Argus

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THE Argus IS HIRING!

THE ARGUS IS HIRING FOR THE 2019-2020 SCHOOL YEAR!

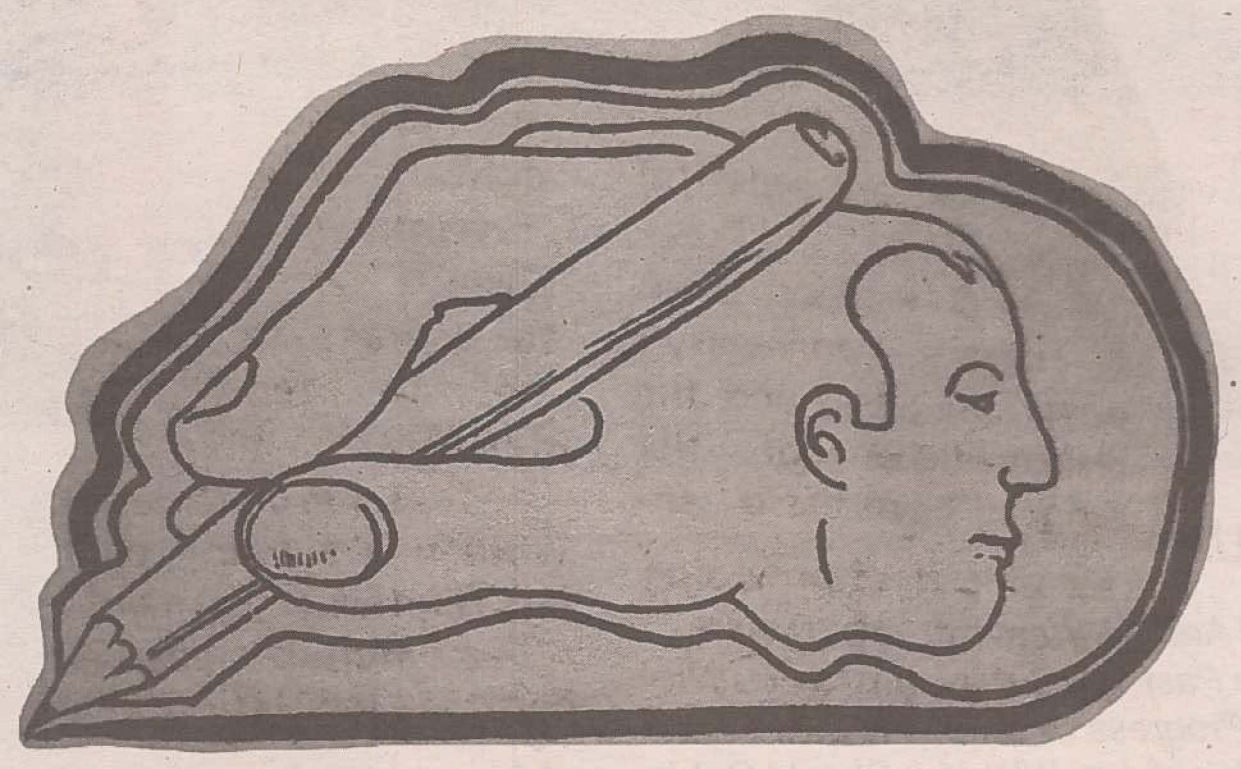
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EDITOR@THEARGUS.CA



Lakehead Food Services: Filling Stomachs or Garbage Bins?

A look at food waste on campus

SANJANA SHARMA
Staff Writer



Sourced from theswag.com

Have you ever wondered where the unsold food items from different food services on campus go? Are we throwing away this food, while knowing that food insecurity is an issue at Lakehead University? The Argus decided to reach out to The Study Coffeehouse, Aramark, and the LUSU Food Bank to find out.

The LUSU-operated Study Coffeehouse is a student favourite for hanging out or studying, and typically offers coffee alongside other beverages, baked items like muffins and croissants, soups, and some meals. The Argus asked manager Noreen Gracey if any unsold food is being wasted. Gracey commented that there is not much food wastage at The Study because food is bought in limited quantities. "While croissants go to waste sometimes, muffins last longer if not sold by the end of the day. Our Indian food sells very quickly, so there is no wastage there either," she adds. Gracey aims at minimizing food waste by donating any muffins, sandwiches, or other food items that may be unsold or left over from catered events to the Food Bank. She also stores food items that are still safe for consumption in the refrigerator for the staff to eat if they want to.

It is also important to understand that food chains are obligated to follow Ontario Regulations given under the Health Protection and Promotion Act. Ontario Regulation 493/17 helps us understand the standards of safe food handling, and what it means when we use the terms "low-risk food" and "potentially-hazardous food." According to Regulation 493/17, potentially hazardous food "means food in a form or state that is capable of supporting the growth of infectious or toxigenic micro-organisms and which requires time and temperature control to limit such growth," and low-risk food would be food that is not potentially hazardous.

Torsten Schulz, who is the public health inspector for Lakehead University from Thunder Bay District Health Unit, spoke to The Argus about different types of food and their preservation. "It is important to note whether the food has reached its expiration date or its best before date," he says. "If the food has reached the expiration date, it is not fit for consumption, and in the best interests of public health safety, the food chain or cafeteria is advised to throw away that food," he adds. On the other hand, food items like dairy and baked products have best before dates, and their shelf life can be extended if stored under good conditions.

Food chains like Safeway and Tim Hortons have been donating food to food banks and soup kitchens in different cities, which makes it clear that the same concept can be implemented on our campus as well: Aramark could donate leftover food from the cafeterias on campus to LUSU's Food Bank. "I think it's a great collaboration," says Amy Kopp, the coordinator of the Food Bank, on being asked about partnering with Aramark to feed more students.

Currently, the Food Bank receives donations from within the community, Nanabijou Childcare Centre, Lakehead's faculty, and fundraisers like "Trick or Eat" and the Departmental Food Drive. A lot of food is also purchased through monetary donations and the Food Bank's budget to stack the shelves with soups, pasta, beans, rice, granola bars, bread, some fresh vegetables and fruits, etc. Occasionally, they also receive leftover food from various catered events on campus. The food is kept fresh and safe for consumption by refrigerating the items.

Kopp adds, "it's a great way to provide food sporadically to students throughout the week. If there's leftover food from catered events, [they could] pop on social media and say, 'Hey, there's food left over at the Agora. Come grab some!'" She mentioned that she often has students come in and ask for something to eat for lunch, so having prepared meals available would be a good idea.

On the buffet-style catering at the Residence Cafeteria, Kopp commented that "running a buffet is one of the most wasteful forms of food consumption," and that she "would be interested to know where the Residence Cafeteria food goes."

Though it is unclear exactly how much, there is no doubt that food is going to waste on our campus. The question still remains -- are we doing anything about it? Aramark declined The Argus' request for comment.

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

ASK ARGUS!

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

You Better Work!

Summer volunteer and work opportunities in Thunder Bay and Orillia

GREG MCGRATH-GOUDIE & SAMANTHA DEWAELE
News Editor & Contributor

The final exam is over, the last paper has been handed in, and you've clicked "submit" on that last assignment. Take a deep breath and pat yourself on the back—you did it!

If you've spent the last few weeks of March feverishly working at your studies instead of looking for a summer job, there's no need to panic. We've compiled this list of summer volunteer and work opportunities in both the Thunder Bay and Orillia areas. Here's to hoping that this summer you'll make friends, have fun, and earn enough cash to pay for next year's textbooks.

WORK OPPORTUNITIES

Why work over the summer? Tori White, Orillia Recruitment Coordinator told The Argus: "Students who are able to secure employment on campus over the summer have a unique opportunity to learn and be engaged in the University community beyond being a student. The Work Study program provides students the opportunity *to gain valuable work experience*, all while earning additional funds to help support themselves with funding their education."

Position: Aboriginal Programming Assistant
Where: Lakehead Orillia Campus
Perks: This position provides a unique opportunity to learn from First Nations, Meetis and Inuit elders and knowledge keepers. The successful candidate will create posters, write social media content, organize sign up lists, and assist with indoor and outdoor programming.
Note: You'll need to have "lived experience with Aboriginal community and culture" to be eligible.
Application Deadline: May 22, 2019
Find it: MySuccess Portal

Position: Student Health and Wellness Assistant
Where: Lakehead Thunder Bay Campus
Perks: Ideal for a candidate looking to gain experience working in mental health.
Note: Requires familiarity with Microsoft Office.
Application Deadline: April 19, 2019
Find it: MySuccess Portal

Position: LUSU Orillia Summer Assistant
Where: Lakehead Orillia Campus
Perks: Relive first-year glory days by prepping for fall Orientation, among other tasks.
Note: Ability to adhere to deadlines is a must in this position.
Application Deadline: April 14, 2019
Find it: MySuccess Portal

Position: Archives and Special Collections Assistant
Where: Lakehead Thunder Bay Campus
Perks: You'll get the chance to digitize and preserve historical documents and photographs.
Note: Preference given to candidates with experience working in archives, libraries, or museums.
Application Deadline: April 12, 2019
Find it: MySuccess Portal

Position: Community Engagement and Lifelong Learning Assistant
Where: Lakehead Orillia Campus
Perks: You'll get to talk to a wide array of people in this position, including international students, seniors, and parents - and who doesn't like participating in paint night?
Note: Don't hesitate to apply if you're a self-starter who loves doing something different every day.
Application Deadline: April 15, 2019
Find it: MySuccess Portal

Position: LUSU Summer Gardens Food Bank Assistant
Where: Lakehead Thunder Bay Campus
Perks: You'll get to work outside and grow food for a great cause. Responsibilities include prepping, planting, and tending to the garden, as well as promoting and facilitating projects and events.
Application Deadline: April 14, 2019
Find it: MySuccess Portal

Position: International Student Assistant
Where: Lakehead Orillia Campus
Perks: Tasks include conducting campus tours, greeting new students, planning events and managing social media accounts. By anyone's standards, this position provides you with great experience and a stellar resume post-graduation.
Note: Are you a great communicator? Having a second language under your belt might put you at the top of the application list.
Application Deadline: April 30, 2019
Find it: MySuccess Portal



Sourced from lakeheadu.ca

VOLUNTEER OPPORTUNITIES

Orillia Student Affairs Assistant, Sarena Favaro spoke to The Argus about volunteering over the summer, saying: "doing work outside of academics builds a set of skills that will be useful upon entering into the workforce. Volunteering is an opportunity to learn at your own pace and do things that don't necessarily fall within the realm of an academic program. Volunteering on campus builds leadership skills, interpersonal skills, communication skills, and other important skills like responsibility and time management, and it also allows students to meet new people and make new connections both on and off campus."

Position: Community Garden Volunteer
Where: Orillia Community Gardens
Perks: Spend those sunny days outside, learn some new gardening skills, and grow a sense of community.
Note: Not for the indoor student! This job is very active and you'll be using all your muscles to dig, water, and plant.
Duration: There are shorter contracts and longer contracts, both beginning in May.
Find it: www.orilliacommunitygardens.wordpress.com

Position: Minds In Motion Program Assistant
Where: Alzheimer's Society of Thunder Bay
Perks: You'll get the opportunity to work with patients experiencing early to mid-stage Alzheimer's/dementia. Ideal for candidates looking for experience in palliative care.
Note: The program is looking for volunteers to contribute three hours per week over an eight week period.
Duration: The program runs from March 1st to June 30th, 2019.
Find it: MySuccess Portal

Position: Dog Care Volunteer
Where: Georgian Triangle Humane Society, Collingwood
Perks: This job is for the animal lover! Help to let the dogs out for their evening bathroom break, provide them with fresh water and an evening treat.
Note: This opportunity only calls for one hour a week, which is great if you're trying to juggle multiple volunteer opportunities, but not so much if you're looking for full-time.
Duration: Ongoing program
Find it: https://www.gths.ca/

Position: Habitat for Humanity Crew Member
Where: Habitat for Humanity Thunder Bay
Perks: Ideal for candidates who are handy and want to use these skills to give back to the community.
Note: If handiwork is not your thing, you can also volunteer with the Hospitality Crew, who help with check-ins, refreshments and cleaning.
Duration: Ongoing program
Find it: https://volunteerthunderbay.com/events/habitat-humanity-build-projects/

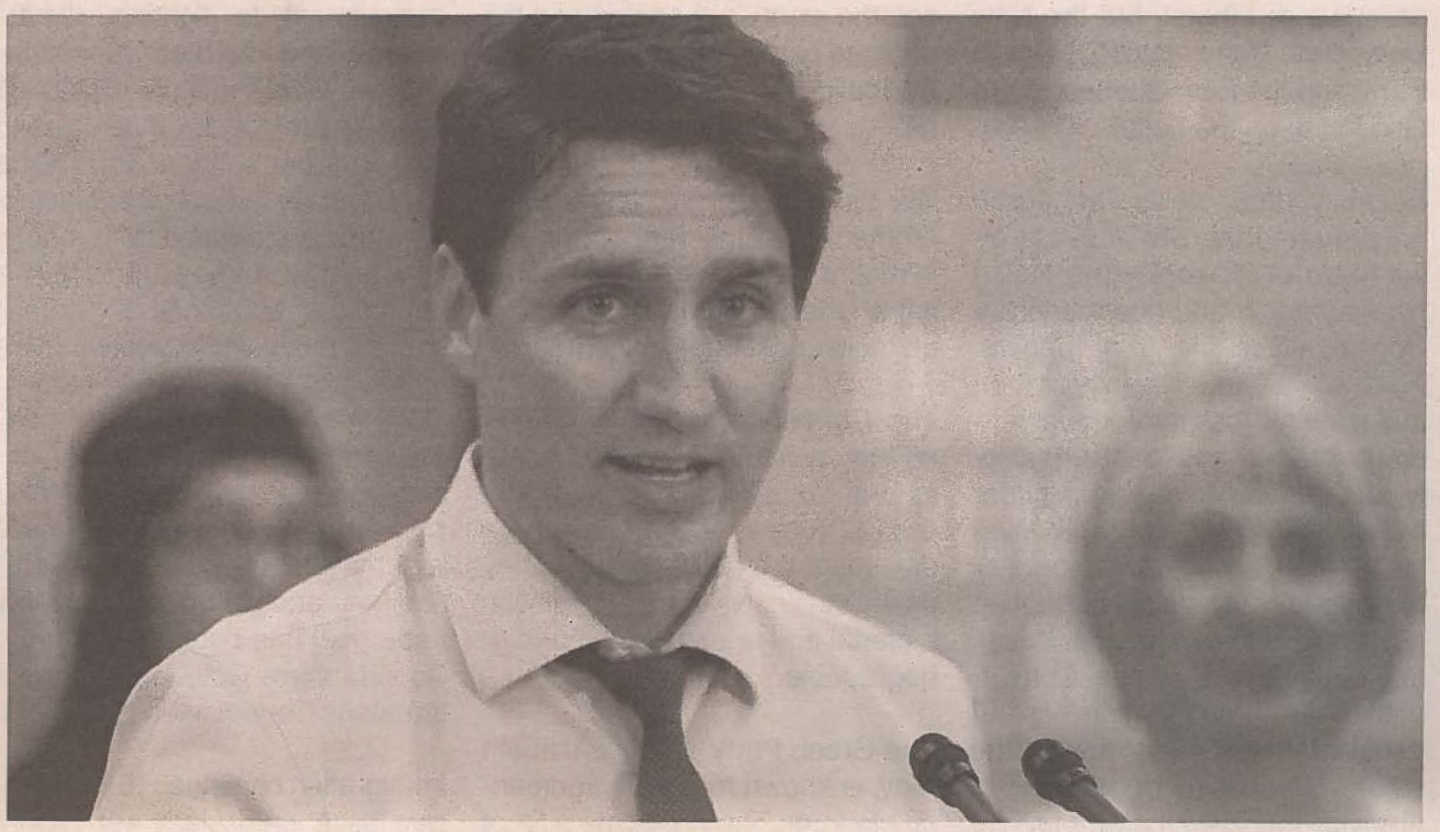
Position: Greeter and Seater
Where: Orillia Opera House
Perks: If you love the arts, this one's for you! After seating theatre goers, you get to watch the show yourself for free!
Note: The Orillia Opera House prefers at least a six-month commitment.
Duration: Varies depending on the shows offered.
Find it: Fill out a volunteer application at http://www.orilliaoperahouse.ca

Position: Shaw TV Volunteer
Where: Thunder Bay
Perks: Ideal for any candidate looking to get involved with various aspects of media production.
Duration: Ongoing program.
Find it: https://volunteerthunderbay.com/events/shawtv/

Prime Minister Holds Town Hall at Lakehead University

Climate change, Indigenous mental health, and the SNC-Lavalin affair addressed by the public

GREG MCGRATH-GOUDIE
News Editor



Sourced from tbnewswatch.com

On Friday, March 22, Prime Minister Justin Trudeau held a town hall in Lakehead's C.J. Sanders Fieldhouse with hundreds of guests in attendance. It was Trudeau's first trip to Thunder Bay since 2016, when he came to announce federal funding for public transit, and it took place with the federal election fast approaching. The federal Liberals are currently represented in the Thunder Bay—Superior North district by Patty Hajdu, so Trudeau's visit served as an opportunity to bolster the Liberal position within Thunder Bay.

Trudeau was well-received by the full house of Thunder Bay citizens, being given a warm welcome upon his arrival, and he answered a wide variety of questions over the two hour span of the town hall. An array of issues were brought forth by the guests in attendance, but climate change, Indigenous mental health, and the SNC-Lavalin affair were recurring issues of discussion.

In an emotional address to Trudeau, a young woman cited traumatic events that have happened within her community. She commented that "If there are teachers who are willing to live in the north for the academic year, there shouldn't be an issue with providing mental health workers in the north," and then asked, "What do you plan on doing for the mental health of Indigenous people in the north?"

While he did not directly address the issue of providing more mental health supports for Indigenous people in Canada's north, Trudeau did commend the courage it took to ask the question, and said that he thinks "Canadians need to hear that."

He went on to say that "We are not the country we like to think of ourselves as," and that if these issues were occurring in major cities there would be "screaming headlines," but they are "collectively still met far too often with shrugs because it happened in 'those' communities."

Trudeau conceded that the federal government still has "an awful lot to do" in regard to mental health supports for Indigenous communities, and advocated for a holistic approach to addressing these issues, in which education, housing, and mental health are addressed in tandem through an ongoing partnership with Indigenous peoples.

Though the federal government has made efforts to stymie accusations of corruption surrounding the SNC-Lavalin affair, questions surrounding the issue followed Trudeau to Thunder Bay, to which he gave largely deflective, partisan responses. With the federal election looming near, he used many of his responses throughout the evening to buttress the position of the Liberal party, often through contrasting their mandate with the Progressive Conservative's mandate.

The SNC-Lavalin affair originates from Trudeau allegedly pressuring Jody Wilson-Raybould, Canada's former Minister of Justice and Attorney General, into deferring a criminal prosecution against SNC-Lavalin, a construction company based out of Quebec. Accused of obstructing justice and impinging upon Canada's judicial branch, this issue has followed Trudeau around the country as of late, and Wilson-Raybould's resignation has brought up questions of possible corruption within the federal Liberals.

One guest at the town hall asked Trudeau "If nothing inappropriate really happened, why have two former ministers quit, your staff member quit, your clerk quit and another MP the other day quit? It just doesn't seem to add up and I don't think I'm the only one in this room who thinks that."

Trudeau cited job protection as a primary factor in deferring the criminal prosecution against SNC-Lavalin. He stated, "There are 10,000 or so Lavalin jobs right across the country [...] in all sorts of different places around the country and if the company were to go through full criminal prosecutions, those jobs, absolutely, could be at risk. So we said there is this tool called deferred prosecutions, that is not letting the company off, it is making sure there are consequences, but in a way that doesn't necessarily punish the workers."

He also alluded to a difference of opinion between himself Wilson-Raybould, and categorically denied putting pressure on the former minister to obstruct justice, in spite of public statements by Wilson-Raybould that contradict this position.

Beyond SNC-Lavalin, Trudeau was also challenged in regards to his party's position on environmental protection. One audience member told him that "Climate leaders don't purchase pipelines," and questioned his party's stance on climate change.

Trudeau responded that "Since we do have oil resources, the choices are putting them on tanker trucks, putting it on trains, or putting it in a modern pipeline. Pipelines remain the safest way to export our oil resources."

Trudeau advocated for a transitional approach to addressing climate, citing the federally imposed carbon tax as a measure that will drive innovation and incentivize companies to reduce emissions, while maintaining that Canada should continue to export its oil resources, as the global economy is still reliant on fossil fuels.

Preparing for the Vote

A look at the major parties and issues heading into the federal election

EMILY MACDONALD
Staff Writer

The 2019 federal election is coming up quickly, and by the time we return to Lakehead in the fall, it will be all we speak about on campus. Here is a look at some of the major issues as October approaches.

Past elections have shown that Canada tends to either vote Conservative or Liberal, but the New Democrat Party (NDP), Green Party and the Bloc Quebecois are also found on the ballot.

Recently, the news of Justin Trudeau and the SNC-Lavalin affair has a lot of people questioning his leadership and has made the Conservatives the front-runners. They seem to be "cashing in" on this scandal, as party leader Andrew Scheer has called publicly for Trudeau to resign. Scheer tweeted on March 28 2019: "Justin Trudeau is too busy desperately trying to cover-up his corruption scandal to address the real issues that matter to Canadians. Conservatives are proud to fight for our canola farmers every day of the week." Trudeau is under a lot of fire with this issue, and it will be *affecting the election come fall.*

Aside from the Trudeau issue, there are other factors to look at when choosing where your vote goes.

Climate change is a major issue in Canada and the world, and will be an important topic going into this election. Whether you believe it or not, the world is changing and the overuse of plastic, fossil fuels and the build-up of trash is affecting us.

We have seen the Liberal Government take this more seriously in recent years. They are introducing a federal carbon tax and plan on making changes in the future.

The Conservatives have indicated they would like to remove this federal tax as they find it unnecessary. In general, they show general support for oil pipelines. They do however, want to ban plastic material that is less than 50% biodegradable.

The Green Party, led by Elizabeth May, is known for its environmental platform. They dedicate a lot of their energy to having an environmentally friendly mandate. With a carbon fee similar to the Liberal carbon tax, the Green Party plans to work with provinces to prevent the construction of new coal-fired electrical generation plants and push for reductions of greenhouse gas emissions.

The NDP's platform states a commitment to fighting climate change, and The Bloc Quebecois, led by Yves-François Blanchet, plans to provide tax incentives to help families convert their home heating system from oil to electricity, which is produced from renewable energy. They want to give a refundable tax credit for transit passes, along with investing more money into energy saving cars.

The United States-Mexico-Canada Agreement (USMCA), which was formerly known as NAFTA, is something on the minds of Canadians and the Liberals. This trade deal has been a concern in Canada since October 2018 as it threatens Canadian dairy farmers.

Immigration continues to be a divisive issue, particularly with regard to the U.S. In Canada, each party has a different view on immigrants and asylum seekers entering the country.

The NDP strongly supports immigration, as their leader, Jagmeet Singh comes from an immigrant family himself. He has stated that, "The biggest influence in my life is my mother. As a kid, she taught me that we are all connected. That we are all one. She explained to me that if one person is suffering, then we are all suffering."

The Conservatives take a different approach. Their plan would encourage immigrants to be self-sufficient, match skills with industries in need of workers, and prioritize those most vulnerable with regard to humanitarian immigration. The Green Party wants to remove the barriers that are caused by workforce entry and support Canada's multiculturalism. The Liberal policy will remain relatively open.

No matter which box you check, be sure to exercise your right to vote. The federal election will take place on October 21, 2019.

Enactus Lakehead Places at Regional Competition in Toronto

Lakehead students place second, win thousand dollar prize

MADISON SAMESHIMA
Enactus President

On March 7th and 8th, Enactus Lakehead competed in the Enactus Regional Competition in Toronto with 38 other universities and colleges. They competed in the CWB Financial Education Challenge and placed second, winning $1000 for the club, as the Regional Runner-Up in their league.

Enactus is a global non-profit organization where students, communities and business leaders utilize entrepreneurship to address economic, social, and environmental needs. Lakehead's first entrepreneurship club was founded in 1981 and eventually became Enactus Lakehead. Enactus Lakehead was only able to send three students to their first regional competition last year in Toronto and through hard work and fundraising were able to send six students this year. This is the first time Lakehead has placed in the competition.

The CWB Financial Education Challenge empowers Enactus teams to identify, create and deliver projects that address the specific and unique financial education needs and opportunities in their communities with the aim of improving livelihoods.

Enactus Lakehead presented two projects; "Making Cents!" which addresses the closing of brick-and-mortar banks in Northwestern Ontario by running online banking programming for elderly residents; and "Getting Financially Lit!" which addresses knowledge gaps in budgeting and long-term savings for Indigenous youth that fly in from northern communities to attend Dennis Franklin Cromarty, a high school dedicated to the education of Indigenous youth in Thunder Bay.

Enactus Lakehead will be working hard in preparation for the Enactus National Competition in Vancouver in May.



Photo submitted by Madison Sameshima

From left to right: Christopher Morrill (Project Manager of Making Cents!), Vishwa Shah (VP Fundraising), Quinn Dombroskie (VP Marketing), Madison Sameshima (President), Lisa Chiarelli (Member), Silas Young (Project Manager of GettingFinLit!)

ORILLIA

Remembering Angela

The impact Rehhorn left on Orillia

ZOE DHILLON
Orillia Bureau Chief

An Orillia woman, Angela Rehhorn, was tragically killed on the March 10, 2019 Ethiopia Airlines crash. Rehhorn had grown up in Orillia, attending Patrick Fogarty Catholic Secondary School and participating in local competitive soccer and swimming teams. She later pursued a BSc in Marine Biology and Sustainability from Dalhousie University. After graduating, Rehhorn returned to the Orillia community to work for the Couchiching Conservancy and she was deeply involved as a participant of the Canadian Wildlife Federation's Canadian Conservation Corps. She was respected and admired by all of her peers and coworkers within these roles, and described as a "beautiful, courageous, and tenacious daughter" by her parents within her obituary. Rehhorn had been travelling to participate in the United Nations Environmental Assembly in Nairobi, Kenya when her life was taken too soon on the Boeing 737 MAX 8 aircraft flight.

The Argus wishes to express its sincerest condolences to the family and friends of Angela Rehhorn, and to the family and friends of all 157 individuals who were on this flight.

To honour Angela's memory and allow her legacy to live on, please consider donating to the Canadian Wildlife Federation or the Couchiching Nature Conservancy.



Sourced from Halifax Today

Orillia's New Arrivals

Students will soon see Starbucks, Taco Bell near campus

EMILY MACDONALD
Staff Writer

Spring has sprung and new things in Orillia are coming that will make the Lakehead students jump for joy! For the longest time, the Orillia campus has remained isolated in the middle of a cornfield, but students will soon have access to new restaurants and shops. That's right -- we are getting fast food near campus, and if that isn't exciting enough, we are also getting a Starbucks.

Costco was the first to come last summer and now the area around it is getting a serious makeover! Indian food, Taco Bell, and St. Lewis will all be offered, shortly, just across the street from Lakehead's Orillia campus. Wimpy's and Pizza Hut will also be opening new franchises in the new plaza. In addition to all of these tasty treats, a new oil change station will also be added to the new plaza.

Students of the Orillia campus are pretty happy to have new options within walking distance of campus.

Adam, a first-year Media Studies student, told The Argus: "Growing up in a more urban environment, it will be nice to have access to the types of stores and shops that I'm used to."

Connor, a second-year Anthropology student, said: "I'm excited to be able to access more jobs and fast food between classes." These new shops will be hiring soon, so be sure to get those resumes in!

Some students around campus who live outside of Orillia may be less inclined to care about these opportunities, as they may not be able to seek new employment; however, the access to new restaurants will certainly be great for everyone. We are constantly building and growing in Orillia. Who knows? Maybe our campus will even get a new building so that we can grow too... but we can't be too ambitious, right?

The Argus

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In 2017, The Argus settled into a new office space. A year after the move, it was brought to our attention by our friends at the Food Bank, the new occupants of our old home, that a closet of our belongings had been left behind. On the surface, it appeared to be filled with nothing more than old electronics, an eclectic collection of books and CDs, a lot of trash, and a miniature Christmas tree. We did, however, uncover a fantastic collection of old photographs that inspired a nostalgic journey through our archives. Enjoy this blast from the past!

- *Sam Mathers, EIC*

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THE Argus

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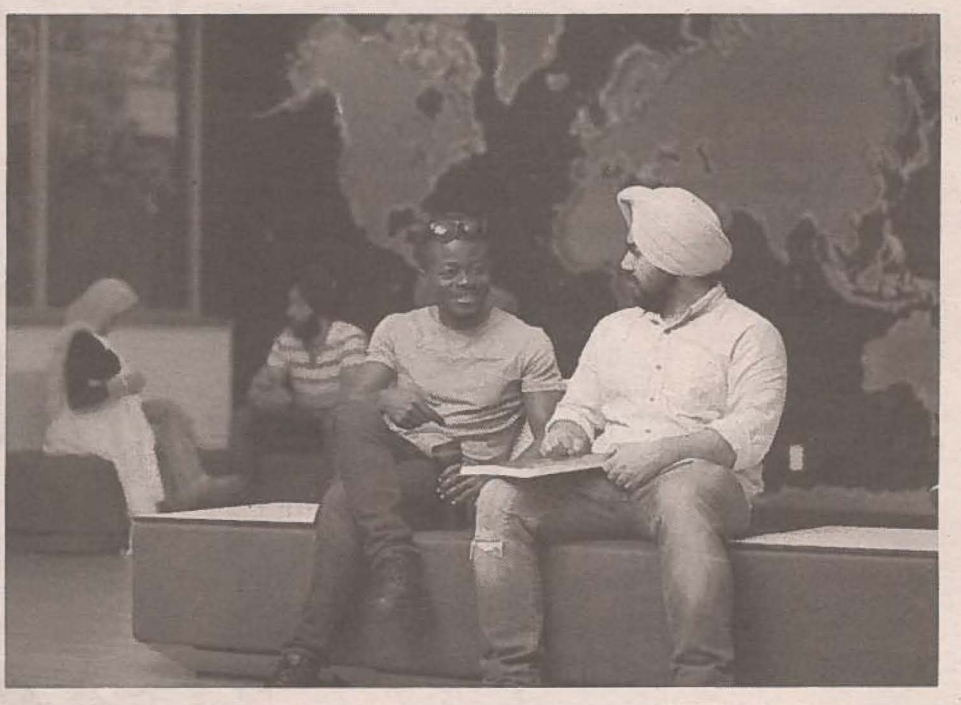


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It's Getting Hot in Here

International students share what it's like to study far away from home

EMILY MACDONALD
Staff Writer



Sourced from lakeheadu.ca

Summer is coming, and that means Orillia is about to get a lot busier! With cottagers returning, day trip opportunities made abundant, and lots of events offered around town, you certainly won't be bored this summer. Orillia is known to have some significant events from the renowned Street Fair to a Lumberjack Festival in Brechin. April through to September can be a lot of fun.

Starting in April, St. Paul's United Church will host its annual production; this year is Joseph and the Amazing Technicolour Dreamcoat from April 3-6th. Be sure to check out this event, as some Lakehead Orillia students will be acting in the play! April 20th is a big day for Orillia, as the Downtown Easter Egg Hunt begins. On the same day, the Perch Festival will start, which is exciting for all local fishers. The fish are tagged and ready to be caught, and participants have the opportunity to win financial awards. This festival runs until May 11th, so grab your fishing rod and throw your line!

Moving into May, we have a lot of concerts, ranging from bands to vocal ensembles, along with the Library walk. The OMAH History Speaker Series with Chris Decker will be happening on May 15th, and the Green and Blue Street Festival will begin shortly after on May 25th.

June will be exciting this year, from the start of concert season to the famous boat show, taking place from June 7-9th. Street Alive kicks off on the 15th, and that is something you do not want to miss. On the same day, the Leacock Poetry Contest and the Family History Festival will begin. On June 22nd, the annual Summer Reading Club will launch at the library, followed shortly after by the Library Story Walk on June 28th.

July is always a good time with Canada Day celebrations happening to kick the month off. A local mom told The Argus, "I love to bring my kids around to the different places on Canada Day. It's fun and interactive and we never run of out things to do. Fireworks at the end provide a good closure." Be sure to check out the family-friendly festivities! Mariposa Folk Festival is a classic city favourite, and it is happening from July 5-7th this year. Movies in the Park will happen on the 10th and 24th, while Sunday concerts start to roll back onto the scene. The 27th will be an excellent day for our inner nerds, as Comicon and The Toy Show are here, along with the downtown Summer Block Fair.

With the great weather in August, be sure to hit up Tudhope or Couchiching beach! Movies in the Park continues on August 7th and 21st, while the Waterfront Festival is taking place August 9-11th! Many local vendors will be there, so this event is an absolute must if you want to see some cool stuff. And of course, Boots and Hearts will be in town from August 8-11th.
The same weekend will also host Under the Pavillion. Driftwood Theatre's Shakespeare in the Park will be performing 'A Midsummer Night's Dream' on the 13th, and it will certainly serve you a lot of laughs; this makes a great date night too! The Car Show drives into town on the 17th, so if you like cars and want to see some cool models, you'll want to head downtown for the day.

After all of this excitement, summer will be approaching its end. September will bring a quietness back to Orillia and the Thunderwolves will be ready to begin the next school year.

For more information on Orillia's summer activities, check out https://www.ontarioslakecountry.com/summer-experiences/

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"YOU KNOW HOW GIRLS GET PERIODS?"

"I SAY FUNNY SHIT ALL THE TIME, YOU JUST DON'T WRITE IT DOWN."

"I'VE BEEN SAVING MY EARS FOR THE RIGHT PERSON."

Juried Art Show Highlights

Visual Arts students showcase their work

KASSANDRA ROSSI
Contributor



Sourced from the Thunder Bay Art Gallery's Facebook page

Every year, Lakehead University Visual Art students submit work to be chosen for the Juried Show at the Thunder Bay Art Gallery. The Juried Show provides an opportunity for students to show off their art, the stories behind them and have the chance to win awards and recognition for their hard work and masterpieces. There is also a Major Studio Exhibition held annually for the graduating class of Visual Arts students that is ongoing at the Thunder Bay Art Gallery. Both shows are great ways to support LU Visual Arts students and discover some amazing works of art.

The Argus spoke to four LU Visual Arts students: Vanessa Ervin, a fourth year Honours Bachelor of Fine Arts, majoring in Visual Arts and minoring in Women's Studies; Erika Niva, second year HBFA, specializing in painting and ceramics; Shayla Hickerson, a fourth year HBFA, majoring in Visual Arts and minoring in Women's Studies; and Jillian Jurimae, first year HBFA in Visual Arts.

Ervin has been apart of the Juried Show for the past four years. She currently has a three-part art piece in the Juried Show, "Baby's First Construct", which won the Department of Visuals Art Award. "This piece is about the developmental stage of kids and the social construction of gender," says Vanessa. She adds, "The developmental stage is when kids learn who they are and how they should be. From a young age, we associate that pink, barbies and makeup are for girls and that blue, trucks and dirt are for boys."

Her piece includes a box with two holes in the shape of a female sign and a male sign with corresponding pieces that should fit in but do not: gender roles, assumptions, colours and characteristics.

"This represents the binary box that society places gender in. Society teaches that there are only two ways to be and that men and women can only be a certain way. However, in my art piece, none of the blocks fit in the cut out holes that are [in] the box, as I want to show that gender is not binary."

The second component to her piece is a children's ring stacking toy. This is made up of stacked triangles which create the safe space symbol. The third component is an inclusive and progressive alphabet, including tiles such as "A is for Allies, B is for Body Positivity, C is for Consent." This piece challenges society's construct of gender and what society is teaching about gender.

Ervin also has 4 pieces in the Major Studio Exhibition; 2 sculptures ("What Was She Wearing" and "Table Talk"), an interactive piece ("More Than Numbers"), and a drawing ("Everyday Object(ification): Lamp. Washing Machine. Piece of Meat. Ticking Clock. Maid.").

Niva's work has appeared in the Juried Show for the second year in a row. This year two of her ceramic pieces, "Stressed Out", a small coral sculpture, and "Life Goes On", a large ceramic moose are in the show. Erika states that "both works talk a bit about the effects of human interference on the natural world." Her third piece is a painting titled "Where Am I Going?". She explains, "It's somewhat of a visual pun because of the fact that the painting is an abstracted point of view from the passenger of a car, so the question is valid in asking "where is the car going?" says Erika, "But it also asks the personal question of where is the viewer going? Where am I going in my life? In my artistic pursuits?"

Hickerson entered two works this year, her fourth consecutive year in the Juried Show. Her drawing "Just Another State of Mind", an illustrative line drawing (self portrait distortion) received the Rust Check Award. Her second work is a painting, "A Day at the Salon". "It is an acrylic painted on wood panels with attached light bulbs to imitate a client sitting in a salon chair getting their haircut (comment on the social pressure of body mods) and the view becomes the client - the painting is a mirror display," explains Shayla. "Both pieces are inspired by my personal experiences and reflecting on my coursework based on identity and feminist concepts." Shayla also has five pieces in the Major Studio Exhibition.

Jurimae submitted four works for her first year in the Juried Show. "Whale of Hope" and "Perseverance of Spirit" are two sculptures, one made of ceramic and the other a plaster sculpture. Jillian lives in a rural community and explains that her piece "Perseverance of Spirit" is a reflection of her home there, and represents a deep emotional connection for her.

In her backyard, she has foxes that she feeds, many of which are missing legs from illegal trapping using snare wires. She says, "I want to bring awareness and focus on the playfulness of the fox. When people can focus on a positive aspect, like the playfulness of the fox, they don't want to cause harm to the animals." Through her artwork she hopes to create conversations around animal justice, and to incorporate her artwork and activism into a future career.

Jurimae also has two prints, "Eagle Raven Owl" and "Two Birds of a Feather"; the latter won the Lakehead University Dean of Social Sciences and Humanities Award for Printmaking (2019).

Throughout the interviews it was mentioned how the Juried Show and Major Studio Exhibition are great opportunities for the Visual Arts students to showcase their work and get their name out into the community. It's a valuable event to help students get their name out in the local art scene and recognition for all the hard work they have put in to create their masterpieces. The shows are also a fantastic way for other Visual Arts students, teachers, family, friends, loved ones, faculty and the community to come celebrate and admire the work of the students. As Lakehead University students, supporting one another and appreciating the work we do is something that should be celebrated and encouraged.

The show is currently running and ends April 8th, so be sure to go and check it out!

Self-Care during Exams

'Tis the season to prep up, and not give up!

SANJANA SHARMA
Staff Writer

The semester is already coming to an end -- was it not January just two weeks ago? Well, time has passed as smoothly as a boat being rowed downstream, and now, it is time to unfurl the sails and prepare for the storm! While midterms, assignments, and presentations may have caused some students to experience burnout throughout the semester, I expect that the final exams will take a heavy toll on many of us. Exam preparations are in full swing as the clock ticks, but this is also the time when some students tend to neglect self-care as they work on scoring strategies for their final exams.

Feeling overwhelmed during this time is common, but there are things you can do to alleviate some of the stress and focus better on your exams.
The Argus talked to Sai Prashanti Bhamidipati, who is in her first year of a Masters in Mechanical Engineering. Being the only female student in her program and living away from home, she had some good tips to share on how she manages everything from studying and working part-time to eating good food and sleeping well:

1. Prioritize and Manage:
Although her courses are challenging, Bhamidipati says that she has adjusted to the system. Many a time, she has an overwhelming list of things to do, but she tries to manage things by setting their priority. She says, "It all lies in the way you take it. You already know your deadlines, so break down the tasks, and complete the portions assigned for a day on that day itself."

2. Make Your Health a Priority:
Bhamidipati emphasizes that "prioritizing your health is very important." She makes sure that she is eating well by cooking regularly even if she feels she doesn't have time. During the exam season when she has to focus more on studying, she either eats ready-to-eat meals or fruits instead of consuming junk food because one cannot afford to fall sick during this crucial time. Drinking enough water is also important as it benefits both your physical and mental health. Bhamidipati comments, "Stay hydrated, kids."

3. Rest Well:
Good health does not only come from eating well -- you also need to sleep well in order to avoid having panic attacks or getting easily distracted. Bhamidipati makes sure that she is getting at least six hours of sleep every night.

4. Do Something Creative When Stressed Out:
Bhamidipati says, "When I feel stressed out, I just start coloring. It really de-stresses me." Do anything that helps you relax your tense muscles. Paint, sing, write, dance, take a walk, do a face mask, or even talk to a friend -- you just need to let some good energy flow and bring you back on track!

5. Last-Minute Calming Strategy:
Most of us have last-minute nerve-racking fears of not having studied enough, but in worrying about what you have not covered, you are wasting time in which you could have brushed up on more familiar concepts. The trick is to secure marks in the concepts you are good at.

We need to remember that doing well on a test should not come at the cost of one's health, so have a good bath before you get back to writing that research paper!

Thunder Bay's Rising Local Arts Scene

A survey of arts, culture, and music in the city

ERICH OTTEN
Arts & Culture Editor

Perhaps, it is because the City of Thunder Bay is so remote from other major urban centres that its sites of striking arts, crafts and cultural production centers are highlighted. Thunder Bay artisans are working in a number of art and crafts media: knitting, weaving, spinning, jewelry, woodworking, and ceramics to name a few.

Regardless of speculation, Thunder Bay area artists are attracting attention. In 2017 CBC's Amy Hadley reported a craft labour resurgence happening in our city's local economy. In recent years we have seen an increasing amount of craft fairs, artisan goods, and creative trades booming. This increased production has generated much demand. Join me for a survey of local galleries, studios, and craft fairs.

The Craft Revival is perhaps one of Thunder Bay's most well-known fairs. Founded in 2014 by Maelyn Hurley, the revival takes over downtown Port Arthur each spring and winter. Featuring more than handicrafts and artisan goods, the revival also features aerial performances, live art, wearable art, and consumable craft goods. The Spring Revival is set to take over Port Arthur on Sunday, May 5th, 2019 and the Winter Revival is booked for Sunday, November, 24th, 2019.

Speaking of downtown Port Arthur, the next organizations featured are the Baggage Building Art Centre and Definitely Superior Art Gallery. The BBAC can be found on the waterfront in the historic freight shed building just off of Red River Road. Described as an "incubator" for artists, creators, and hand makers, entry is free of charge year-round for the public. Craft fairs for ceramics, pottery, and the fibre arts happen frequently; additionally, you can sign up for courses in ceramics at the BBAC's pottery studio. The studio is fully accessible and features workshops and courses for all ages and skill levels. It is fully equipped and features open studio hours for potters looking for studio space.

Definitely Superior Art Gallery isn't your usual art gallery, operating on an alternative model distinct from more traditional museums and art venues. Def Sup is a not-for-profit collective dedicated to showcasing and highlighting local contemporary artists. Their special mission goes beyond the caricature of an art gallery and expands into what they call the "multi-disciplinary" -- featuring workshops, mentorship, film screenings, and lectures, this is a gallery to visit. Def Sup is open to the public by donation and is currently looking for a new permanent home.

Northern Lights Gallery & Studio located at 316 Bay Street is a gallery dedicated to producing handcrafted silver jewellery and hollowear featuring the work of local Silversmiths Linda L. Brown, Alex Christian and Marianne Brown. It is home to the personal working studio of Linda L. Brown, a renowned Silversmith in our community. Another small producer and studio we should be supporting includes Roses & Purls, featuring the handspun yarns, textiles, and craft fibres processed by local teacher and fibre artist Jen Huhta. Huhta's artistic vision includes wanting to start her studio and shop to provide Canadian hand spinners and weavers access to heritage breed fibres, Canadian fibres, and educational content. Huhta not only aims to promote fibre artists utilizing natural wools and fleeces, she also aims to fiscally help Canadian shepherds by promoting and creating demand for Canadian heritage sheep breeds and by providing access to local fibre sheds across Canada.

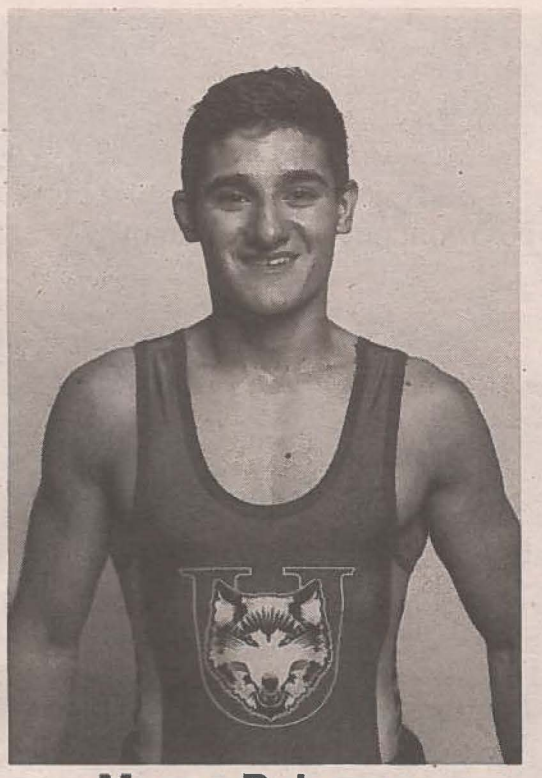
As you can see, Thunder Bay has a uniquely vibrant arts scene, which needs to be experienced first-hand.

SPORTS

Athletes of the Year

Recognizing Lakehead's achievements in Sport

DEREK PATTERSON
Sports & Rec Editor



Marco Palermo
(Thunder Bay, ON)

Born and raised in Thunder Bay, Palermo has had great success here at Lakehead, being one of the top wrestlers we have ever produced. He has consistently shown, year after year, that he is one of Lakehead's top athletes, and the 2019-2020 season has proven to be no different. In the past few weeks, Palermo won gold at both the OUA and USports Championships in the 61 kg weight class. He says, "I am beyond thrilled about my performance this past month at the OUA and USports Championships. I was mentally and physically prepared to perform at my best." Marco then went out to prove that he was not only one of the best athletes competing as a varsity athlete, but also as one of the top wrestlers in the country. Palermo competed in the 2019 National Wrestling Championships where he placed 2nd in the entire country for the 61 kg weight class! For Palermo, this is still early in his career and we are excited to see how far he will go.



Leashja Grant
(Nassau, BS)

Grant continuously proved that she is a force to be reckoned with on the basketball court, leading the Thunderwolves to an impressive 20-4 season record! Our women's team fought very hard to make it to the OUA semi-finals, but their season was cut short in a very close game with the University of Ottawa Gee-Gees: 68-60. Despite this, Leashja was named as a USports First Team All-Canadian, averaging 20.9 points, 12.4 rebounds and 2.5 steals per game this season. Unfortunately, this is Grant's last year as a Thunderwolf, but we will watch her eagerly as she continues her career turning pro. Coach Kreiner is very proud of Grant: "We will certainly miss having Leashja and we wish her all the best." Leaving Lakehead, Grant has accumulated an impressive 1029 points, 638 rebounds, and 102 steals in only 48 regular season games as a Thunderwolf.

Get Outdoors and Explore

An in-depth look at the fun to be had outdoors this summer

DEREK PATTERSON
Sports & Rec Editor

The summer months are an important time for many students. Summer is the time to finally unwind and there is no better place than the Thunder Bay area to go out and explore the outdoors -- whether you plan to spend your summer working, or are one of the (lucky!) few who can relax your days away.

If you get any free time, I would strongly encourage you to spend some of those precious hours --when there is no snow on the ground -- outside enjoying the sun. There are countless activities that are sure to leave you with a smile on your face and I hope to inspire at least one of your many summer adventures with friends and family.

Synonymous with Northwestern Ontario are its many beautiful provincial and national parks, such as Kakabeka, Ouimet Canyon, Sleeping Giant, Quetico, Wabikimi and Pukaskwa. These parks are filled to the brim with hundreds of kilometres of trails, camping facilities and natural wonders that are sure to take your breath away and allow you to marvel at the natural world that is here in our own backyard! Sleeping Giant is a personal favourite, featuring the scenic Thunder Bay Lookout, a backpacking trail across the top of the Giant and the quaint original general store found in Silver Islet.

I would also encourage local students to appreciate the historical sites that surround our campus. For instance, the Fort William Historical Park puts on many events throughout the summer, such as the Canada Day celebrations that provide visitors with a look at what life was like in the early 1800s. Additionally, summer is the perfect time for people to visit the National Terry Fox Monument, marking the spot where Fox had to end his historical "Run for the Cure."

For all you sports fans, catch a Bordercats game, hit up the links on one of our picturesque golf courses, or maybe cast a line into one of our scenic freshwater lakes. Thunder Bay also offers its residents the chance to participate in our abundance of community sports leagues, such as softball, soccer, ultimate and many more!

As we all know, simply being outdoors does wonders for your mental health and it is a way to get in a great workout in the process! Even just going out for a walk during your lunch break will do wonders. So grab your friends and get out there!

EDITORIALS

Dear Fellow Student

Why you should opt-in to your student fees

SAM MATHERS
Editor-In-Chief



Photo by Sarah McPherson

Dear Fellow Student,

This is the final issue of 2018-2019. I had planned on writing an article that reflected on the academic year and left you with some parting words for the summer; it is somewhat of a tradition at The Argus.

This is not that article. There is something more important at stake: our education.

I don't think I am alone in saying that a post-secondary education is about so much more than classroom learning. It is about the clubs you join and the people you meet, about finding spaces that make you feel welcome, about finding something that makes you feel passionate. If it's not too cliché to say, maybe it's about finding yourself too.

It is all of this together that makes up a post-secondary education. A collective experience we share, fellow student, despite where we came from and where we go from here.

All of this is at risk thanks to Doug Ford's "Student Choice Initiative" that will make all LUSU student activity fees non-essential, allowing you to opt out of paying for services you don't personally access.

But if you knew that Lakehead University was one of the most food insecure campuses in Canada, would you call the Food Bank non-essential?

If you knew that LUSU operates the only LGBTQ2S+ resource and support centre in northwestern Ontario, would you call Pride Central non-essential?

If you knew that $200 in your pocket would jeopardize the Food Bank, Pride Central, the Aboriginal Awareness, Gender Equity, and Multicultural centres, Sustainability Initiative, student clubs, bursaries, scholarships, The Argus, and countless other supports and services, would you still opt out?

Shadiya Aidid, Sustainability Coordinator, told The Argus that "student services make such a small impact on your wallet, but a large impact on campus life." The Sustainability Initiative advocates for environmental and social sustainability through programming and campaigns related to environmental justice. Not only will budget cuts hinder their ability to offer free programming, but it will also directly hinder the impact they can make on the community. Aidid continues, "Your education won't take you anywhere if there isn't a viable planet to live on. By supporting the Sustainability Initiative Centre, you will be supporting avenues for students to make tangible changes in their lives, their campus, and their communities."

Deanna Kerkvliet, Pride Central Coordinator, said that funding cuts "will make it difficult for us to provide support to students and the Thunder Bay community at the same extent…Being the only support service on campus focused on the LGBTQ2S+ student population, in a city where resources for LGBTQ2S+ individuals [are] already limited, makes me worry that students who may be struggling won't be able to develop the support system they need. For first-year students moving away from home for the first time, it's especially important that they can find a safe space on campus."

For the Food Bank, funding cuts will mean there will be days that the Food Bank is closed completely, and students will have no access to emergency food relief. Access to programming like the People's Potato free lunch, cooking classes, and the Trick or Eat food drive will be greatly impacted as well. The Food Bank tries to fill in gaps in donations by purchasing healthy options, snacks, and breakfast foods – but with funding cuts, students will be primarily eating canned soup and macaroni and cheese. On being given the option to opt out, Coordinator Amy Kopp says: "definitely consider your neighbour."

Additionally, the number of student jobs offered by LUSU will be significantly reduced. This coupled with limited access to student loans will mean that many students simply cannot return to school.

But these funding cuts are not set in stone. We, fellow student, have the power to decide what an essential service is.

We have the power to say that support for LGBTQ2S+ students is an essential service.

That providing food for hungry students is an essential service.

That support for international and minority students is an essential service.

That promoting the sustainability of the planet is an essential service.

That support for First Nations, Métis, and Inuit students is an essential service.

That holding the university accountable through student journalism is an essential service.

We, the student body of Lakehead University have the power to show Doug Ford that we choose the well-being of our peers over a $200 discount on tuition.

Come fall, I will opt in. Will you?

Familiar Faces

Meet Katie Fraser, LUO International Engagement Specialist

ZOE DHILLON
Orillia Bureau Chief

The Argus: *As the International Engagement Specialist at LUO, what does your job entail?*

Katie Fraser: A big part of my role is supporting our international students and travellers in the Study Abroad program at the Orillia campus. I can help with questions regarding health insurance coverage and claims, immigration documents, accessing broader campus or community services, and working in Canada, amongst other topics.

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

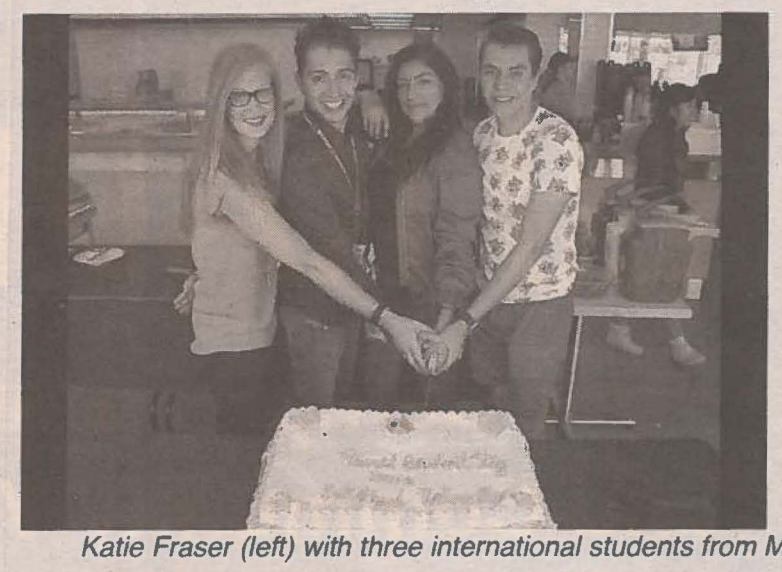
KF: The most rewarding part of my job is when I've helped a student work through a challenge or when I have provided a suggestion and the student comes back to tell me they've been successful in achieving their goal. For example, when I've helped a student gain skills, prepare their resume, and apply for a job and they come back to tell me they've been hired; or when a student comes to me with the dream of studying in Australia and I receive pictures of them a year later with kangaroos and koalas!

A: *Why did you choose to work at Lakehead Orillia?*

KF: I was part of the Lakehead University Orillia charter class - the first class to graduate from the Orillia campus. My experience at Lakehead was a very positive one. It afforded me the opportunity to obtain a university education without leaving my hometown of Orillia while maintaining part-time jobs, networks, and volunteer positions. It also allowed me to have a very customized, unique educational experience where I built strong relationships with those on campus. My undergraduate program at the Orillia campus led to my first full-time job in Student Affairs, and my passion for empowering students to grow personally and professionally as they prepare for exciting and rewarding careers.

A: *What advice do you have for international students at Lakehead Orillia?*

KF: I always advise students to get involved both on campus and in the community. If you have a special interest you want to pursue or skill you're looking to gain, ask someone for more info! Getting involved, being curious, expressing interest and building your network of connections can lead to amazing opportunities you may have never known about, like travel or work opportunities.



Katie Fraser (left) with three international students from Mexico

A: *Why should students consider partaking in international exchange opportunities?*

KF: Our Study Abroad program is one of a kind, with partners in over 10 countries around the world. Studying abroad offers the opportunity to give your degree and resume an edge by gaining intercultural competencies and expanding your global network. Lakehead University's International agreements with our overseas partner universities mean that in most cases, Lakehead students are only required to pay standard tuition fees to Lakehead University, and are not required to pay additional tuition fees to the host university. However, you will need to cover your accommodations, living expenses and travel costs, just as you would attending Lakehead. To offset these expenses, Lakehead University International provides bursaries for every outgoing exchange student, and some of our partners also offer additional funding.

A: *How can students gain more information about LUO's international opportunities?*

KF: Students can contact me at or.international@lakeheadu.ca, or by phone at 705-330-4008, Ext. 2141. Students are also welcome to stop by Student Central to book an appointment to take place in person or via Zoom video-conferencing.

My Exchange Experience

Reflections on a semester in Canada

RUMULO VILLA
Contributor

Dreams come true.

Last year, my university opened a call to participate in the exchange program Emerging Leaders in the Americas (ELAP), offered by the Canadian government for one semester at Lakehead University. I decided to apply. I didn't think I had a chance for this scholarship. I arranged all the documents, had an interview, and surprisingly won. I was selected to study at this university for the 2019 winter term.

My journey started on January 2nd when I arrived in Thunder Bay. Being from Ecuador, it was a huge change! It was cold, but the International Office gave me a warm welcome. When I took my first tour of the campus, I realized that it is flawless. I felt so grateful and I knew that it was going to be an incredible experience. I resided in an apartment with roommates, all of us from different countries and backgrounds.

I am in my last year of Mechanical Engineering. Since I started university, I've been involved with initiatives that promote youth participation and entrepreneurship. I chose this field of study because I have always been fascinated by the sciences and curious about how things work. I thought with this career I could have a better comprehension of the world.

At Lakehead University, I had the opportunity to take courses that I could not take at my home university. I had high-level professors and was part of a research group at the School of Kinesiology. As a result, I had a unique and enriching academic experience.



Photo submitted by Romulo Villa

I took part in social and cultural activities too; I was able to meet a lot of people from different countries of the world, and now we are good friends. In my opinion, all this diversity represents what I believe Canada is: a peaceful and friendly country for all people.

I have had the opportunity to travel to different cities such as London, Dubai, Washington, and New York, for academic purposes; however, none of these experiences can be compared with the incredible semester I've had here. My life has changed, and a piece of my heart will always be at LU.

This winter was very tough in Thunder Bay. However, Canadians are the kindest, warmest, and most polite people I have ever met. It felt like home, and I have no doubt I would choose Lakehead University again.

LU RADIO

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Office Hours:
Monday-Friday,
10am-5pm

We are located at 707 Oliver Rd, aka the little white radio house down the bike path, passed the Bora Laska building!

stream online at www.luradio.ca/listen