

THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

VOLUME // 36
ISSUE // 1

OCTOBER
2018

Here I Am / There It Wasn't A Meditation on this Year's Theme



ANNA BAILEY
SENIOR REPORTER

My favourite *Winnie the Pooh* scene (come on, like you *don't* have one) is from the beginning of *Pooh's Heffalump Movie*. A strange sound wakes up everyone in the Hundred Acre Wood. Tigger bounces out of bed, catapults around his house, lands in a chair, slides into the wall, and his "favourite family portrait" falls on his head. With the picture frame around his neck, he runs to his friends and tells them how he looked everywhere for it. He concludes, "And there it wasn't!"

My reaction to this year's theme, Here I Am, was initially "That is so not me." The posters I saw around the school reminded me of something you'd find on Pinterest. I imagined the owner of the legs was watching the sun rise, holding a cup of tea, re-energized after 25 hours of uninterrupted sleep. He definitely had a paper copy of the Bible, and maybe an Indigo notebook with him. He was unmoving as he waited for God's will.

In the past, I've made life-decisions late at night, accompanied by tears and junk food, or in the car while ranting to my mom. I dream up solutions to all my problems when I'm supposed to be practicing piano or hanging laundry.

Not only is my decision-making process haphazard, but it usually resembles the first time I play a Beethoven sonata in a piano lesson. Is it still technically music? Yes. Would Beethoven recognize it? No. I'm fairly certain that God hears my ideas, chuckles, and adds them to a "Deleted Scenes" list.

To show you what I mean, here are some things I've said in my life:

"I don't want to major in English."
"I don't think I like music enough to major in it."
"Lifeguarding isn't for me, Mom."
"No Dad, I don't think I should be a camp counselor."
"I'm going to study in the United States."

Here's how I typically introduce myself: "I'm Anna. I'm an English and music major at Redeemer University College, which is 45 minutes from my house. This summer, I worked as a lifeguard/camp counselor."

I've learned that whenever I use the word "not," I am Tigger, frantically looking for something that is right around my neck. For instance, last year I applied to be a copy editor, since reporting is way out of my comfort zone. Guess which job I got?

Around the same time, I was accepted into WJI (World Journalism Institute), a two-week summer course on Christian journalism that my dad recommended. I was confident I wouldn't get in, since I didn't even read the news that often. I applied anyway. I accepted the job and flew to Iowa for WJI, even though both of those commitments terrified me.

After only a few days of WJI, the picture frame had been rudely yanked off my neck. As an English and music major, I'm supposed to be a teacher – there was a memo sent out to everyone but me. While I now use the word "not" very cautiously, I will say that I am constantly on the lookout for other jobs involving my degrees. For the first time, I had a potential answer to the question "What do you want to do when you grow up?" Then again, here I am writing about Tigger for a front-page article, so perhaps neither growing up nor journalism is for me.

I doubt I'm the only one who finds the theme Here I Am a little bit intimidating. Patience and stillness are hard to achieve when each of our professors forget that we're juggling the workload of four other courses. I've been reassured to hear from some of our chapel speakers – such as our chaplain, Josiah Bokma, and our president, Dr. Graham – that God's story often surprises us.

The Bible is full of characters who say to God, "Here I am."

However, they're not the only ones to use that phrase. Isaiah tells God's people that when they call out to God, "the Lord will answer; you shall cry, and he will say, 'Here I am'" (Isaiah 58:9). Christ reverses the phrase and tells the Pharisees, "I came from God and I am here" (John 8:42). God comes after those who are unable to seek him out and wait.

Eventually, Pooh pulls the picture frame off Tigger's neck and holds it up, with his own face showing through the tear. Tigger agrees that it looks familiar, but that his original picture had "a little less Pooh in it." Similarly, God has used each of my "there it wasn't" moments to show me His presence in it all and things I never expected to see. For me, saying "Here I Am" is accepting an obvious yet humbling fact: my "there it wasn't" is often God's "Here I Am."

Do you have a "There it Wasn't" story? We want to write about it! We hope to have more thoughts and stories about this year's theme in our next three issues. Talk to us in the halls, send smoke signals, or email us at thecrown@redeemer.ca





EDITOR-IN-CHIEF
Kristen Borgdorff



LAYOUT EDITOR
Mikayla Blackburn



COPY EDITOR
Sierra Van Zeumeren



DIGITAL EDITOR
Estela Kasaba



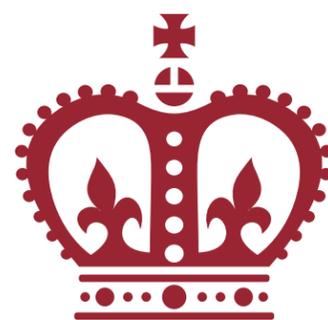
SENIOR REPORTER
Anna Bailey



SENIOR REPORTER
Helana Mulder



JUNIOR REPORTER
Renessa Visser



Kristen's Corner

A Letter from the Editor

What is this newspaper I am holding? Where is last month's copy? Does the *Crown* even still exist?

If any of these questions have crossed your mind, then it is likely that your knowledge on who we are is out of date.

We are the *Crown*, Redeemer's student voice.

For the past 35 years, we have been publishing articles written by the students of Redeemer; this has not changed.

What has changed, is our online presence. We have turned towards the internet to post articles 2-3 times a week to ensure that our community news is up to date.

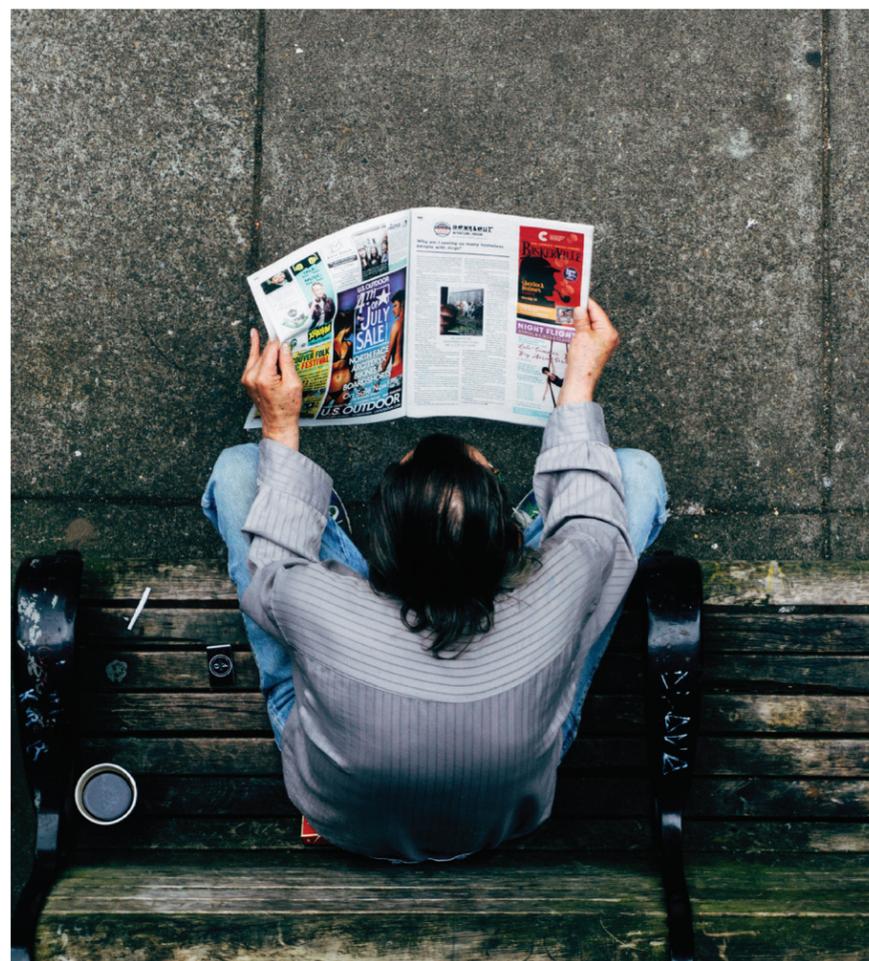
You can find us at thecrown.ca

As I sit at my computer with my phone on the table beside me, I can't help but be reminded of the lost joys of reading the hard copy of a newspaper. I am reminded of why we publish a paper edition of our work.

I encourage you to silence your phone, close your computer, and take a few minutes to simply read. To dwell in the words written by your peers.

Allow the ink to stain your fingers, the paper smell to fill your nostrils, and the sound of a turning page to intrigue you to keep reading.

Kindly,
Kristen



CONTACT:

T: 905.648.2131 x4291
Crown Office
c/o Redeemer University College
777 Garner Road East,
Ancaster, ON L9K 1J4

The opinions expressed in the *Crown* are not necessarily those of Redeemer University College's student body, faculty, or administration.

The *Crown* is published by students four times per academic year and is funded by the students of Redeemer University College as well as by advertising, but is dedicated to the broader college community.

Where are Your Student Fees Going?

A Letter from Student Senate



JERRAM GERMAIN
CLUBS COORDINATOR

I think what we have here is a failure to communicate. When I take the first, depressing look at my account statement, it's not the tuition that gets me: it's the plethora of smaller charges for things I don't use or even remember buying.

One of these is the "Student Fee." Student Senate charges fees to students based on the number of classes taken. But what does Student Senate do with this money?

Redeemer has over twenty clubs and organizations that are run by students, including Church in the Box, Identify, and Conservative Club.

Church in the Box is a student-run, monthly worship service that draws in hundreds of students, faculty, and visitors. In addition to being a unique and enjoyable experience, Church in the Box is entirely Student Senate funded. Identify is a ministry tailored to provide companionship and Christian-fellowship through worship to the female-students of Redeemer. Identify is, likewise, funded by Student Senate.

Conservative Club, another Student Senate club, holds frequent meetings, bringing in PC speakers from across the province for lectures and discussions with Redeemer students.

In addition to variety of clubs funded by Senate, there are three student run publications: *Yearbook*, *Quest*, and the *Crown*. That's right, the paper you're reading is entirely funded by Student Senate.

Yearbooks are given to all returning students as a retrospective of the previous year. If you are a returning student who picked up a yearbook from last year, you took advantage of just a portion of the student fees you pay, as the yearbook is entirely funded by Student Senate.

Not only does Student Senate provide clubs and publications with funding, it also organizes many events. For example, Coffee House, Hotspot, Redeemer's Got

Talent, the Harvest Hoedown, and the annual banquet are all completely covered by the money Student Senate collects from students like you. These events are open to all students and provide unique opportunities and activities that would otherwise be unavailable.

In other words, your modest contribution of \$18 per class is enabling the entire student population.

In conclusion, I'd like to thank you on behalf of Student Senate for providing us with the means to give every student a better experience at our school.

Some of you are thinking, "Well that's all good, but it costs me money and I don't take part in any clubs or events." To those of you in this position, I firstly apologize for the inconvenience we have caused to your finances. Secondly, I point out that the decision to get the most out of your student fee is completely up to you. Clubs, access to publications, and events are available to every student. All you have to do is reach out and grab the opportunities we make for students like you.

Jerram Germain
Clubs Coordinator

IN THIS ISSUE

Interview with Redeemer's New President

(page 4)

The Power of Narrative

(page 5)

Humans of Redeemer

(page 6)

Artist Feature

(page 7)

Program Preview

(page 9)

Food Services

(page 10)

Athletics

(page 12)

Interested in writing for us?

Email thecrown@redeemer.ca

Seeking, Service, and Salt

An Interview with Redeemer's New President



Dr. Robert Graham participating in Redeemer's fall food drive [Photo by Ben Bronsema]

ANNA BAILEY
SENIOR REPORTER

In a recent interview, Redeemer's new president, Dr. Robert Graham, shared his earliest memory. Dr. Graham was born in the Bahamas and lived there for the first few years of his life. He remembers climbing a cinderblock wall in the front yard to chase the family cat. People driving by, disturbed to see a toddler running on a cinderblock wall, would pull over and return him to his mother inside the house. As soon as they left, he would head back outside.

This persistence and chasing have characterized much of Dr. Graham's education and career. After two years studying as an education major at Lee University, TN, he took three years off of school to work. As a pastor's kid, he strongly felt that ministry was not for him. However, he felt that he had not yet found God's calling for him. Not knowing what else to do, he returned to school.

There, he took a course on the gospel of John, taught by a tough, yet brilliant, professor. Despite great effort, he barely passed. He returned home for Christmas break, crushed.

While looking through the academic handbook, he read course descriptions from the sociology department. "It just resonated with me," he said. He realized that he didn't need to abandon religious training, but "bring it alongside. Like the book of James says, we're called to minister to the whole person."

He began taking a sociology course. One of his professors, Dr. Mundy, asked him to be a TA. "I was honored, but I was also terrified." The same professor encouraged him to apply to graduate school, and he went to the University of Miami. "It was the only place I applied; not a good strategy!" There, he completed a master's degree in gerontological studies. Another professor encouraged him to get his doctorate, and so he headed to the University of Cincinnati.

While there, he worked as a researcher, exploring issues of public policy. He also worked as a programmer and analyst for a software development company, and then as a researcher in a family medicine program. He was close to finishing his doctorate when Dr. Mundy asked him to apply

for a teaching position at Lee. His wife, Cheryl, was pregnant with their daughter Corinne. The timing felt wrong, and he did not accept the position.

A few months later, he decided that Lee was the place where God could best use him and his family. His own education and career had been powerfully influenced by his professors. "If I could be a prof and give back what had been given to me, that would be the highest thing I could imagine and the most useful thing I could do."

While at Lee, which is affiliated with the Church of God, he pondered the denomination's focus on spirituality: something that had bothered him as an undergraduate student. He wanted his denomination to not abandon the spirituality, but to add a focus on service. He realized, "I couldn't change my denomination or university, but I could change my class." In his intro-to-sociology classes, he required students to complete a service project. He listed service opportunities on a website he created, and soon, other professors were using the website and creating similar requirements in their courses.

When a donor gave the school four million dollars to create new townhouses for students, the proceeds from the housing were used to establish a center for service learning. Multiple service projects became a graduation requirement for students, and Graham became the director. He believes strongly that "no matter what area or field God has called you into, you can find ways to serve others."

Though he was initially reluctant to take on administrative roles at Lee, he soon discovered that he found "joy from empowering other faculty members" as the chair of the social sciences department. He transitioned from teaching to more administrative roles at other Christian post-secondary schools, before coming to live in Canada for the first time as Redeemer's president.

Dr. Graham chose his words about the differences between Canada and the United States carefully, while holding a Tim Hortons coffee cup. Since he has Canadian family, he

has been to Canada before. He can pick out a Canadian accent. He admits that "sometimes, folks can think the world revolves around the United States – but it doesn't."

When he isn't in countless meetings, Dr. Graham enjoys playing bass guitar and running. He played sports such as soccer, wrestling, and baseball in high school, but didn't start running until he was in his 40's. Before that, he "had never run much other than when forced." He trained for a 5km fundraiser, and a few years later, found himself running a marathon. Though he no longer has time to train for such long races, he continues to run 5 and 10km races.

For now, Dr. Graham's focus is getting to know Redeemer. For this reason, he is living in a third parking lot dorm. Apparently, "It is better than some apartments I've had in my lifetime." Right now, the President's House is being used for other previously booked events and then it will be updated. He and his wife, Cheryl, hope to get to know staff, faculty, and students by living right on campus.

Graham's years of experience in Christian schools equipped him to give advice about living in a small, Christian community. He took this challenge right back to the gospel when he said, "We do not have within us the ability to be good enough for salvation," and emphasized humility: "[humility is] being able to think charitably and extend grace. There are times when we're not having a good day. We would hope for grace, [for others] to continue to love and care for us, and we owe it to others to do the same."

Beauty and Danger The Power of Narrative

RENA LUGTIGHEID



Storytelling is an essential part of culture and history. From entertainment, to traditions, to the passing of oral histories, stories are a central part of our experience as humans. Narratives hold a lot of power and can be used for harmful stereotypes, ideologies, and worldviews, yet also for advocacy, the passing along of values, and for teaching important lessons. Because of the power that stories hold, it is important to recognize that there is never one single narrative.

History and stories are never neutral; they are shaped by the worldview and biases of those who hold them. Our lives are composed of interrelated narratives and each person's view of a situation differs, based on intersections of the experience and worldview that those people carry into the situation. Our narratives both inform and mirror our worldview. As I reflect on my internship with Christian Peacemaker Teams and my time in Palestine, I am con-

tinuously brought back to this idea of narratives: the power that they have in shaping one's worldview and how they engage other people.

There is a great danger in holding tightly to just one narrative without hearing or seeing others in order to gain a deeper and broader understanding of the world or a specific situation. I grew up hearing one kind of story about the state of Israel. I have grown up surrounded by Christian Zionists who praise every military victory of Israel, whether its destroying tunnels, bombing Gaza, or annexing land even further into the West Bank for more illegal settlements.

I used to hold the narrative that the wall is for security, the occupation was a necessary measure of defense, and home demolitions occurred in villages from which rockets had been launched as attacks on Israel. However, as I began seeing for myself the function and location of the wall, it quickly became very clear that this was not simply a security wall. Rather, as many would call it, it was the Separation and Annexation Wall, weaving its way in and out to block off key resources, cutting people off from their own land and other neighbouring villages. Most of the wall falls inside the West Bank and separates Palestinian villages from each other.

I observed that the process for Palestinians walking through checkpoints was not one of security but rather humiliation and an assertion of power and dominance. The villages I visited facing demolitions were not villages that had ever been involved in attacks on the state of Israel. They face these demolitions due to the state refusing to recognize their land ownership documents, the criminalization of new infrastructure, and many other "reasons" coined up simply to prevent Palestinian villages from expanding and to make life so difficult that they eventually leave. I witnessed many international law and human rights violations and heard of many more in my few weeks there.

As I began hearing the stories of those who live in the Negev and the West Bank, it was clear that there was significant dissonance between the narratives I had previously

heard and held, and the narratives I was now hearing and experiencing. It was also clear that the narratives I had held previously did not fall in line with what I believe to be true of the gospel or what I saw. My faith and understanding of God do not justify an ideology of any group of people being superior to any other. The system of apartheid and oppression that the state justifies by twisting Scripture is anything but reflective of who God is.

In her speech, *The Danger of a Single Story*, writer Chimamanda Ngozi Adichie says, "Stories have been used to dispossess and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity." Now, I am left to ponder how to use narrative effectively for advocacy to amplify others' voices and spread awareness about social justice issues, such as the occupation and oppression of Palestinian people while recognizing the complexity of the situation.



Is Hamilton a Bikeable City? Perplexing Plans for Bikers on Rymal Road

JESSICA BANNINGA

"Hamilton is playing catch-up, and it's getting there," says Edward Berkelaar, Environmental Studies Professor at Redeemer University College. Berkelaar has been biking to and from the university since 2003 and has a lot of insight into how the city can improve its biking infrastructure and encourage larger ridership.

In 2009, the city of Hamilton launched *Shifting Gears: a Cycling Master Plan*. The project's goal is to develop a "city-wide cycling network" to be implemented in full by 2029. It has compiled surveys and identified five main types of cycling facilities that are currently in the city, or that can be implemented in the future.

The first is multi-use recreational trails. They are off-street and can be in both rural and urban areas. The second is Reserved Bike Lanes, which use painted lines and signage to designate a portion of the roadway for the use of cyclists only. The third option is Signed Bike Routes, which are signs placed on roadways which are meant to be shared between cyclists and vehicles. A special signage called sharrows, which combines a chevron and a bicycle icon, is used to designate the route. The fourth option is paved shoulders, which are widened and separated by a white line, and are typically used in rural areas. The last option is bike lanes beside the sidewalk, which are separated from the road by a curb and a grass strip.

In the 2009 report, when asked which cycling facility they felt safest using, the public interest group chose the reserved bike lanes with a vote of 42%. David Schuurman, a

student at Redeemer and a biker of fifteen years says that he prefers bike lanes with a barrier, and that "the more separated, the better."

Recent construction on Rymal Road has Berkelaar "mystified." He lives near Upper James and Rymal, and his bike route to work is fully on the road and shared with cars. He reports that "for exactly half of that stretch there's a dedicated bike lane, and for the rest, they just merge you onto the street." He explains that this is dangerous because it is a very sudden merge and that it is surprising for drivers to have bikes pop up onto the street so abruptly, so he prefers to bike on the street the whole way. The original plan for Rymal was supposed to have dedicated bike lanes, but now Berkelaar is perplexed as to if there will be any, and why the plan seems to have changed.

Berkelaar laments that "so few people bike at all that they just don't know what it's like, and they don't know what space bikers need or ought to have." While this is a dismal observation, from 2010-2016 Hamilton has added "approximately 85km of bicycle lanes to the existing network," according to the *Cycling Master Plan Review and Update*. While it is encouraging to hear the City's progress, not enough money is being spent to reach the goal of a safer city for cyclists by 2029, according to an article published in the *Hamilton Spectator*.

Alyssa Zilney, a fourth-year student at Redeemer, who has also lived in downtown Hamilton shares what she thinks the city should do to provide better biking infrastructure. She argues that "lanes need to be added on main routes,"

and where possible, a lane of traffic should be taken away to separate bikers and provide a barrier. She believes that although drivers may be angry at first, "people will respond and choose not to drive there anymore."

Schuurman also discussed the need for the city, as well as businesses and offices, to provide encouragement for their workers to commute by bike. This can include bike parking garages, or similar storage facilities with safe places to store bikes and places where people can freshen up after their bike commute.



Humans of Redeemer

HELANA MULDER
SENIOR REPORTER

In 2010, a man by the name of Brandon Stanton began a photographic project in New York City that would grow to become a #1 New York Times bestseller and photo blog boasting over 15 million followers worldwide. Initially, Stanton set out to create what he calls “an exhaustive catalogue of New York City’s inhabitants,” comprised of 10,000 photos plotted across a city map.

The concept took on a different form, however, as he began collecting pieces of conversation had with those he photographed. Photo captions would soon become as vital as the shots themselves, and, together, make for a captivating stream of stories, he entitled, ‘Humans of New York.’

Highlighting 6-8 Redeemer Students and Faculty each month, the Crown seeks to mimic Stanton’s idea on campus by asking a thoughtful or fun question, followed by taking a candid photo of the student, staff or faculty member included in each issue. We know that stories are powerful, so the goal here is to further uncover our own.

Scripture tells us to rejoice with those who rejoice, mourn with those who mourn, share the word of our testimony, and give glory to God in every season. This column is simply another means to do so and remind ourselves that our King, Jesus, is the ultimate author and finisher of our faith.

What’s one thing you have learned since being at Redeemer?



I learned that if you flip a toaster on its side, you can cook a grilled cheese. I used to just microwave or use the stove to cook them, but this way is so easy and effective. I highly recommend trying it: but be careful.



I learned how important and fun it is to be a part of extracurricular activities on campus. I am on SEEDS and on the soccer team. It’s a great way to meet more people. It feels good to be directly involved in the community at Redeemer.



As a student, I’ve learned the importance of thrift shopping and shopping at Walmart. Being on a budget and finding things for cheap prices is an important thing to do as a student. I hated thrift shops my whole life, but as a student, I need to be on a budget.



I learned that “Don’s” means McDonalds. A few of my dormmates were saying that they were going on a “Don’s Run” and I was so confused. I’ve never heard that until this year.



I have Audio Production with Dr. Wood and he has taught me to listen to stories that are unlike our own. We hear a lot of the same stories here at Redeemer, but Dr. Wood pushes us to see things from a different, more real, perspective.



I would say to never assume that the study rooms are soundproof. Also, it’s important to take time to get to know your dorm and invest time into them. It’s so worth it.

Artist Feature

Sarah McGibbon: Double Major in Studio Art and English



RENESSA VISSER
JUNIOR REPORTER

What is your main source of inspiration from other artists, past and present?

Beatrix Potter is an artist I draw a lot of inspiration from. I'm compelled by the way she told stories and illustrated her own characters, truly embracing the beauty of nature. She lived on this old farm with her pet rabbits and she drew everything around her. Since I'm an English major as well as an art major, I would love to do something similar. Beatrix Potter used to work as a scientific illustrator, researching fungi and different types of mushrooms to create detailed watercolours. As someone who's fascinated by biology, this combination of hyper-realism with creativity – such as drawing rabbits in sweaters – is something I aspire towards.

Another illustrator I really enjoy is Fran, who goes by “Frannerd.” She's a contemporary illustrator from Chile, who's in her 30s and creates stickers and prints while illustrating web comics and small zines. I love her themes: how she draws herself and her two cats candidly, never seeming to worry whether her work is “pretty” or not. She outlines her watercolour and marker drawings in ink. Fran also creates podcasts about her work as a full-time freelance illustrator and discusses the things she's learned from that experience. I get a lot of inspiration from listening to her talk and seeing the work she creates.

Where do you find personal inspiration for your projects?

I find I work so much better when plants are around me; they're one of those things that prevents me from having an art block. If I don't know what to draw, I'll always draw a plant, or an animal, and it motivates me to draw more. I usually draw whatever piece of nature is around me or I'll make studies and create colour swatches, which is a highly therapeutic process.

Which current art trends are you following?

I'm not sure if you would call this a trend, but there's this push among artists that their work has to have a deeper meaning and must identify with political context. I feel like I'm on the other side of that; why can't we simply appreciate beautiful things? I like when things have meaning because it's important for art to express depth, but that mindset can put pressure on a lot of emerging artists. It creates this mentality that art can't become valuable unless it has an underlying meaning. I identify with a resurgence in Romanticism that retains technical skill yet recognizes plants and animals for their loveliness; art doesn't have to have this super intense political stance in order for me to be satisfied with my work. This is why illustration appeals to me, because it seeks an audience that will simply appreciate it for its aesthetic value.

How do you see yourself using your passion for illustration and writing in the future?

This past summer I started my own illustration business called “Sarah's Little Studio.” I did illustration and printed my work onto greeting cards, I made prints and went to summer markets and sold my work through those venues. I definitely see myself continuing that in the future. One day I really want to make a planner, or illustrate a book cover for something I've written. I'd also love to work for a magazine to illustrate editorials. The possibilities are endless!

What project are you currently working on?

The main project I'm working on is for my advanced studio class. The assignment is called the “Landscape project.” We're allowed to interpret that and create anything we want as long as it fits the “landscape” theme. There's this gravel path near Scenic Road that we visited as a class to gather inspiration for our work. It has the escarpment overlooking the highway on one side and a forested cliff on the other. It had just rained so there were snails everywhere, and tree stumps that you could imagine as whimsi-



cal homes. I took a lot of pictures and gathered my ideas from them. I want to display my project in a hallway so I can create an in-depth woodland experience. On either side there will be tiny pieces of art that start small and gradually get bigger and more detailed along the wall. The final piece will be a large painting with a sweeping forest scene that invites closer inspection. When you walk up to it you'll be able to see tiny details that you can't see when you're standing away from it. I want to intersperse live plants around it to provide a sense of depth. My medium will be watercolour, and my style illustrative – not purely realistic. It will be done by the end of the fall semester.

How has your style evolved over the past four years here at Redeemer?

I've learned so much here about technique and anatomy. Understanding how form fills space has helped me understand perspective and be able to draw something from multiple angles. I came to Redeemer working mainly with ink, and Phil encouraged me to experiment with various mediums and techniques. Through that, I discovered my love of watercolour and passion for illustration.

What is the biggest challenge you face in your art process?

I find it difficult to translate my thoughts into physical form. Usually I come up with a concept or an idea for something, but I don't have a clear picture of what it will look like. For example, I want my landscape project to have a sense of depth that encourages the viewer to keep looking and discover new things about the piece, but I don't have a completed idea of what it will look like and how it will take form. Usually I use experimentation to work through this and figure out how to distil my thoughts into a piece. Also, I find it hard to fit my work to the right scale. I have these exuberant ideas that require too many paintings, and I want to install lights and have this whole set up and I have to figure out how much I can feasibly accomplish. It's all about finding the right balance between pushing myself too much and not pushing myself out of my comfort zone enough.



Mental Health Alleviating Your Symptoms with Exercise

BREANNE VANDE VEN

Did you know that in Canada, 1 in 5 adults will suffer from a mental illness in their life? This article is going to focus specifically on those who suffer from depression. 5.4% of the Canadian population (aged 15+) have reported that they suffer from a mood disorder.

Depression is commonly known as having “the blues,” or, “being down in the dumps,” but depression is much more than that. According to the American Psychiatric Association, depression is “a common medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed.” Some common symptoms tend to be: feeling sad, loss of energy or increased fatigue, thoughts of death or suicide, and feeling worthless or guilty.

What treats depression? Typically, when people think of treating a disorder, they automatically think of using medication and therapy. What many people might not know is that physical exercise is a healthy and natural way to cope with depression.

For many students at Redeemer University College, the questions “What types of recreational activities are available on campus? What kinds of options do I have for exercise?” arise. The answer is simple. There are enough

recreational activities at Redeemer to allow somebody who struggles with depression to use exercise as a form of therapy.

At Redeemer, there are intramurals offered, but only one a semester. For example, the intramural sport for fall 2018 is indoor soccer, and throughout the winter term is basketball. There is also open gym time during the day for non-varsity athletes to use. Another opportunity for students to be active is through playing squash, as well as Zumba and yoga which are offered on-campus.

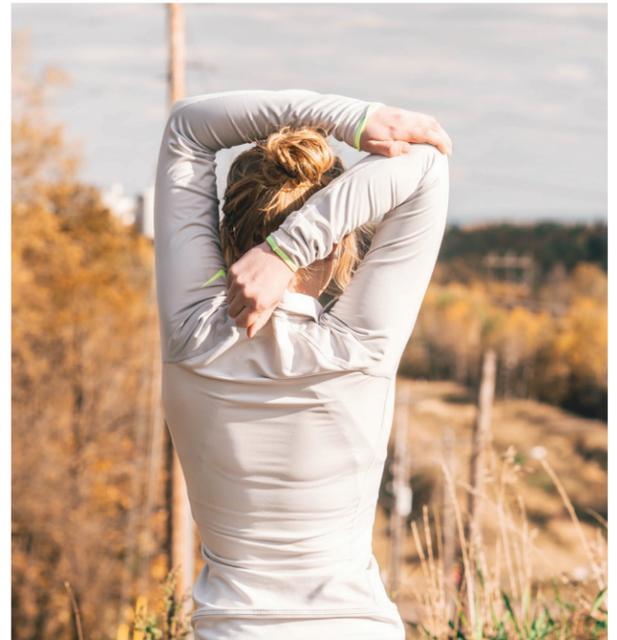
Many students who do not play varsity sports are not aware of all of these recreational activities. There are also varsity teams in which students can be a part of, such as basketball, volleyball, soccer, and badminton.

Why is exercise a form of therapy? Dr. Miller explains that “in people who get depressed, neuroscientists have noticed that the hippocampus in the brain (the region that helps regulate mood) is smaller. Exercise supports nerve growth in the hippocampus, improving nerve connections, which helps relieve depression.” High intensity exercise also allows the body to produce and release endorphins.

A mental health counselor said, “Defeating mental health is a challenge. It takes a lot of hard work and dedication to overcome a mental illness... especially depression.” As a result, exercising one time will not minimize the symptoms of depression. It takes consistency, dedication, and respon-

sibility to use exercise as a treatment for depression.

Therefore, as students at Redeemer, we have the resources to combat mental health, especially depression. Even if you do not suffer from depression, exercise will help alleviate the symptoms. So get up Royals, it’s time to exercise!



Exam Time The One that Always Gets Overlooked

THERESA KORNELSEN

Exam season is here and this time, it’s for your eyes. It’s easy to take your eyes for granted. After all, not many people notice their vision deteriorating until there has been a significant change.

It’s easy to forget this vital part of healthcare, as some Redeemer students know. When asked how often a person should have an eye exam, some students were unsure. “I can’t remember the last time [I had an eye exam]. It’s been years,” said Jewel Klumpenhower. Sarah Murphy thought it was every one or two years. “Once a year,” said a third student, “and I do that.”

According to the Canadian Association of Optometrists, adults should have their eyes examined at least every two years, and every year if they already wear glasses or contacts.

Exams are crucial for catching deteriorating vision before it interferes with your life or makes daily activities – like driving or catching the bus – difficult. Reading price tags and street signs can also become a challenge and you may not be able to see the slides in class. Once you’ve had your

eyes examined and have gotten corrective lenses, it can be easier to do the everyday things you need to do.

You need regular eye exams, but you also need to be aware of when and how much you need to pay.

The Ontario Health Insurance Plan does cover some eye exams, but not all of them. If you are nineteen or younger, OHIP covers you for one comprehensive exam each year. But once you turn twenty you either need private insurance or to pay the cost yourself until you turn sixty-five. Once you reach that landmark, OHIP once again covers your yearly exam.

Exams can be expensive if you don’t have private insurance, though costs vary from clinic to clinic. Some cost as little as \$80 while others can be \$150 or more.

The reasons students didn’t get exams varied as well. “I just haven’t gotten to it. Being an adult, you know, just hasn’t sunk in,” laughed Jewel. “I just don’t want to pay the \$90,” said Peter Gyore.

But the inconvenience of finding time for an exam and scheduling it is insignificant in light of the knowledge you gain about your optical health. The cost can be deterring, but you may find that some or all of your exam can be paid through your private insurance or your parents’ insurance.

Five Tips for Good Eye Health

1. Schedule regular checkups for your eyes.
2. Eat properly. The nutrients in fruits and veggies keep your eyes seeing better.
3. Wear sunglasses that protect from UVA and UVB rays.
4. Take a break from the computer and look twenty feet away for twenty seconds every twenty minutes.
5. Wear protective eyewear.



Program Preview

An In-Depth Look at the Applied Social Sciences Program

HELANA MULDER
SENIOR REPORTER

Recently, the Social Work/Sociology program was re-named “Applied Social Sciences” in order to cover the interdisciplinary style of the program. A recent article by Resound stated that “the name ‘Sociology/Social Work’ never quite did justice to the unique interdisciplinary approach that has always characterized the department.”

Some APS students have questioned whether, with the name change, there would also be a change in the courses themselves. Dr. Jim Vanderwoerd, the department chair, said that “the courses are mostly the same. The name used to be Sociology/Social Work and that was the problem. It was a name with two names which caused confusion among people.”

Vanderwoerd first became involved in social work when he worked for Catholic Social Services, which was a Christian social services agency in Edmonton. He stated, “My job was to be a sort of parent to them because they had had such horrific family backgrounds. I loved it. I just loved working with those kids, and by God’s grace, I was good at it.”

Then, Vanderwoerd went on to get his Master of Social Work which eventually led him to a teaching position in Iowa. After nine years, he and his family moved back to Ontario and he began his job as a professor at Redeemer.

When asked what the program meant to him, Vanderwoerd replied by saying that “it’s not about what I’m doing or about what my students are doing, it’s about what God is doing. What I love about this program is that I

am preparing people who are going out and having an enormous influence.”

Many students in various programs often struggle with the idea of living out the Christian faith. It can be hard to approach real, secular issues, even with a Christian background. In APS, “students learn to be conversive in what these different approaches are, but also how to reflect on what it means to be a Christian,” said Vanderwoerd. “We don’t want to impose our faith, but we can’t hide who we really are. We can act the gospel and be a witness in our behaviour without necessarily preaching the gospel through words.”

The APS program’s mission statement involves equipping students “for lives of service to the ‘least of these’ (Matthew 25:40). As image bearers of the triune God, who created us for relationship, we seek to develop and communicate an understanding of our place in the social world and our responsibility to social transformation.”

To sum up this mission statement in her own words, Paige McLelland, a fourth year APS student at Redeemer, said, “I want to bring beauty and light to all of the little corners where it is needed.” McLelland stated that she does not yet know what this looks like but has grown to love working with the vulnerable populations, particularly women, children, and families.

McLelland is also the President of the Students of Applied Social Sciences (S.O.A.P.S) club at Redeemer. She commented that S.O.A.P.S is a great way for all APS students to get to know each other and work together.

One of the upcoming events that the S.O.A.P.S club is involved with is the A21 Walk For Freedom which is be-

ing held on October 20 in Toronto. This event is a silent walk to bring awareness to the slavery that happens in Toronto and the surrounding area.

Maggie Ford, a second year APS student who went on the walk last year said, “Going on the walk opened my eyes so much; I had been to several rallies and protests before, but nothing quite like this.”

In addition, Ford stated that the walk was influential in her thinking concerning slavery. She said, “it is way easier for us to imagine and understand when we hear about slavery overseas, but when it happens just an hour away in Toronto, or even here in Hamilton, it is way harder and almost impossible to grasp.”

Ford and McLelland both agreed that the Walk For Freedom is an important and eye-opening event that is open for everyone, including students that are not in the APS program. Ford specifically said that “it was an awesome experience, and I learned so much about slavery and what I, personally, can do to help, and that includes being informed.”

Other ways in which students can get involved with social issues, whether in the APS program or not, includes Deedz, Social Justice Club, Kidz Club, and various other volunteer opportunities in and around Redeemer. Concerning this, Vanderwoerd said, “Any kind of volunteer event where people are raising awareness of issues is great. You don’t have to be an APS student to do that.”



Food Services at Redeemer

Researching Prices and Quality at Redeemer's Marketplace



DAVID ROWLANDSON

Student concerns about high prices and produce quality in The Market were addressed during an interview with Redeemer's Director of Campus Services on October 10.

Doreen Gringhuis, who has served as Director of Campus Services for nearly eighteen years, sympathizes with student concerns over high prices. During the interview, she gets right to the heart of the issue.

"Redeemer doesn't have the buying power that large grocery stores do," she says. Walmart and Sobeys buy thousands of loaves of bread, eggs, and cartons of milk at one time which allows them to sell at lower prices.

"Redeemer is not a grocery store," says Gringhuis. Redeemer's Market services a much smaller group of students and customers. Without being able to buy in bulk, Redeemer can't compete with grocery store prices.

As Gringhuis monitors student needs, alternative options are being considered for Redeemer's meal plan. One option may be to run a "board plan."

Board plans provide students with ready-made meals on campus at cafeteria and fast-food locations. Students don't make their own meals on this plan, but have the option of spending their dining dollars on a variety of prepared meals.

All universities operate some form of a board plan. The downside is the higher cost to students. The University of Ottawa offers 24/7 cafeteria access to students five days of the week, but costs \$4,480. Redeemer's Bronze Plan is only \$2,314 in comparison: almost half the price.

Even though board plans are expensive, Gringhuis is monitoring student likes and dislikes when it comes to pre-made meals. Refresh and Tim Hortons meet student needs for now, and give a taste of what a board plan could be like. At this point, there is no plan to remove the Market as one of the components of Redeemer's meal plan.

Besides being an affordable option for students, Gringhuis says that community is another big factor in running the Market.

"Community is developed by shopping together, preparing meals together, and doing devos together," she says. While she admits that the meal plan isn't perfect, "the grocery element is a big part of [Redeemer's] community element."

Many students also wonder at the limited and wilted selection of the Market's fruits and vegetables. Interview ques-

tions were forwarded to Redeemer's GM of Food Services, Maggie Bullata.

Bullata was surprised by the question addressing the quality of the Market's tomatoes. She wasted no time in going straight to the produce section. Looking through the crate, she found some tomatoes that were already overripe. The shipment had come in only the day before.

Bullata says she wasn't aware of the problem. She explains the difficulty with managing produce. Holding up a tomato, she points out that this one, like most, is fresh and ready to eat. Many of the tomatoes are healthy and ripe. Sliced up and put on a sandwich these tomatoes would be delicious, she points out.

The difficulty is that if they are ripe now, many of these tomatoes will spoil before the end of the week. She understands why students would be unhappy with this quality of produce.

Between receiving the questions and the actual interview, Bullata has been busy. She points out a stack of boxes she ordered in. Opening them, she displays two different varieties of tomato – hothouse and Roma. She hopes the hothouse tomatoes, being less ripe early on, will keep longer into the week. Combined with the Roma tomatoes, she also hopes this will provide students with the variety they want.

"For me, there's always room for enhancement," Bullata says. Both she and Gringhuis have open door policies despite their busy schedules and encourage Redeemer students to stop by. "The changes are always affiliated to the needs of the students," Bullata says. There is a genuine desire to hear the student feedback in shaping Redeemer's Market, they say.

An option Gringhuis hopes students will take advantage of is the "We Heard You" program. Forms can be filled out that request items the Market does not currently carry. The Market's management then does their best to fulfill the request and get the items in stock.

As an example, Gringhuis picks up a package of coffee off the shelf. She points to the "We Heard You" logo stuck next to the price tag – a green checkmark inside a circle. Gringhuis says Redeemer is aware that fair-trade coffee has been a concern with students. The Market took the feedback seriously and made sure to get fair-trade brands in stock.

"We Heard You" forms rest in a clear plastic case at the end of the Market's grocery till.

Grocery stores may also have a better selection and quality

of produce due to larger volumes of sales, space, and food waste. Grocery stores can offer a better selection because produce with any kind of blemish is usually thrown in the dumpster.

Redeemer's Market is less willing to waste fruits and vegetables that are "imperfect." Often unpurchased, ripe vegetables make their way into Refreshes soups and stir fry's in an effort to reduce food waste. Expiring food items on shelves are donated to Pastor Jon Huxtable to use at food shelters as part of Compassion Ministries, another important way to limit food waste.

For all this, Gringhuis admits that there are still challenges.

"Food is very personal," and people want what they want, she says. Gringhuis would like students to be happy with what they are paying for. She emphasizes the need for communication between her and the students in achieving this.

"We are exploring different options as we move forward," Gringhuis says.

Redeemer's Dining Committee will host a meeting for students in the near future to answer questions about Refresh, Communal, Tim Hortons, and the Market. Redeemer and Sodexo management will be present, as well as VP of Student Affairs Kennan Benjamins.

"Students need to show up and voice their concerns," says Gringhuis.

Redeemer's Market seeks to service student needs. Gringhuis says that she wants students to be happy, but that can't happen if students don't speak to Redeemer staff or submit requests.

Doreen Gringhuis can be reached by email at dgringh@redeemer.ca. Her office is in the Campus Services department beside Redeemer's auditorium. She admits that she is often very busy, but does her best to maintain an open-door policy. Sodexo staff are available during Market hours in the back office, and are also happy to discuss concerns and assist with student requests.

"It's about what kind of meal plan students want at the end of the day," she concludes.

Easy

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

Medium

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

Hard

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

Helana's Halloween Howlers

HELANA MULDER
SENIOR REPORTER

Why didn't the mummy have any friends?
He was too wrapped up in himself.

What do you call a vampire with asthma?
Vlad the Inhaler.

Why did the tree worry that he wouldn't get his leaves back after autumn?
He didn't be-leaf in himself.

What's a witch's favourite subject?
Spelling.

Why don't skeletons ever go trick or treating?
Because they don't have any-body to go with.



Athlete Credit

Why the Credit was Discontinued

MIKAYLA BLACKBURN
LAYOUT EDITOR

For as long as I know, Redeemer has given athletes a 0.75 credit for each varsity season they participate in. The idea is that if someone plays four years of a varsity sport, they will receive 3 credits which translates to one course. Last semester, when I went to register for my fourth-year courses, I was told that Redeemer is discontinuing the athletic credit.

You might ask yourself why athletes should receive any credit at all. Well, on top of our efforts in the gym/on the field, it's important to remember that varsity athletics present a huge time commitment. It's rare to find another activity on campus – academic or extracurricular – that includes a comparable daily rigour and frequent overnight obligation. Athletes also work super hard to keep on top of their school work and maintain a 6.0 GPA.

After reaching out to Student Senate to discuss what students could do to appeal against this decision, I was referred to a representative of the Senate, which is a voting body made up of representatives from all of Redeemer which makes all academic-related decisions. After discussing the concerns, I was told that the vote would take place the next day and we didn't have much time to come up with a plan for appeal.

The reasoning behind the discontinuation was to maintain the integrity of Redeemer's degrees and prepare students well for post-graduate studies. It came into question when students used "non-academic" courses, such as varsity fundamentals, in order to meet the minimum number of courses needed to graduate. Although these reasons are legitimate, it felt very unfair to lose that last 0.75 credit going into my last year. Student-athletes plan their courses carefully over the years and I would have had to take a whole

other course in my fourth year in order to graduate.

As they always do, Redeemer students came together to make it happen. In just one night, we gathered over 100 signatures on a petition to work out a plan that allows student-athletes to continue on the premise that they would receive credit. The Senate voted in favour of an amended motion which sees the change to the athletic 0.75 credit implemented in the 2019/20 academic year rather than 2018/19. This solution allows students to work with the Registrar's office and ensure they meet graduation requirements after this is implemented.

Athlete Spotlight

Get to know your Royals!

ANNA BAILEY
SENIOR REPORTER

Since 2011, the Redeemer Athletics Department has chosen one male and one female athlete per month that has shown exceptional skill, a sportsmanlike attitude, and all around earned a place in the spotlight. This month, three athletes were chosen. We had the opportunity to sit down with this month's athletes and ask a few questions to allow you to get to know your Redeemer Royals in a different light.



Wes Schilstra
Fourth-year
Men's Soccer
Major: Business
Position: Center Midfield

When did you start playing soccer?
I played Timbit soccer, so 3 or 4.

What does it mean to you to be a Redeemer Royal?

It's a pretty cool experience, getting to represent a Christian University. I always came to see games growing up, which is pretty cool too. There's a sweet atmosphere: home games are awesome. I don't think you really get that anywhere else. It's pretty cool, wanting to play for them growing up, and now getting to play for the school.

What's one thing on your bucket list?
Travel, probably a Europe trip. Especially Spain and Holland.

What's one thing you're thankful for?

The team, for sure; the group of guys. You get to practice but also hang out with them every day. Your teammates are your friend group, which is really cool.

If you could only eat one food for the rest of your life, what would it be?

Cheese and crackers; does that count as two? I basically live on that already.

If you didn't have to sleep, what would you do with your free time?

Play more sports! Maybe read a little bit more.



Linden Bontkes
Third-year
Men's Soccer
Major: Honors Business Management
Position: Goalie

What does it mean to you to be a Redeemer Royal?

I love being a Royal because it gives me an opportunity to compete for a great school with great fans. The name Redeemer on the back of the jersey reminds me that I get to play for something bigger than myself. I try to show how Christ has an impact on my life through the way I compete.

What's one thing you're thankful for?
I am thankful for a great community here and at home in BC.

What's one thing on your bucket list?

Skydiving without an instructor.

If you could meet any famous person, who would it be?

Will Ferrell.

If you didn't have to sleep, what would you do with your free time?

Make the world a better place.



Maya Torrie
First-year
Women's Soccer
Major: Physical Education
Position: Mid-Defense

What does it mean to you to be a Redeemer Royal?

The community and the great atmosphere make it for me. Representing a Christian school is different for me and really cool.

What's one thing you're thankful for?
New friends at school!

What's one thing on your bucket list?
To travel the world; I'd like to go to Australia.

What's one thing you've crossed off your bucket list?
Playing university soccer!

Cats or Dogs?

Dogs! I can't stand cats.

If you could only eat one food for the rest of your life, what would it be?

Pasta.

If you didn't have to sleep, what would you do with your free time?

I kind of like sleeping... But I would probably just hang out with all my friends.