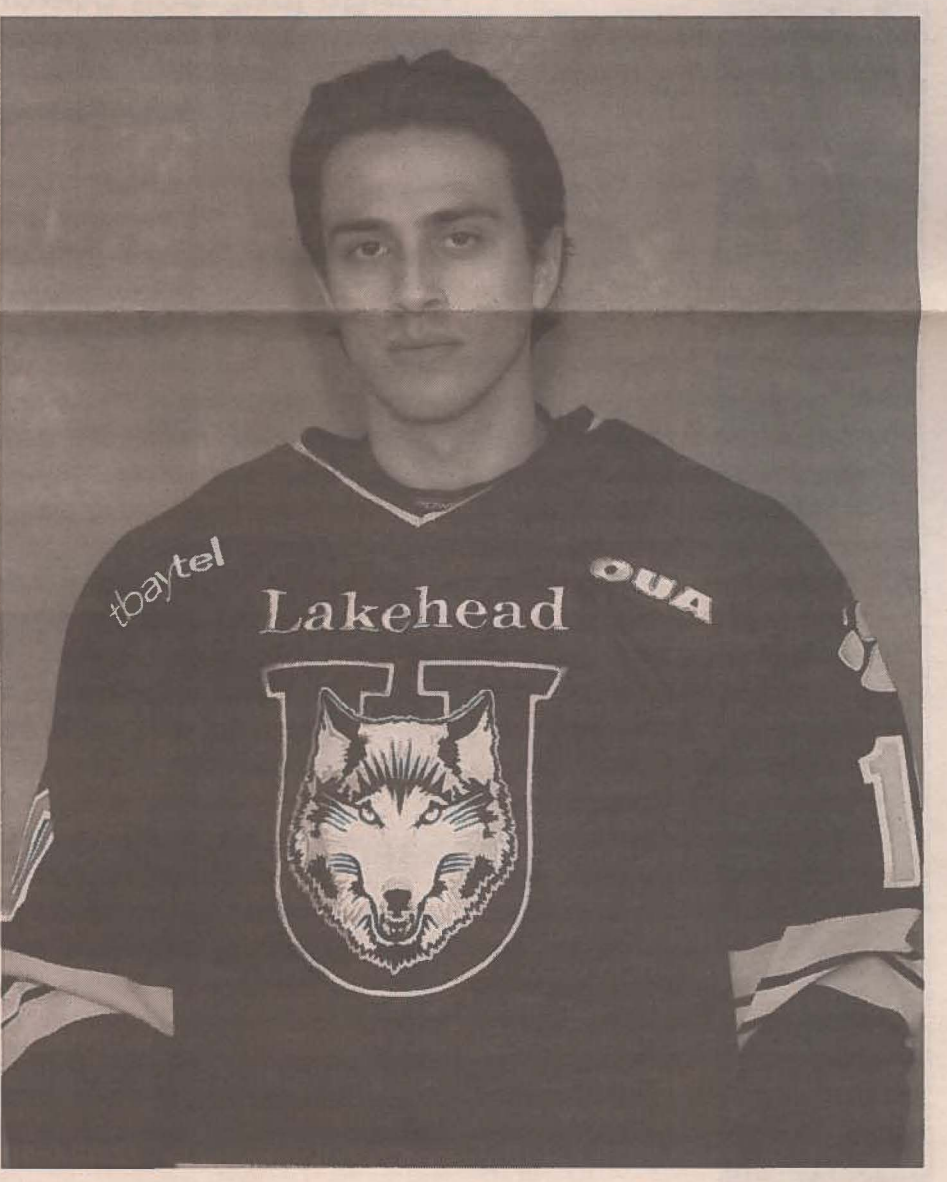
DEREK PATTERSON
Sports & Rec Editor



Samson Kennedy-Bissah

Orillia Men's Basketball
(Brampton, ON)

For Samson Kennedy-Bissah, December marked a first in his Thunderwolves career -- attending an Ontario Collegiate Recreation basketball tournament. Kennedy-Bissah is an eager first year student at Lakehead University Orillia and has been a leader on and off the court. The Men's Extramural Basketball Team has attended one tournament so far this season at Humber College, where Kennedy-Bissah was a point leader. The team will play in their second tournament at Mohawk College on Friday, February 1, 2019.



Daniel Del Paggio

Thunder Bay Men's Hockey
(Thunder Bay, ON)

In the Ontario University Athletics (OUA) regular season, our Thunderwolves are currently sitting in fifth among the OUA West Division. Our men's team is 10-10 with the offensive line being led by Thunder Bay native, Daniel Del Paggio. Del Paggio is currently leading the team with a 12 goal 12 assist record featuring one short-handed goal. Coach Wilkins has been very impressed with his performance on the ice saying, "Daniel has a knack for making big plays at the key moments of the game." Del Paggio has recently been playing at a high level and his defensive game has really come around this season. As a result, he has earned himself more ice time, especially when it comes time to kill penalties offensively and defensively.

EDITORIALS

OVERHEARD LU

"Things just look better when they're formatted. Even when I save something as a PDF, I'm like wow, I did a good job. Like, am I peer-reviewed?"

disembodied groan

"There's a lot of different ways to be partially successful."

"Things I need to do to finish this paper: one, get a f**king clue."

"School is just the rudest thing I have ever done to myself."

"I'll skip anything except smoking."

Familiar Faces: Orillia

Meet Raquel Corkery, Orillia Athletics & Wellness

ZOE DHILLON
Orillia Bureau Chief

The Argus: As the Athletics and Wellness Assistant, what does your job entail?

Raquel Corkery: Working closely with Elana (our Athletics & Wellness Coordinator), my job allows me to connect students to health and wellness resources on campus and in the community. We also have the opportunity to work with a great group of student-athletes for the Orillia Thunderwolves athletics programs and provide campus recreation opportunities to all students.

A: What is the most rewarding part of your job?

RC: The most rewarding part of my job is being able to interact with brilliant students each day and learn about their student experiences. I have always loved meeting new people; Lakehead students come from so many different places so it is inspiring to listen to their stories. It is also very rewarding to be able to offer students a variety of activities to take part in such [as] athletics events and intramural activities - these types of opportunities allow students to share their university experience with each other in an environment outside of the classroom.

A: What is your favourite part about working on our campus, specifically?

RC: My favourite part about working on our campus is how it feels like a very close community. Since it is a smaller campus, we get to know the students, staff and faculty pretty quickly. I have been part of this amazing Student Affairs team for one semester, and I felt truly connected immediately during Orientation Week. The Student Affairs team here is a great group of people, and they are passionate about what they do.

A: Why did you choose to work in Orillia? What drew you in to our community?



Sourced from orilliathunderwolves.ca

RC: One summer, when I was a post-secondary student, I moved to the Orillia area for a summer job to work at Mariposa Market! I immediately fell in love with the Sunshine City and surrounding area. The community has so much to offer and has always been very welcoming. It is really easy to meet people here because it is a pretty small city. PS. If you haven't yet - check out Mariposa Market downtown Orillia!

The Word on Resolutions

LU students discuss making and breaking New Year's Resolutions

SAM MATHERS
Editor-In-Chief

ON SETTING RESOLUTIONS

Andrew, Nursing Student:
"I was never really big on New Year's resolutions, but it's always been like, you know, you start a new year, you buy a new calendar, might as well try to [make] a change in your life as well."

Paige Picken, Applied Life Sciences Student:
"I don't think that it's necessary to wait until the new year to start changing things, but I am guilty of trying to implement new habits after New Year's."

A.J. Cross, Outdoor Recreation/Education Student:
"It's always good to have something guiding you I suppose, even if it's just some tradition you do every year, even if you don't keep it up."

Danielle Baez, Outdoor Recreation/Education Student:
"I think you should always have goals, but not exactly at the beginning of the year."

Maddy Lamers, Education Student:
"They're a good way to get motivated... I personally don't set one because I'll let myself down, I won't follow through with it. But if people can follow through with them, I think they're a good idea to start doing the things you'd like to do."

Talia Strickland, Psychology Student:
"We normally do them with my family, so I find that better because then I'm with a group of people so then I kind of follow through with it a little bit more, but I don't think I could do it by myself."

ON THEIR OWN RESOLUTIONS

Andrew, Nursing Student:
"I'm drinking more water... just being a little more healthy in general -- drinking water, going to the gym. But that's already dying down [...] I haven't stopped going to the gym, it's just less than I anticipated."

Tiffany Helmer, Education Student:
"I used to skip class a lot, so my big one is actually going to class and being more involved in conversations."

Paige Picken, Applied Life Sciences Student:
"Once a week I'm trying to declutter things. Last week I went through makeup that I haven't touched since high school, then I'm going to start going through my clothes for donation; I have a lot of stuff."

Cam Roe, Outdoor Recreation/ Geography Student:
"Do more things that I want to do, live life to the fullest."

A.J. Cross, Outdoor Recreation/Education Student:
"I am guilting myself into going to the gym."

Ryan Genoe, Outdoor Recreation Student:
"Since last year, [my] 2018 resolution, I've been lowering my plastic consumption. I didn't purchase a single plastic water bottle last year, so I'm continuing that one."

Edrie Santere, Education Student:
"I'd like to get motivated on my homework."

Talia Strickland, Psychology Student:
"Have family dinners together more often, or just things around the house."

ON MAKING RESOLUTIONS ATTAINABLE

Cam Roe, Outdoor Recreation/ Geography Student:
"Set your standards mid to low-ish, so you don't disappoint yourself."

Andrew, Nursing Student:
"There's a big "new year, new me" mindset that comes with New Year's resolutions. I feel like if you're not used to making big goals like that, all of a sudden making a bunch of new ones is a good way to not do any of them. But I think the fact that [you're] making them means you're thinking about making those changes anyway, so [that's] already a positive step.

Tiffany Helmer, Education Student:
"I used to make ones that weren't reachable for myself and then I realized that a lot of people end up doing that, but now I've started to realize that it's little ones I need to make to change my lifestyle."

Ryan Genoe, Outdoor Recreation Student:
"Make them realistic, first of all, obviously. Something you really care about. I care about the environment a lot, so really crack down on myself. I don't want to be a hypocrite."

Edrie Santere, Education Student:
"I just try to think about it everyday."

Talia Strickland, Psychology Student:
"I use a day planner all the time to try and get all of my stuff done, otherwise I wouldn't remember."

2019/2020

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THE OUTPOST | 4:30PM

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POLLING CLOSES: FEBRUARY 5TH

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