

THE LIGHTHOUSE

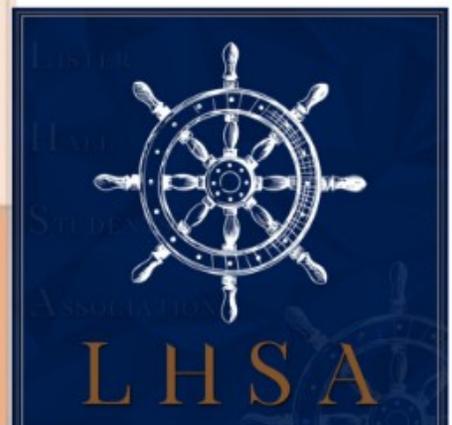


Feb 10, 2019

 TheListerLighthouse

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- JC Report
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- President Elections





JC Report– Feb 10, 2019

Sarman Bhullar

As always, the JC meeting started off with attendance followed by comments from the Executive committee which includes all the VPs of the LHSA. The gist of those comments can be exemplified in these points:

- Following the theme of valentine’s Day, condomgrams are going to sold by VP Wellness.
- Skulk is coming.
- Midterm Reviews by the AHR committee were a success placing over 40 people in both the reviews done. A stat 151 review is also supposed to be held on Feb 27
- VP Finance & Admin made the purchase of a Projector to help LHSA programming. The projector cost around **400\$**
- The LHSA website that hasn’t been updated in almost a year should see an update of information sometime soon. (Yes, the LHSA has a website: www.lhsa.ca)
- Talks about switching the LHSA exec emails from the free email platform Zoho to the gmail domain owned by the university have commenced.
- The new 1/2S FC and the New Chali 4A FC have attended their first JC after starting their term as officers of the LHSA
- Applications to apply for MK FC are still open. They close at 10pm on Sunday, Feb 10.

Following these contributions from the executive committee, the Chair (president) proceeded to address the JC. Wahab Khadeli, who is the current VP Finance acted as Proxy for the sitting President Nicole Inglis. He shared with us that some candidates running for the Student’s Union Executive team have reached out to the president of the LHSA to share their ideas with her. While this move could be a political push from certain candidates to engage with the Lister community, attempts by candidates to take Lister into consideration for their platforms will always be constructive for the community.

Every year, a forum for the candidates running for the SU executive team is held in Lister. Over the last few years it has been held in the Caf. However, this would not be the case this year. As per the president’s proxy Wahab Khadeli, the LHSA has been told that they cannot hold the forum in the Caf this year. He also shared that no reason was given for this unconventional change. One can only wonder if this might be because of the new all you can eat system where everyone has to pay at the entrance of the caf to get in.

Following these comments, the speaker (Kevin Rozell) dove into the agenda items. First of which was regarding floorwear. VP Kelsey Will Sacuta eloquently described floowear as “floors getting together and ordering floorwear.” While there are certain confusions about how to go through with this, it is understood that the majority of the process will be handled by the FCs if they so choose to do so.

The second agenda item is what has been on the tongue of every FC that I have met following the JC meeting: Amendments to the constitution. The agenda item and the amendments were proposed by Wahab Khadeli after consultation with his Finance and Administration committee comprising of 9 FCs

There were a total of 4 proposed Amendments to the constitution. Chali 5B FC Ben raised a point about how certain potential amendments that were discussed in the previous JC meetings at length were not brought up in the proposals. These included things such as



voter turnout, FC campaigning, and changes in the roles of VPs following this year. Ben felt that not bringing up these topics in the proposed amendments made him question if the voice and opinions of FCs in the JC meetings mattered or not.

Wahab responded to the remarks of Ben by adequately conveying that each amendment takes a tremendous amount of time to bring up as a proposal. He further added that he intends on bringing most of the topics listed by Ben as a proposed amendment in the next JC meeting that is to be held on 24th of February. The best thing for them would be to vote on the proposed amendments now and save the rest for later. This would help them improve the constitution in small steps.

Many FCs and VPs spoke in favour of making smaller changes to the constitution as they are brought up. VP Wellness Julia Schmidt shared her opinion on how bringing all the amendments to a JC meeting at the same time would make the meetings very long which is something that she wouldn't be a fan of.

Out of the 4 proposed amendments brought forward, 3 of them went to a vote while 1 was tabled till further improvements can be made to it. The 3 amendments that were brought to a vote for the Officers the LHSA were: -

- I. Switching from a ballot electoral system to a google form based electoral system for FC elections. This amendment also extended FC voting times from a specific time in the day to a 24hr time period
- II. Section 4 of the constitution titled "Elections" was moved to be put as Section 11 instead.
- III. The term wages was replaced with honorariums & the \$ amount to be paid to FCs was outlined in both a monthly and a yearly fashion. The \$ amount to be paid to them over the entire term is 800\$
(before this amendment, there was no reference to the specific amount that FCs were to be paid in the constitution. This amendment ensures that in order for any positive or negative changes to happen to FC pay, they would have to be passed through the JC. Since the majority of the JC is comprised of FCs, it is unlikely that any negative deductions to this wage will be made....ever)

The 4th amendment that was tabled dealt with certain organisational and decorative aspects of the constitution. Wahab Khadeli's hate for the currently used font Cambria fueled him to want to change the entire outlook of the Constitution. His efforts in reorganizing the constitution were not popular with the JC and he was sent back to improve on his efforts regarding this amendment.



Valentine's Day for singles

Emma Monaghan

Greetings and salutations, people of Lister! It's February, which means that the most dreaded holiday of the year is coming up: Valentine's Day. Brace yourselves for the upcoming social media posts about "Singles Awareness Day," "Galentine's Day," or pictures of your ex with their new partner. I acknowledge that this holiday is when Hallmark rakes in its maximum profits for the year, but I'm a fan of Valentine's Day. What better opportunity to demonstrate your appreciation for the people around you? Whether you're single and loving it or single and looking, I'm here to provide you with tips that will ensure you have the best V-Day yet.

One of the best parts of being single is how much freedom you have. A privilege that comes with this freedom is stepping up your game (if you know what I mean). It's always fun to maximize your efforts at wheeling! Below are some suggestions to try on members of your preferred gender. To preface this, *please do not try any of the suggestions on me because I have a boyfriend. Sorry to disappoint, I know how many of you had crushes on Lister's cutest chitter meme (*cue crickets chirping*)*.

1. If you are lucky enough to play your LDL crush in dodgeball, make an LDL crush post about them on chitter. When they comment on it, like them on chitter. **This worked for me once.**
2. Go to the friendly neighbourhood donair shop by lister and play Up Chicken Down Chicken, but grab their hand and hold it under the table instead of passing the coin.
3. Invite them to watch a horror movie with you. This will induce what is called "misattribution of arousal." Their heart rate will increase because the movie is scary, but they'll *think it's because they're attracted to you. Boom: psychology hack. I have had a 95% success rate with this one.*
4. If you win Roll Up the Rim, give them your win--unless you win a car.
5. Get a doctor kill in dodgeball so they realize what kind of energy you're packing.
6. Bring a lasso and lasso their body from across the caf.
7. Memorize the scripts from all nine seasons of The Office.
8. Become Jimmie John: **100% success rate.**
9. Write a very large message for them in the snow outside their window.
10. Stage a fake robbery at the Lister ATM and then save them.



For those who are interested in maintaining their single status, here are some suggestions that don't involve a significant other:

1. Watch a rom-com with your friends and make fun of it. Bring snacks!
2. Bake Valentine's Day themed cookies with your floor (RIP Chali kids).
3. Practice self-care. Gotta promote self-love!
4. I don't know who needs to hear this (@me), but actually study. Increased productivity = decreased stress later on.
5. Buy YOURSELF a candy gram. **I do this all the time.**
6. Go to the Singles Party at Duke's and make new friends! Check chitter for details.

While Valentine's Day has notoriously been about couples, remember your own worth this year. **Just because you are single does not mean you are alone.** Valentine's Day is a day to celebrate the love you have for all types of relationships: for your friends, your family, your floor, your pets... You name it! Be your own best friend by practicing some self-love this year. Pamper yourself, get support if you need, and take care of yourself. We're all here for a good time, not a long time! That is, unless longevity runs in your family--otherwise you're here for a good time AND a long time. All the more reason to love yourself!

Happy Valentine's Day, homies! Stay golden.



Valentines Day for relationship peeps

Ben Bernhardt

Valentine's Day is just around the corner! If you're still not sure what to do with your special someone, consider these ideas.

Not Caf Food Dinner

Nothing says "I love you" like an evening away from the Caf. Meat, El Cortez, Villa Bistro are easy to get to restaurants that are worth the travel. If you're craving meat this Valentine's day, Meat should be your go-to. This restaurant's name says it all. Villa Bistro is an upscale yet affordable and cozy restaurant just off Jasper Ave with a killer beef dip and great pasta. El Cortez is a tequila bar-style Mexican place that might help you forget that you're in Edmonton. For a spicy Valentine's, El Cortez might just be your place (also Thursdays are half-off tequila).

Visit the Ice Castles

If you're willing to brave the cold, exploring the Ice Castles could be a special and romantic outing. Tickets (\$14 each) are available online for specific time slots, although I wouldn't be surprised if slots fill up quickly. You can check out their website at

<https://www.showclix.com/event/ice-castles-edmonton-2019>

Cozy up With Netflix

Snuggle up with your significant other with your favourite Netflix show. Check out some of the recommendations from the Lighthouse!

If you're going to be focusing on self-love or spending time with friends here are a few ways to have fun on Valentine's.

Go to the Theater

Sometimes it's nice to get out of Lister, if not just for the change of scenery. Check out what's playing nearby and take in a movie. Landmark Cinemas City Centre is easily accessible by transit!

Dominos and a Rom-Com

If you haven't had the Domino's Lava cake you are missing out. These warm, bite-sized treats are the perfect gift to yourself in the dead of winter. They are pretty small, so consider ordering 2 or more for yourself---you'll thank me later. Put on the cheesiest Romantic Comedy and have a few



laughs with friends. Go for the flicks with the lowest ratings—they're usually the most ridiculous.

Treat Yourself

Whether you choose to do a face mask or to buy yourself a ton of chocolate, Valentine's can be the perfect excuse to focus on yourself. Also, hold off on buying chocolate until the day after Valentine's to get massive discounts.

Regardless of what you end up doing this Valentine's day I hope it turns out to be a good time—even if it doesn't turn out the way you expected. Hopefully this list gives you some ideas that will make your Valentine's a little lovelier. As for my boyfriend, Maxwell, and I, we will be having a romantic chicken nugget dinner followed by a few episodes of Black Mirror.

Have a happy Valentine's Day, everyone!



Elections are coming

Will Maciejowski

Election season for the LHSA has officially begun. Presidential nomination forms are out and candidates will be going around Lister getting signatures to fill their packages. As a resident in Lister, this is a very important time of the year because this is a direct way to voice your opinion towards the inner workings of your student organization. Throughout the year, the LHSA advocates for each floor in Lister through FC's, and organize programing and events to further develop resident life. The elections serve are a way to keep the organization credible and ensure that the voice of the student body is represented in making decisions that reflect upon your lives.

These elections are open to anyone in Lister, so if you are interested in making your own case for any of the potential positions within the LHSA, make sure you get a nomination package from the LHSA office located in Schaffer Hall, Room N125. You would then follow the campaign timeline seen above. If you don't want to run personally, getting out to vote is the best way to make an impact in your community. Advocate for how you want the organization to run and help develop a credible process to delegate the officials. **Presidential voting day will be March 8th. VP voting day will be March 22nd.** There will be a student forum held in Lister for both the Presidential and the VP candidates. Make sure you are ready to choose your preferred candidate on these days. If you have further questions, ask you floor coordinator or any other member of the LHSA that you may know.



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A note on mental health

Tina Tai

T/W: mental illness, suicide

Dear readers, in light of recent events, the Lighthouse would like to discuss the topic of mental health and suicide prevention

On January 29th, CBC News published an article titled *‘I couldn’t believe it’: University of Alberta evicted student after attempt to kill himself. This article instigated substantial backlash from students towards the UofA...and rightfully so. In this article, a student going by the pseudonym ‘Eric’ explains how a university staff member handed him an eviction notice after he made a second suicide attempt while in residence. The notice cites section 8k) of the Residence Agreement “The resident will not endanger persons or damage property in the Premises and Residence” as the reason for eviction. Two weeks later, the same staff member emailed ‘Eric’ reconsider the previous decision to evict him.*

The dean of students, André Costopoulos, has responded that there are no policies which consider self-harm as a reason to ban a student from residence. VP Student Life of the Students’ Union, Andre Bourgeois, has also stated that the eviction letter ‘Eric’ received was “never justifiable, never acceptable”.

Following this incident, some common remarks have since been repeated over and over: “there are x resources to reach out to for help”, “my door is always open to talk”, “it is necessary for on campus mental health services to help staff and administrators respond to at-risk students effectively”, “it’s ok to come talk to me about mental health”, or some other iteration of similar phrases.

As someone who has struggled with suicidal thoughts and mental illness in the past, hearing these words somehow does not offer me the reassurance they are intended to give.

Giving out a list of resources to reach out to, while well-intended, is oftentimes simply not enough for a person with suicidal ideations. It is difficult for someone feeling isolated and hopeless to reach out on their own to resources or peers.



This is also not the first time that a situation like this has occurred. As Bourgeois noted in the CBC article, the Students' Union is aware of multiple cases in the past of students being evicted under similar circumstances. Now, the university says that it is taking steps to establish better mental health standards...but is just talking about it enough? What concrete steps are they taking to establish better procedures for mental health and suicide prevention?

An official statement regarding this incident can be found here: <https://www.ualberta.ca/news-and-events/mediarelations/media-statements-2017-current/2019/january/statement-regarding-media-reports-of-a-2016-student-eviction>

It is uncertain at this point what procedures and programs will be established in the future to better educate students and staff about mental health. It is my sincere hope that the University of Alberta, and all other post-secondary institutions across Canada, will begin to take noticeable actions towards mental health initiatives. In 2019, briefly talking about mental illness and then hoping the issue passes isn't enough. Students are still suffering from poor mental health despite slogans of "Love yourself" and "#BellLet'sTalk". In 2019, it's time we do more than just talk.

As some of you may know, over this past week, Lister lost one of it's own. We offer our condolences to the students' family and to anyone who is grieving.

In this time of grief, I'd like to encourage the residents of Lister to come together as a community. Please actively look out for another. Your RAs and FCs are great resources to direct questions to and reach out to, but they aren't the only ones who can talk to residents about their mental health! Check in with your student leaders if you feel that they are having a difficult time, and don't hesitate to reach out to your floormates for a conversation about how to help them out. It can be as simple as going down to the cafe for a meal together, taking them to a drop-in volleyball session at VVC, or watching a show in the lounge with other floormates.

On a final note, please remember to take care of your own mental health. You are under no obligation to place yourself under immense amounts of stress in an attempt to take care of someone else. If appropriate, connect your peers to professional services who can help out your friends when you're not sure how to. Now, more than ever, be kind to one another and be kind to yourself.



Study tips and coping with Midterm stress

Alexis Jones

Midterm season is here and can be a stressful time, so I have come up with some study tips. In class, I have befriended people beside me and formed a study group; this way, you can review study guides and practice tests independently and then meet up before the midterm and final to help each other out. You can ask them about certain questions that you didn't understand and they will help you find the answer and vice versa. Another option is to go to your Prof's or TA's office hours. You can also book an appointment with them. Their office hours and emails are usually in the syllabus. This may seem scary but remember that they are there to help you! They know the content the best and are usually very friendly and excited that someone actually showed up to their office hours!

Study schedules are also a great tool where you write a list of what you need to accomplish each day. This forces you to stay on track as well, and it's very satisfying checking off the things you've finished. If possible, try to study a little bit each day whether that be reading chapters, reviewing prof notes/lecture slides, doing practice tests, making quizlets (online flashcard, I highly recommend), studying the quizlets or writing a small part of your essay. Another important element in being successful in school is getting enough sleep. Please get lots of sleep as it's a big part of learning as once you hit REM cycle, your short term memories get processed over to the long term memory section of your brain.

Study breaks are just as important as studying because you can only focus for so long, and if you don't take a break you won't retain what you are trying to study. A great study break is exercise, whether that be dodgeball, swimming in VVC, intramural sports, working out in VVC, Heday or Chali gyms, or even playing Just Dance in the lounge. Another good study break is FOOD as you can't focus on an empty stomach. You could also blast some music and clean your room, do laundry or shower. You could play a card or board game with your floor. You can also catch up with some friends or family by calling or facetimeing them. These are all healthy ways to take a break from studying.

Midterms are very stressful but try to not put too much pressure on yourself and remember to relax. There is puppy therapy held in libraries all over campus, so please go check them out. If puppies aren't your thing, there is also the cat cafe on Whyte Ave. You can also just chill out with some friends, get some junk food and watch Netflix for a night (check out the Netflix recommendation in most editions of the Lighthouse!) Or...you can always have a fun night out with your friends and have some "adult beverages"...only if you want to and at your own pace ;) Please remember school is important but so is self care and taking a breather from the stressful season of midterms!



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