

BRIEFS

What Happened to the Iron Times?

It's a classic case of biting off more than you can chew. I thought I would be able to juggle the Iron Times along with my academic studies without any problems. That just wasn't the case.

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Presidential Address

My name is Rob Stalker, and I am the President of the Carleton Student Engineering Society for the 2009-2010 term. In all seriousness, I am thankful for the trust you have shown by taking me as president; I hope to prove it a good decision.

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The Joy of (Slow) Cooking

The engineering undergrad life can be quite hectic at times and oftentimes it can be quite difficult to find the time to prepare a decent, balanced meal. Sure, you could go out for food but that tends to get expensive and still fairly time consuming or not very healthy.

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Why Ladies Love Sci-Fi

Sci-Fi movies and shows aren't typically known for drawing in huge crowds of female fans. While it is usually the scene for nerds to line up around the corner in costumes, I think that science fiction can be just as suited for the ladies as it is for the gents.

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Where Is The New Issue Of The Times?



Warning: This newspaper may contain offensive material and should not be read by people who are easily offended. All opinions expressed within The Iron Times are solely those of the writers and contributors, and do not reflect the views of CSES unless indicated otherwise. This paper is jestful and satirical in nature and is not intended to be malicious in any manner.

EDITORIAL

What Happened to the Iron Times? AKA Why I Hate the World AKA How to Submit Articles AKA How to Kill Space with Titles AKA Longest Iron Times Article Title Ever



John "Lazers" Koh
- SYSC IV -

"Where's the Iron Times?"

"What happened to the Iron Times?"

"When's the next issue of the Iron Times coming out?"

"Last day of classes, where the hell is the Iron Times?!"

These are questions that I had to hear during the Iron Times drought throughout November and December.

"I'm pushing the issue another two weeks."

That was my answer to anyone who asked me at the time, mainly because I actually thought I would be able to push out an issue within that time. But life kept piling on more work; work more important than the Iron Times. Normally, I'd pass off the work to any of my editors but they were either

in the same situation that I was in or they weren't trained enough because I didn't have the time to train them.

It's a classic case of biting off more than you can chew. I thought I would be able to juggle the Iron Times along with my academic studies without any problems. That just wasn't the case. I now see the sage wisdom of having at least two people acting as the editor-in-chief. I needed someone else to help me do my duties whenever I'm unable to do them at a suitable pace or at all.

**I now see the sage wisdom of
having at least two people
acting as the editor-in-chief.**

The Iron Times have always been run by at least two people in the past. Why I thought I could change that or even why I thought I could do it on my own, I'll never know. To remedy this problem, I've recruited other editors to help out the editing process (and who have been fantastic with their work) and I've asked Nolan Hunder to become the co-editor-in-chief of the Iron Times. To my relief, he accepted the position. You should congratulate and thank him when you get the chance or else this issue might have been delayed even further.

While the workload problem has been fixed, it wasn't the only problem that was plaguing the Iron Times. The other big problem that the Iron Times ran into was the lack of submissions.

We often joke that the Iron Times doesn't get to see a lot of quality submissions but the sad truth is, we don't even *get* submissions. If I had

decided to print an issue for November, you would have seen an eight page issue and at least two of them would have been filler. I'm all for quality over quantity and there was no way I would have pushed out such an unimpressive issue. The October issue received complaints because people thought it was boring. November's issue would have been worse. I eventually went out and asked for some more submissions from regular Iron Times contributors to fill this issue (and I still think it's kind of bare...) The result is a mish-mash of articles intended for a November release with December/January submissions mixed in. If an article doesn't make sense, it's because it's horribly outdated.

Please, please, PLEASE submit something to the Iron Times. It can be anything, as long as it isn't offensive. If you do decide to submit something, please include your full name, callsign (if you have one), your year and your stream. You can also include your picture along with the article, so we can match a face to a name.

The next submission deadline is **January 18th!** Please submit articles by then!

Writers Wanted

The Iron Times is always in search for creative, talented, intelligent, informative and trustworthy individuals to write and submit content. There is a high probability these qualities do not match your description but we encourage you to send in your articles anyway. We're just that desperate for articles.

From: The Editors <irontimes@cses.carleton.ca>

We definitely try our hardest to make sure the Iron Times is an enjoyable and readable paper (after all, engineering is a professional practice and we adhere to a level of professionalism in everything we do...right?) but sometimes, even us editors can make or miss mistakes. If you find any, we apologize in advance.

If we've made a critical error, please do not hesitate to inform us of the necessary corrections.



The Iron Times is a free publication of the Carleton Student Engineering Society.

Submissions are welcome from articles to photos, from news to entertainment to opin-

ions, and everything in between. Anyone may send their submissions, complaints, questions and concerns to irontimes@cses.carleton.ca

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Thanks to all the writers that contributed.

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CSES

Presidential Address



Rob "Merlin" Stalker
- AERO III -

My fellow students:

I sit here today humbled by the task before us, grateful for the trust you have bestowed, mindful of the sacrifices borne by our ancestors...wait.

My name is Rob Stalker, and I am the President of the Carleton Student Engineering Society

for the 2009-2010 term. In all seriousness, I am thankful for the trust you have shown by taking me as president; I hope to prove it a good decision.

While we are halfway through the first semester, the year is just beginning. CSES has been busy already with matters such as the textbook trade, EngFrosh Reunion, and the Fall General Meeting, but don't worry - we're just getting started. A few things to look forward to in the short term are the Engineering Design Competition, the Charity LAN for all you gamers, and of course, Whirlwind (get your tickets!).

This isn't all we're planning for this year. Some of the things we'll be looking into:

- ° Making CSES and its services more visible
- ° Adding more professional events and resources to our repertoire
- ° Strengthening the ties between CSES and stream societies and clubs
- ° Providing consistent updates and fully utilizing the website

° Defining where CSES is and where it should be going

While this may sound a little heavy, it's all about doing a lot of small things well, and in the end it should add up to an improved society for you.

Speaking of which, we need you! CSES is completely volunteer-run, all the way from the President down to working a Leo's shift every week. Getting involved is a very important aspect of university; it helps complement your education and makes those four years seem just a bit shorter. I'd like to encourage you to get as involved as possible, be it with CSES (good choice), a stream society, interest club, or whatever - just get involved. We currently have several directorship opportunities available; check out getinvolved.engsoc.org to see them all.

Anyway, that's (almost) enough plugging the society for now. Keep an ear out for upcoming events and chances to get involved. It's going to be a good year!

Faithfully yours,
President Stalker

CSES Charity LAN

Adam "Agent Orange" Brierley
- AERO III -



CSES will be hosting its first charity LAN of the year on November 28, 2009. Come out and play some of your favourite games and feel good about it too. 100% of ticket sales will be donated to the Children's Hospital of Eastern Ontario. Tickets are \$10 and will be sold in the CSES office. You might want to make sure the 29th is free too; the LAN will run ALL night long. Bring your rig and play your heart out!

New this year is Carleton Engineering's first ever 'Magic: The Gathering' charity booster draft. My experience is that lots of engineers play Magic, but there hasn't been a venue for us to all meet. This will be a great chance to meet players of all different skill levels. Tickets are \$20 in the CSES office and get you 4 Shards of Alara booster packs, and a seat in the tournament. There are plenty of prizes so come out and support CHEO. Hopefully this will be the start of many booster drafts to come. The draft will be held on the same day as the LAN, November 28th. Please go and sign up in the CSES office so that we have an idea of the interest levels.

[Ed. Note: Like I said, these articles are outdated but keep an eye out for the next one, which we promise to be a lot bigger. Also, just as a quick report, the CSES Charity LAN was able to raise over \$200 for CHEO. Thanks to everybody who came out!]

ESSCO and LIAC

Hillary Flesher
- CIVE II -

When people are stressed, new information doesn't get stored in the region of their brains reserved for memory, but rather it gets stored in the hypothalamus, the part of the brain that processes emotions.

As students we are subject to stress, and studying something as academically demanding as engineering doesn't make it any better. The Lobbying Issues and Action Committee (LIAC), part of the Engineering Student Societies' Council of Ontario (ESSCO), is now studying the causes of stress in undergraduate engineering students as well as the effect it has (on their grades)?

From first year on, the number of people in engineering classes drops, mostly because of what the program demands of them. Schools have resources available to help students cope with the stress they face during their studies, but are they enough? Do they cover everything, or do they just deal with academics?

There are several causes of stress, ranging from the number of assignments a student has, to simply not understanding new concepts. The measures people take to deal with stress are as varied as the causes themselves. Common coping methods such as drinking, dropping out, and in some cases mental health issues, have serious repercussions, making this topic all the more important and worthy of study.

Figuring out how stressed students are during the school year, trying to pinpoint the causes of this stress and seeing what can be done to help are all aims of the new study. You can help by filling out the survey about stress before the end of December. The link was sent to



your school email address. Fill out the survey and get entered into a draw to win a Canon SD1200 IS digital camera!

The results of the survey will be kept anonymous, but to be eligible for the draw you must provide your valid school email address. The results of the study and our recommendations will be used in a report that will be presented to Professional Engineers Ontario, the Ontario Society of Professional Engineers, the Council of Ontario Deans of Engineering, as well as other associations that can help initiate change within Ontario.

Fill out the survey and help us make a change!

Official Awesome Old (and Rehased) Motion of the Month



Carleton Student Engineering Society
Meetings of the Members

withdrawn

For: _____
Against: _____
Abstained: _____
Chair's Initials: _____

RESOLUTION OF THE CARLETON STUDENT ENGINEERING SOCIETY

Title: CSES needs a castle (again)

Proposed By: Jacob Hammer

Seconded By: Mitchell Malcomson

WHEREAS: CSES is not currently in possession of a castle

AND WHEREAS: It has been mentioned in the past for CSES to obtain a castle

THEREFORE BE IT RESOLVED THAT: CSES construct a totally awesome castle in Mackenzie Field before Carleton builds there

FURTHER BE IT RESOLVED THAT: The construction contract be given to Tim "the Tool Man" Taylor

FBIRT: There be a catapult built to launch projectiles.

FURTHER BE IT RESOLVED THAT: It have fierce looking parapets that look like they might be hiding a ninja or something equally awesome.

FBIRT: Flying buttresses be included with alongside the parapets.

FINALLY BE IT RESOLVED THAT: The castle be dedicated in ~~the~~ honour of the late adrien "passout" gravelle

FBIRT: There is a moat with crocodiles.

FBIRT: George be the princess of the castle

FBIRT: CSES student fees be increased to \$100 000

NEWS

EngFrosh Reunion

Greg Harrington
- CIVE II -



Who? Carleton Engineers
What? Engfrosh Reunion
When? October 23rd, 2009
Where? Landsdowne Stadium
Why? Because we're awesome
Attendance: There were about 80 of us
Level of awesomeness: about 90%

Ok, so here's my breakdown of the night. We got there, and we all screamed the anthem, after which anyone in our section that wasn't part of C-Eng got up and left. Then the cheers started. I will list them:

"Any three words! Any three words!"
"Four sy-lla-bles!"
"Fight, fight, fight, fight!"
"Alan Johnson!"
"Shut up Colin!"
"Aaaaaannnnndddddeerrrrsssoooooonnnnnn.....
Aaaaaannnnndddddeerrrrsssoooooonnnnnn....." (Note:
we pretty much chanted this the entire time that Anderson,
the Major's goalie, was in our end)
"Go Leafs go! Go Leafs go!" (Haha I'm a huge Leaf
fan and got people chanting this one about four different
times)
"Let's go Nordiques!"
"Here's to Matt! Here's to Matt! Here's to Matt he a
horse's ...etc."
"Sweaty Yetis! Sweaty Yetis!"
"Brrrrr, it's cold in here! There must be some Yetis in
the atmosphere!"
"We're the future! We're the future!"
"We build your stuff! We build your stuff!"
"Don't trust our bridges!"
"Epic failure! Epic failure!"
"We want blood! We want blood!"
"We're obnoxious! We're obnoxious!"
"Wolverines! Wolverines!"
"TV guy! TV guy!"
"Sanitation! Sanitation!"
"Flick! Flick! Flick! Flick!"

Also, "Don't Stop Believing" got started up a couple of times, and so did "Bohemian Rhapsody", and "Come Sail Away". They were all pretty much epic fails. We also did the usual countdown to pi, and myself and a few other attempted the rare "countdown to pi at 3.14 seconds instead of 3 minutes 14 seconds" and the even rarer "countdown to pi at 0.314 seconds instead of 3.14 seconds OR 3 minutes 14 seconds". Towards the end of the game, one of the cheerleaders came out dressed as the giant chicken from Family Guy, so we did the chicken dance – an epic success.

Back to the actual game – the 67's lost 7 – 4 to the St. Mike's Majors. It was breast cancer awareness night, so of course we were all decked out in pink, as well as the 67's players, and the refs. It was pretty funny when a fight broke out after a scrum at the net and we all got to see a guy wearing pink beating up a guy wearing baby blue.

It's Coming... It's Big...

Mark Strummer
- Alumni -

As many people know, I recently graduated from C-Eng. What you may not know is that I have been slowly working my way through the inner web of Carleton University's livelihoods. I am now in a position to be able to do the one thing that no engineering student, ever, could do before me.

Sure, everyone thought about it, but I have the guts to actually do it. Right now, there is a giant

hole in Mackenzie Field, most believe that this was to be the location of the new Engineering building but I know better. Slowly but surely the foundation is being laid. My ultimate coupe is being carried out. The truth of the matter is that there will be no new Engineering building constructed in Mackenzie field, as I have, with quite the ninjamatic moves, switched the plans. With my minions in place the construction of the CSES Castle has begun!

While many might believe that they might stop me, they would be quite wrong. I am now in a position that I am unstoppable and before the end of next year all will recognize the glory of the CSES Castle. I, and I alone, will fulfill the mandate for the CSES castle to bring about the ultimate reign of engineering supremacy.



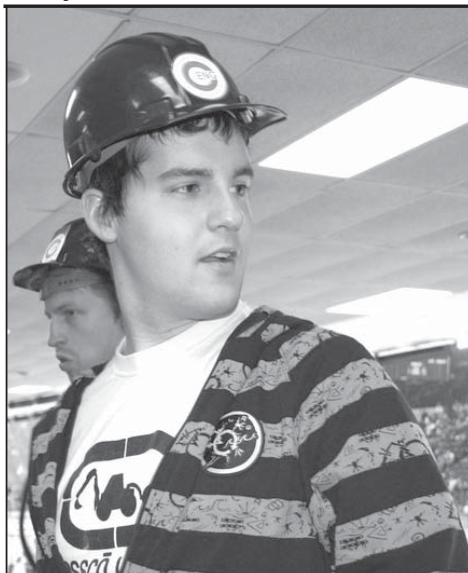
"You know the only green space we have? Demolish everything around the area and make a building for the engineers. While you're at it, make annoying noises all the time so that it's impossible to get any work done. Then, replace that door that everyone in Mackenzie uses to get to the University Centre but paint it right after so no one can use it." - The genius in charge of the project

Which is why engineers can on occasion smell bad.

GALLERY

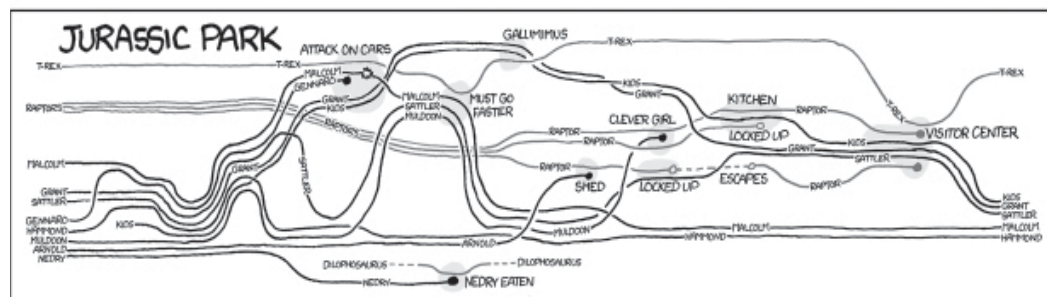
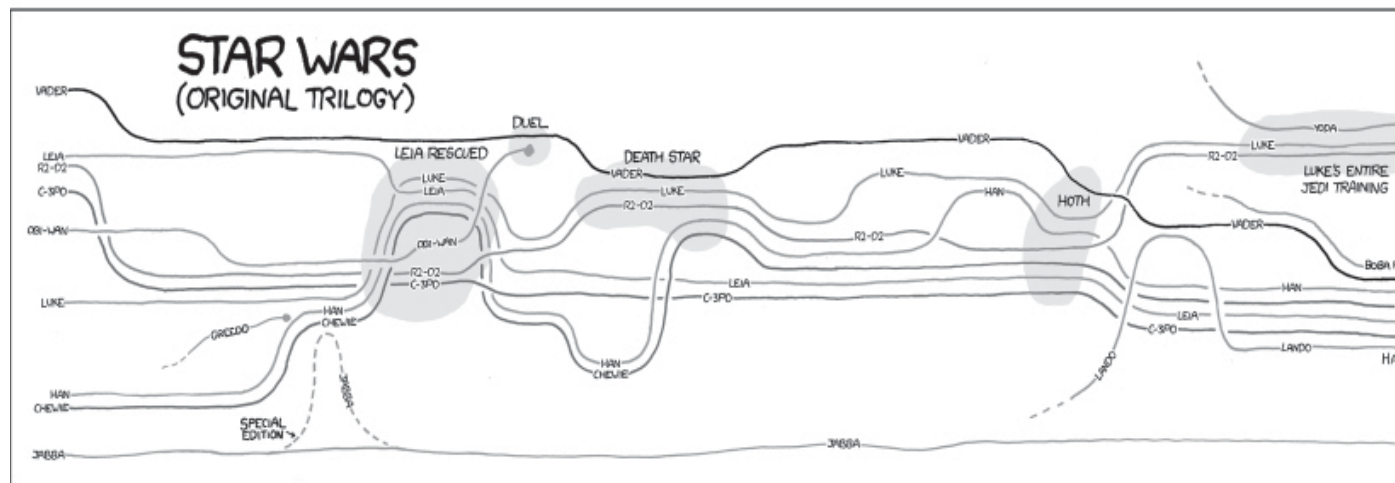
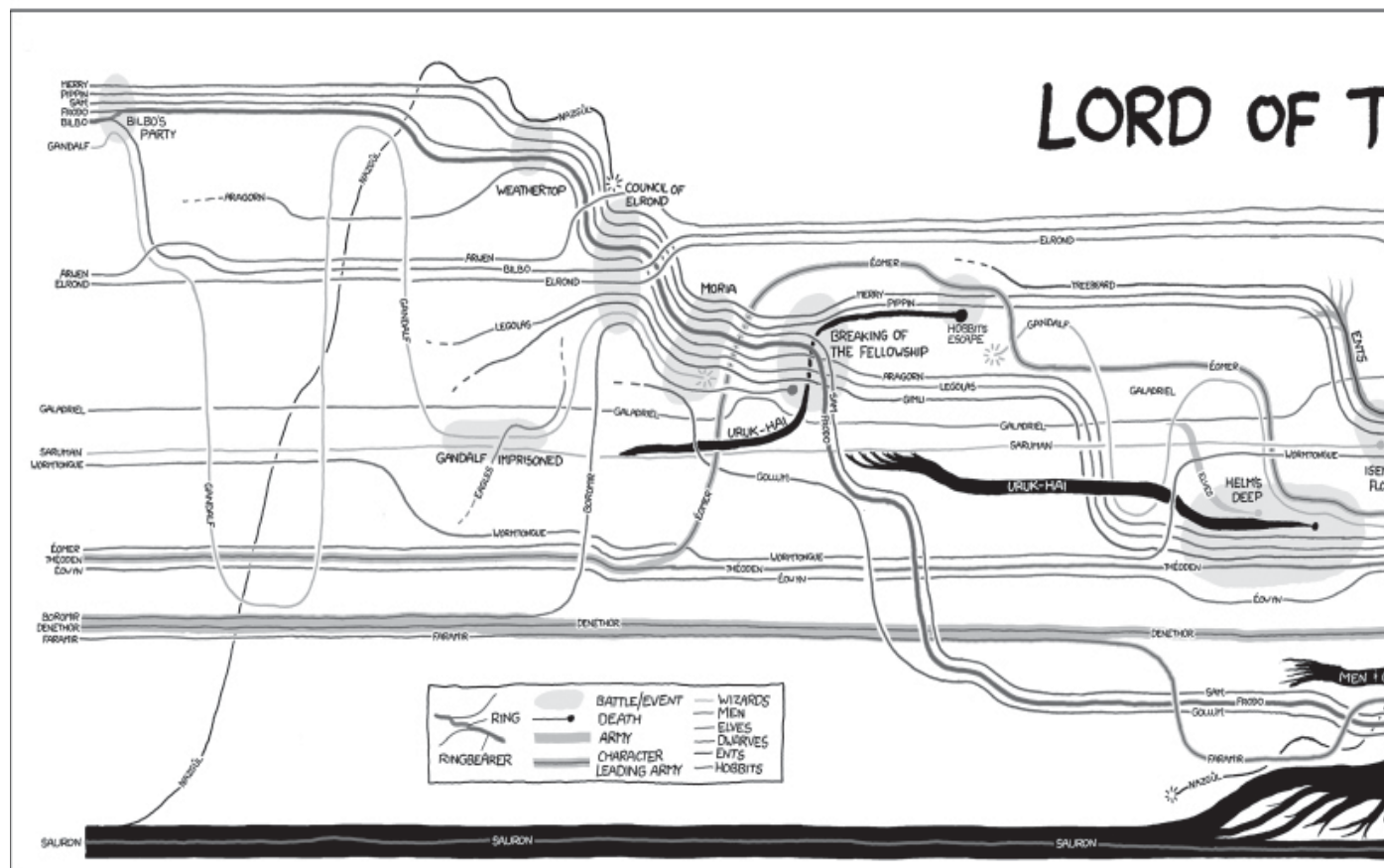


StarCraft II and Diablo III released as a bundle in Winter 2010.



If that last one made you plan out your 2011, you just might be a NNNNNNNNNNNNNNEEEEEEEEEEEERRRRRRRRRRRD!

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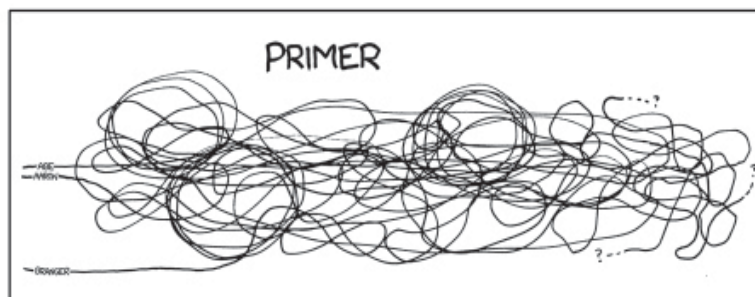
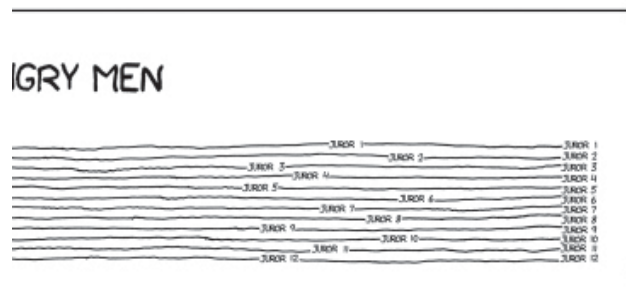
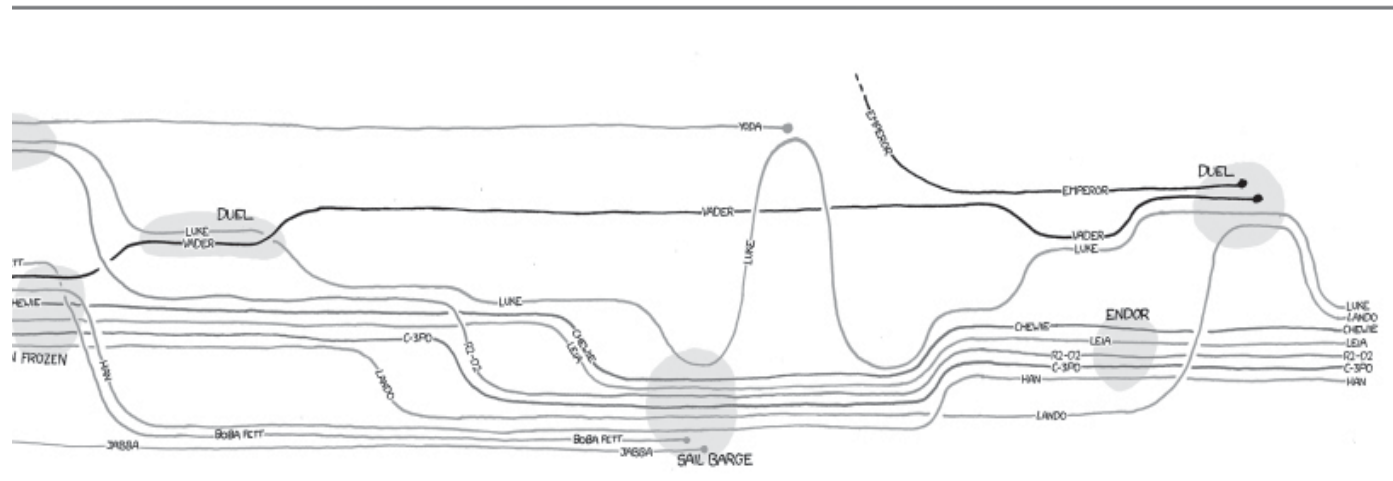
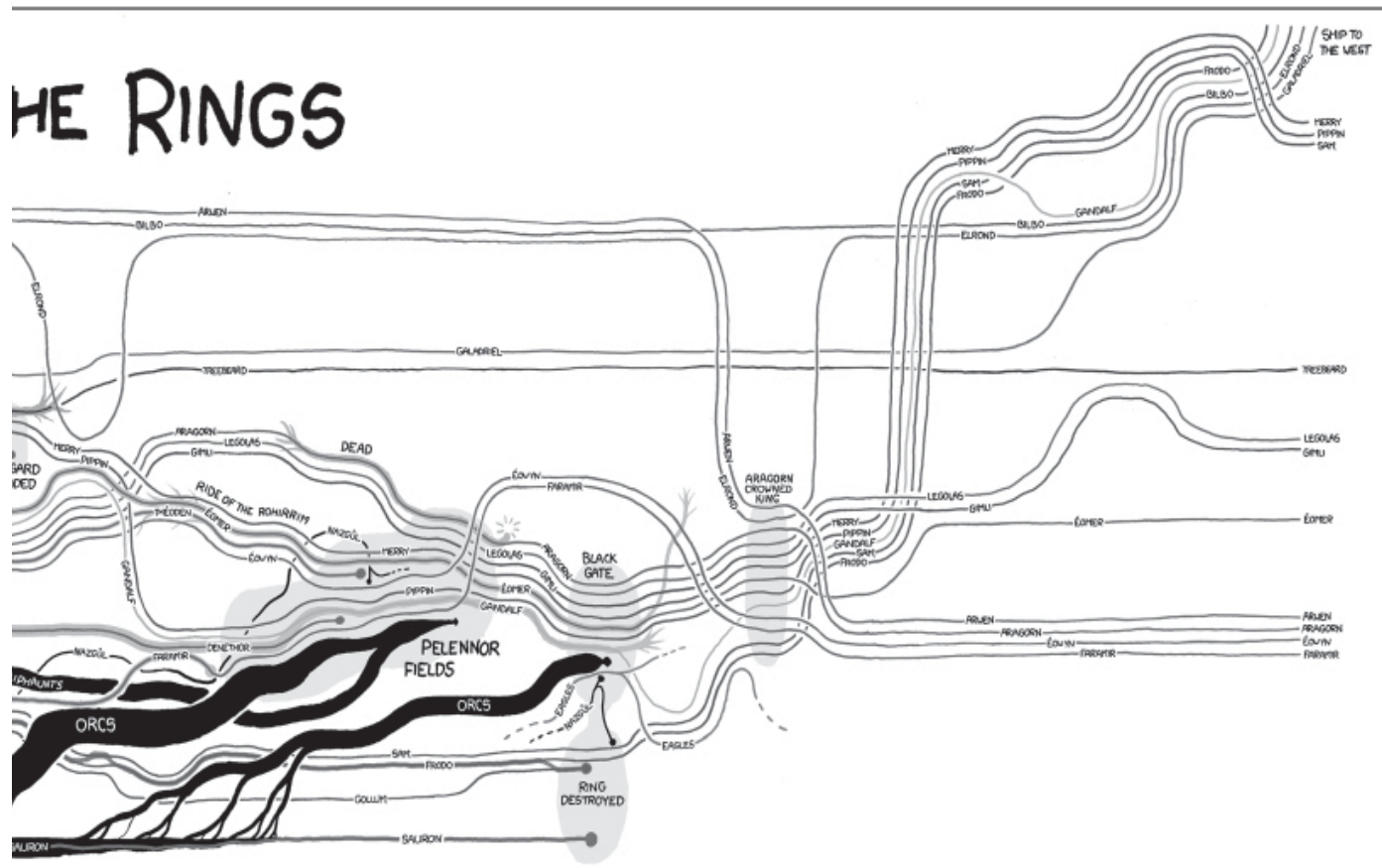


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CHARACTER INTERACTIONS.
THE VERTICAL GROUPING OF THE
ERS ARE TOGETHER AT A GIVEN TIME.

THE RINGS



ENTERTAINMENT

Studying Rant

Joe McKay
- AERO III -

This was written Wednesday, April 15, 2009 at 11:42pm while preparing for a disastrous exam and despair took over. Enjoy!

You know what? Studying sucks. It also epically sucks when you go to study, you have nothing else to do that day but study, but what do you do? Not study one single bit. Then you just feel bad because you know you should have used that time to study and that you'll never get that time back, but you still know that there's a good chance that you'll do the same thing again the very next day. That's what finals are all about. It's not about figuring out what you just spent 3 months learning, it's not about finding deeper meaning in the universe. It's about finding different ways to not do what you're supposed to do.

So really, it's like true preparation for the working world. You show up at work, you know you should be working, but what happens? collegehumour.com, Youtube, and Facebook. These are the things that life is actually comprised of. These are also the things that get ordinary people able to face the day and not say, "You know what? That's it! I'm done!" Finals are training for the true rigours of life and boredom. In the working world, the boss comes in and what does he do? He threatens your job/raise/family well-being/ whatever. That's where the final test comes in. You look at the test and think, "Oh crap! I don't know any of this! I'm so going to fail!" They

don't even care if you actually pass the test or not, just so long as you feel bad writing it, you're prepared.

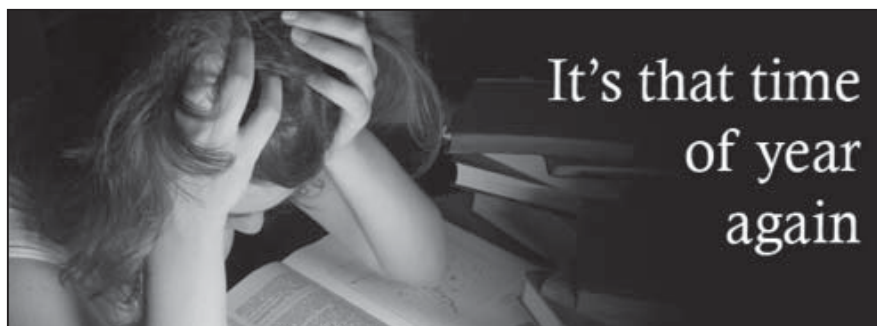
Then there are the time slots. It's not all nicely made so that there's a test today, two days to study, test again, another two days, then another test. NO! It's a frickin' week so you feel like you have all the time in the world and then BAM! 3 tests in a row. No study break, no warning, just go. How can those that require only a day in between exams to be properly motivated actually study when there's a whole week of leisure tempting us? It's like dangling chocolate in front of a starving man, but it's laced with poison. Don't tease us with free time we haven't had all year at the one time of year we shouldn't take it!

When the people come to complain to the profs they say, "Well, you had all this time, you should learn a little time management." Well you know what, screw you! I'm learning all this other stuff that I don't understand or care about. I don't have time for

this 'time management'. It's like telling a guy that he should have filled his water bottle more full when he was back at the ocean, BUT THAT WAS 3 MONTHS AGO! Ok, bad analogy, ignore that part. Crap, that one killed my momentum, where was I going with this?....

OH Yeah, 3 hours for a 6 hour test. What the hell is up with that? You'd think that the profs would like you to at least have a shot at successfully completing the test, but no. It's so long that you can't even get through it. Now you feel like for sure that you've failed. YOU DIDN'T EVEN FINISH HALF, HOW CAN YOU GET 50?! Then there's the miraculous bell curve, but wait. Your prof is a less than kind person, and instead gives you 42%. And that's one of the better scores! Then the administration wonders why 60% of the class fails!!!! It's all a scam to take your money.

So, can't think of anything else to rant about... So everyone, happy studying. Good luck.



The Joy of (Slow) Cooking

Rob Klett
- ELEC Grad -

The engineering undergrad life can be quite hectic at times and oftentimes it can be quite difficult to find the time to prepare a decent, balanced meal. Sure, you could go out for food, but that tends to get expensive and still fairly time consuming or not very healthy. No, usually around midterm season, the money and available time has started to dry up and meals tend to become mac and cheese, milk and cereal, pop tarts, TV dinners and pizza pops. Allow me to introduce to you the slow cooker.

I know that doesn't sound like a quick meal, but it can be. You can probably find enough time in your week to get over to a grocery store, buy about \$20 worth of ingredients, chop them up and throw them into the slow cooker. Once that's done, turn the slow cooker on and go do whatever else you need to do, and four to eight hours later, you have a fully cooked meal. Throw what's left into ziplock containers and throw that into the fridge. You now have meals for the rest of the week which can be simply reheated in a microwave. You can even find freezer safe containers to keep the left overs for more than two or three weeks. I don't recommend reheating your food in the plastic containers though. I've seen them soften and melt slightly and I don't really like thinking about what they might be leaching into my food.

As for buying a slow cooker, they are relatively inexpensive appliances. A quick internet search revealed that Wal-Mart has a 4 quart (3.8L) model for \$18 and a 7 quart (6.6L) model for \$60 and I'm sure that there are a wide range of sizes and prices. I highly recommend a larger crock as you can make more food in the same amount

(that's time efficiency, kids) as long as you have the counter space and storage space for it. That was my mistake. I got a 4 qt and use it a little too often as I can't make enough food. Assuming that this is still too expensive for the engineering student (not a terrible assumption to make), there is the option of parents. Christmas and a bunch of other holidays that promote the spirit of giving are coming up so now might be a good time to start hinting to the parents that a slow cooker is



just the most awesome thing ever and all your friends have one but too bad you have neither the time or money to buy one for yourself. Flash some puppy dog eyes at Daddy for good measure.

You may be wondering what kind of food you can cook in a slower cooker. The answer is pretty much everything. Throw some peppers, onions, spices and meat in and you've got fajitas. Try some cheese, cream soup, potatoes and onions and you have a potato casserole. Ground meat, tomatoes and canned beans gives you chili, or, just a

pork roast, onions and barbecue sauce gives you pulled pork. I've even seen recipes for cheesecake made in a slow cooker. The only thing you don't really want to cook is stuff that will get soggy after a long time in hot water like fine cuts of meat and pasta. One of the absolute best and easiest meals is beef stew, my recipe for which is as follows.

Beef Stew

1.5 kg of stewing beef (chopped into 1-2 inch pieces)
250 g of sausage (chopped into 1/2 inch pieces)
3 cooking onions (chopped into eighths)
1 bag of frozen mixed vegetables
enough potatoes, carrots, parsnips, turnips, etc. to fill (cut into 1 inch pieces)
1 cup of flour
salt & pepper and other spices (I like thyme) to taste
1/4 cup of beer or red wine
1 tbsp of flour
1 tbsp of butter

Start by throwing the onions into the bottom of the cooker. Toss the beef pieces with flour, some salt and pepper so that they are coated, then add them to the cooker. Discard the excess flour. Put in the rest of the veggies and top with some spices. Pour the beer or wine over the top. Cook on low for 8-10 hours or high for 4-6 hours. In the last hour or so, melt the butter in a frying pan and then add the flour. Make sure the flour is dissolved. This is called a roux and is used to thicken sauces and gravies and prevents the flour from clumping when mixed with water. Add the roux to the slow cooker and stir to mix. Also at this time, taste a bit of the sauce and determine whether you want to add more salt and spices and do so. The gravy should be nice and thick when the stew is ready and will thicken more as it cools. Good luck with your cooking!

One has to watch out for engineers - they begin with the sewing machine and end up with the atomic bomb.

Fashion II

Ian "Lasso" Ewing
- AERO VI -

A wardrobe, like everything else, should be engineered for overall system performance. Considerations such as power, weight, aerodynamic efficiency, and structural stability should all be taken into account. As such, certain materials, styles, and constructions will tend to optimize an outfit's performance. It is as a student of engineering – as a man of science – that I offer the following tips on women's fashion.

Previous work in this field addressed pants, underwear, and tops. It was shown that skinny jeans are a highly unsuitable solution, and women are instead best served by yoga pants. Thongs were determined to be the optimal underwear solution, given certain provisos are met, with lace boy shorts found to be a more general solution. Many upper-body garments may be deemed suitable for various applications and under various circumstances, but it was proven that maternity clothing, such as the so-called chest curtains, are never an appropriate choice. Further research has since been undertaken into footwear, bras, and hairstyles. The results of these studies are presented forthwith.

Considerations such as power, weight, aerodynamic efficiency, and structural stability should all be taken into account.

First area examined was footwear. One of the most important aspects of a woman's wardrobe is undoubtedly her footwear. As the main (and usually only) contact point between her dynamic system and the static frame of reference, footwear is an integral aspect of her wardrobe. To maximize her performance, a woman absolutely must select appropriate footwear. Women obviously know this, as they commonly possess a huge variety. However, very few of those shoes are acceptable.

Many women believe Ugg boots to be a good solution, presumably due to their thermodynamic excellence. However, there are much stronger design drivers than heat transfer that must take precedence. Uggs are heavier than nearly any other form of footwear examined, and therefore the wearer pays a hefty weight penalty. Additionally, the material comprising the sole is much too soft, commonly creating an uneven wear pattern, and thus decreasing the stability of the boot. Finally, in spite of the tall throat, extending past the ankle to the mid-calf, Uggs provide absolutely no lateral or torsional support to the leg.

Skater (or sk8ter, in the vernacular of those who wear them) shoes are also an undesirable choice. This is largely due to the instability introduced by the loosely-tied nature of the shoelaces in this style. The protection provided by thick padding does not compensate for their weight penalty, either. And although an engineering analysis should not ordinarily account for aesthetics, the author would like to note that anybody wearing skater shoes automatically appears to be 14 years of age. This should be taken into account by any potential user.

Crocs are widely believed to be an incredibly poor choice of footwear. A thorough analysis supports this belief. While proponents of this style will point to their comfort, it must be stressed that comfort can never take precedence over performance. Crocs provide zero support, zero dynamic stability, and no protection from the environment whatsoever. Under no circumstances should they be selected.

High heels, and particularly stilettos, are a common choice for women in certain environmental settings. When used appropriately, these shoes may be acceptable. However, the range of settings in which they are acceptable is very limited. They must be worn only on hardwood or other, similarly level, smooth, and robust flooring. The wearer must have been trained for some time prior to their unsupervised use, and she must be in a perfectly lucid state of mind. The instability, low surface area, lack of support, and lack of protection of stiletto heels enormously limits the circumstances in which their use can be justified. For a woman without proper training, in an impaired state of mind, or on any surface other than the ideal example (described previously) to attempt the use of this footwear, is quite simply to invite disaster.

The wearer must have been trained for some time prior to their unsupervised use.

The only generally satisfactory solutions when it comes to footwear are running shoes, and ballet-style flats. Neither provide adequate ankle or leg support, but both styles perform quite well in dynamic situations. Running shoes provide more environmental protection, and are more robust, while flats allow more natural motion and deformation of the foot. The decision for their use in any particular situation will rely on environmental factors, expected activities, and individual preference.

The second item thoroughly analyzed was the brassiere. There are three main types of brassiere in regular usage today, namely, sports bras, lace bras, and the standard bra. In most situations, any of the three are likely acceptable. However, for the sake of thoroughness, each will be analyzed and optimized by situation. To begin, sports bras undoubtedly provide the most support, but that does come at the cost of lower long-term comfort. The weight penalty for the added support is minimal; however, clearances and fit with adjacent garments may be a problem in certain circumstances. Sports bras are optimal for their namesake condition, sports, but are less ideal for other use. The standard bra is a good general solution, as it provides sufficient support under most conditions. However, the weight penalty compared to a lace garment should limit its use to everyday, out-and-about wear. For more intimate settings, where less support is required due to a narrower range of activities, the lace bra is the undeniable choice. As with lace underwear, the support to weight ratio is unbeatable, and additionally, the lower overall form factor compared the standard bra is highly desirable in these relatively rare circumstances. It is clear, then, that the choice of brassiere is predicated very heavily on the states in which they are to be used.

Clearances and fit with adjacent garments may be a problem in certain circumstances.

The final wardrobe section investigated was hairstyle. For a period of time, it seemed that all girls wanted curls. This no longer seems to be the case, which is fortunate. Curly hair is one of the most disadvantageous hairstyles possible. To begin with, those lush locks add significant weight compared to a similar volume and length of straight hair. Furthermore, because they do not stay flush

to the scalp and within the boundary layer of the body, they add significant aerodynamic penalties. The non-streamlined nature of curly hair induces turbulence in the airflow around the head, and creates instability which the neck must compensate for. And if none of this was enough to damn the revered ringlets, one must still consider the dynamic stability of the head. Curly hair suffers vibrational instability due to the underdamped nature of the system. Given even the slightest input, a mass of curly hair will begin to bounce, these vibrations quickly diverging, causing wild oscillations of the system. As a result, additional stress is applied to the neck, often causing unacceptable levels of strain. Clearly, there must be better solutions.

Straight hair is one of those better solutions. It solves many of the problems associated with curly hair. For one, the system is much more dynamically stable, and is highly unlikely to diverge when vibrations are introduced. It is lighter than the similar curly case, and as it lays much closer to the body, aerodynamic penalties are much lower. For the general case, straight hair, let down, should be the default style worn by women.

Some higher-performance situations may, however, require modification of this style. Straight hair put up into a bun or other up-do may have better aerodynamic characteristics. The advantages so imbued must, however, be weighed against the energy expenditure required to implement the solution. A very desirable compromise is the ponytail. It requires much less energy to ac-

Some higher-performance situations may, however, require modification of this style

complish, while maintaining much of the aerodynamic performance improvements of the full up-do. If situational requirements necessitate higher performance than the straight hair-let down scenario allows, the ponytail is an excellent choice.

One final note must be made regarding the use of short hair or even a bald head. While these styles have unsurpassed aerodynamic characteristics, superb weight savings, and zero stability issues, they simply cannot be considered seriously. Any engineering solution must be one that the public at large can support and trust. Society has made clear that they do not accept these hairstyles as safe or desirable. As such, no woman should consider them in her personal analysis, as the solution will simply be rejected.

A woman would be foolish to ignore the findings of these studies

It should now be clear that a woman's wardrobe, including her hairstyle, has a significant impact on the performance she can expect. By wearing flats or running shoes, or in rare circumstances, heels, and by selecting her brassiere carefully based on the situation she expects to encounter, and by optimizing her hairstyle through either letting it down straight or pulling it back into a ponytail, she can maximize her efficiency and efficacy. Combining these findings with those from previous work will guarantee she is getting the absolute most out of her wardrobe. A woman would be foolish to ignore the findings of these studies, as they demonstrate irrefutably the advantages that in-depth engineering analyses have proven for particular selections in each category.

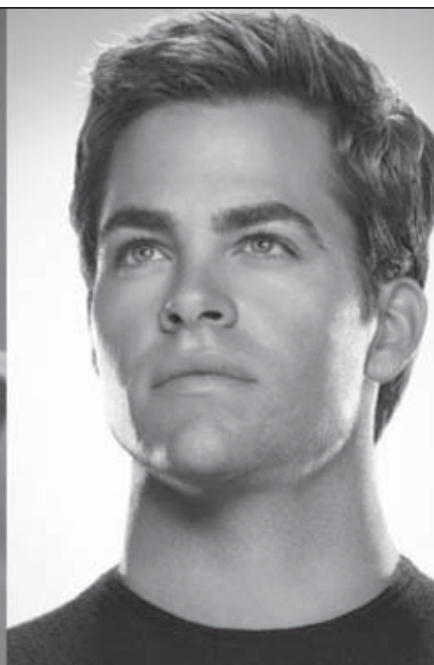
Why Ladies Love Sci-Fi

Anali "Mimosa" C. Stewart
- AERO IV -

Sci-Fi movies and shows aren't typically known for drawing in huge crowds of female fans. While it is usually the scene for nerds to line up around the corner in costumes, I think that science fiction can be just as suited for the ladies as it is for the gents. The story lines may be futuristic, involving various alien species and made-up languages that come complete with their own dictionaries, but sci-fi also comes packed with attractive male leads, racy love triangles, and oh so much drama.

While it's true that there aren't as many girls as there are guys wandering around at a Star Trek convention, the new movie should have increased its female following. William Shatner may have been a hunk back in his Starfleet days, but he'd better move over for Chris Pine. The new James T. Kirk spent half of the movie with blood on his face from the several beatings he received, but he looked pretty damn fine while taking them. Uhura may have turned him down in this alternate reality, but I doubt many other girls could have been able to resist him. Although she did have her options of studly shipmates, she chose Spock, who looked good in his pointed ears. Even the minor roles were filled with attractive men. Simon Pegg may have looked a little dowdy in *Shaun of the Dead*, but as Montgomery "Scotty" Scott he could "beam me up" any day. Add in the new Doctor McCoy and young hotshot Anton Yelchin, and I bet there will be hordes of lady fans lining up for J.J. Abrams next installment of the *Star Trek* series.

Several people have called me a nerd for my love of *Battlestar Galactica*, and I admit it has its dorky side, but when the human population has been reduced to just several thousand stuck on a few spaceships, drama will ensue. The men and woman of *Galactica* may be in the military and left to defend the feeble remains of the 12 Colonies, but those co-ed sleeping quarters are just asking for more-than-friendly encounters. Although the sexy Jamie Bamber may have lost his British accent to play Captain Lee Adama, the many shirtless workouts more than make up for it. Not only does he look great working out, but over the whole length of the series there is more than just sexual tension between him and the fierce female fighter pilot Kara Thrace. Kara would be an amazing female engineer; she rocks the flightsuit, has an awesome call-sign, and drinks most of her calories. Despite being rough, she lands the athletic Samuel T. Anders and gets married on New Caprica. Although they sport matching tattoos, Kara doesn't just drop Lee and live the married life. That tension carries right on. Now, the Cylons were the ones who caused the genocide of the human race, but that doesn't mean



I want my men to be Starfleet Captains.

there can't be some interspecies lovin' anyways. Karl Agathon, call sign "Helo", wasn't supposed to make it past the origin miniseries, but boy did he add to the drama after he did. He not only managed to knock up a Cylon, he also made the ladies swoon while he stood by his woman the entire time. If only all guys were like that... The first two seasons of *BSG* may have been all about running away from the Cylons, but the last two were more about shacking up and the drama involved with it.

Now I'm not about to get into a huge debate over the original *Star Wars* trilogy versus the newer prequels, but there is something that practically makes them chick flicks. Aside from the terrible dialogue, there are amazing outfits on the leading ladies and a beautiful love story intertwined with all the action. Harrison Ford is still a stud in his late 60s, but back in his *Star Wars* days he rocked those tight pants and the hairy sidekick quite well. The sparks between him and Princess Leia were flying from the minute they met, and the girls watching were just waiting for them to finally hook up. Leia is drop-dead gorgeous tied up to Jabba the Hut and when wearing her famous white outfit, hair braided into buns. She's still that fantasy woman in the minds of men everywhere, and a fashion goddess to the girls. The *New Hope* had to come from somewhere, and the newer trilogy depicts the romance between Luke and Leia's parents, Anakin and Padme. Movies like *Star Wars* cost millions to make, but when I saw Episode 1 what went through

my mind was, "how much did they spend on Queen Amidala's wardrobe?" She has a different outfit in every scene, each stunning, and Natalie Portman looks fantastic in all of them. If only I could have a costume-change that often. Soon into Episode 2, it's clear that little Anakin has been nursing a crush on the older Padme since he was a boy, and isn't very subtle in his attempts to let her know he's all grown up. Canadian-born Hayden Christensen became an instant heartthrob and it wasn't just for his eloquently phrased seduction. I don't want to decide if the newer trilogy was just a cash grab for George Lucas and a disgrace to the original. The real debate for me is if I'd rather have Han Solo or Anakin Skywalker trying to grab my attention.

The main reason to go see a chick flick is to drool over some hot young actor and watch him fumble his way through the seduction of a heroine. But I'd rather the stud be carrying a laser gun and fighting off some aliens while doing it. None of the movies out these days that are marketed towards women are anywhere near realistic, anyway. Instead they're cheesy loves stories that give girls false hope. The men are way too perfect in their faulted ways, and the female leads are too pretty and idyllic to be having man drama in the first place. I want my men to be Starfleet Captains, my women to be gun rearing Princesses wearing couture and sexy spacesuits, and for the backdrop to be something as unrealistic as 12 different planets of humans working under a single government.

Food Engineering

Ehren Katzur
- ID GRAD -

"The fastest way to a man's heart is through his stomach."

African Peanut Soup
Source: Allrecipes.com

Ingredients

2 tablespoons olive oil
2 medium onions, chopped
2 large red bell peppers, chopped
4 cloves garlic, minced
1 (28 ounce) can crushed tomatoes, with liquid
8 cups vegetable broth or stock

1/4 teaspoon pepper
1/4 teaspoon chili powder (optional)
2/3 cup extra crunchy peanut butter
1/2 cup uncooked brown rice

Directions

1. Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.

2. Stir in rice, cover, and simmer another fifteen minutes or until rice is tender. Stir in peanut butter until well blended, and serve.

Note: Feel free to substitute white rice for brown. As far as vegetable stock goes, don't go to the soup aisle and buy vegetable broth there. Go to the spices aisle and buy bouillon cubes, OXO or Knorr. Or just save up a bunch of flavour packets from your Mr. Noodle. If you don't have the chili powder, don't worry. You'll probably have to buy a huge shaker when all you need is 1/4 tsp. Skip it!

We've got some cold months ahead. Make a batch of this and you'll have soup for a week. Warm it up in the microwave at Leos. Send an email to ekatzur@connect.carleton.ca because I'm bored.

Engineers hate risk. They try to eliminate it whenever they can.

Dear Sir: Please Learn To Drive

Jordan Briggs
- AERO III -

Way too often I've found myself driving peacefully along an Ottawa road, only to find myself buzzed past by some jerk in his "souped-up" Honda Civic as he weaves dangerously in and out of traffic. All just to get to his buddy's house a whole two minutes sooner than he would've had he minded traffic laws and driven like a normal person. I'm sure everyone who reads this has had at least one encounter with these hooligans before. And to be frank, these people really piss me off. So much so, I've written an open letter to these boys and their toys:

Dear Sir:

I would like to take a moment of your time to express my thoughts and perhaps deflate some of that ego of yours.

Firstly, no one is impressed by how you drive. You may think that you have mad skills like Hamilton, but I beg to differ. Squealing your tires

Thirdly, buying accessories from Canadian Tire or Wal-Mart is not an ideal way to "pimp" your ride. Neither of these stores sell anything that will significantly boost the performance or aesthetic appeal of your car.

at an intersection is immature – albeit fun – but it isn't going to win you any drag races. And darting past traffic in the bus lane then cutting off someone to get back to the inside lane is a gutsy move, yes, but it's very annoying to other drivers who must suddenly brake to avoid you. This maneuver also poses a high risk of collision, and you probably don't want your insurance premiums to get any higher than they are already.

Secondly, you may think that you've got yourself a real "whip", but chances are, you do not. You can put thousands of hard-earned dollars into a Cavalier in aftermarket parts and accessories, but at the end of the day, it's still a Cavalier. Or a Corolla. Or a whatever. Don't get me wrong; I'm all for turning an econo-box into a full-on road rocket, but it's usually advisable to start with a good car. And a good car the Cavalier is not.

Thirdly, buying accessories from Canadian Tire or Wal-Mart is not an ideal way to "pimp" your ride. Neither of these stores sell anything that will significantly boost the performance or aesthetic appeal of your car. You may be convinced that the "Tuned" brand 5-inch exhaust tip will give your car more power, and sound great too. You are wrong. What it does do is create a gaping hole in the back of your ride that makes your four-banger sound like it's having a massive bowel movement every time you floor it.

Fourthly, to "upgrade" generally means "to improve upon". Bearing this in mind, that "sick"

urethane body kit that you bought off Craigslist doesn't really fit your car properly, is affixed partially with tie-wraps and Gorilla glue, and is visually nauseating, as it's primer grey and the rest of your hatchback is lime green. And those peel-n-stick hood scoops and chrome louvers? Yes, they



FFFFFFFFFFFFFFFFFFFFF

really do complement the fine lines and timeless design of a Kia Rio. To be straight: none of these things will make your car look any better; however they will make you look like a total D-bag when you drive by.

Fifthly, adding a wing to the trunk lid of your beater is downright sad. You may think that it allows you to drive recklessly, makes your car look all "fast" and "furious", and gives you down-force for sharp handling. To be honest, it looks quite ridiculous, and gives you zero performance benefits. This is mainly because it's gratuitously large, improperly installed, improperly set up, and West Hunt Club is not a race track.

Finally, when I can hear the subs in your car two miles down the road, it means you should turn them down. Though I like cranking up the krunk as much as the next guy, it's rather obnoxious when you're doing it at 2:00am. And when

Turn your hat back around frontwards, turn down the Sean Paul, and lay off the gas. And stop tailgating old ladies.

you finally drive by with your window down and it turns out that the entire racket was "Party in the USA" by Miley Cyrus—I'm afraid there's just not a whole lot that can be said in your favour.

So you see buddy, there are a good many flaws to your flaunt. I understand that you are only trying put on a show for the ladies, but doing loser laps around a high school is a rather tenuous plan of action. My advice for you? Turn your hat back around frontwards, turn down the Sean Paul, and lay off the gas. And stop tailgating old ladies. It's just not nice. That being said, if you must continue to gallivant around town, at least man up and get something with a V8. That way, when the light turns green, you might have a chance at winning. Until next time, happy motoring.

Call of Duty 2: Modern Warfare

David "Panda Bear" Galarneau
- ELEC IV -

I don't have any time to do anything anymore, let alone watch movies or play games. But this week, I got all my work done early in a nerd frenzy of excitement. I wanted to try out a game that was supposed to be the "holy-crap-this-is-awesome" of all games: Modern Warfare 2.

Since I'm not a console guy, I got a copy for the PC instead. I loaded it up and immediately braced for impact. The experience was jaw-dropping, the action here was top notch. There is such a crazy amount of stuff happening it's sometimes hard to figure out what's going on, or who's shooting at you. If I could only describe the experience in one sentence it would be: "An entire hostile army against you while you're on acid."

Of course the game was never aiming to be realistic, there's conveniently located jumps you can drive over, or predator drones available to you every 30 seconds. However, one scene that is particularly realistic and vile at the same time is this one mission involving you in an airport. People that played the game will know what I'm talking about.

Without ruining too much, in the game you play as a secret agent who joins a terrorist cell in Russia. The terrorists plan to massacre an airport—and you are helping them. You can actually play as a terrorist, mowing down hundreds of unarmed

It's the ultimate "you suck at this game" message you could ever get.

civilians in an airport. This is where the game gets its "I understand video game violence now," factor from. Those who can't stomach it can skip it.

I haven't finished the whole game yet, even though I hear it's a brief 9-10 hour game at most. Instead, I decided to load up multiplayer which is where the game has been getting all its praise for. I can tell you this, multiplayer is fun but it can get ridiculously dumb extremely fast. If your team is doing terribly, there's no compensation for it, you will get murdered like no tomorrow. If there's this one guy on your team that keeps dying repeatedly, then the enemy team will get "killstreak" rewards and start calling in Harrier jets, Apache Helicopters, AC-130 gunships and predator drone missiles to finish you off even more. If you get a 25 killstreak, you get the option to end the game by nuking everybody. Though this may seem ridiculous, it's the ultimate "you suck at this game" message you could ever get.

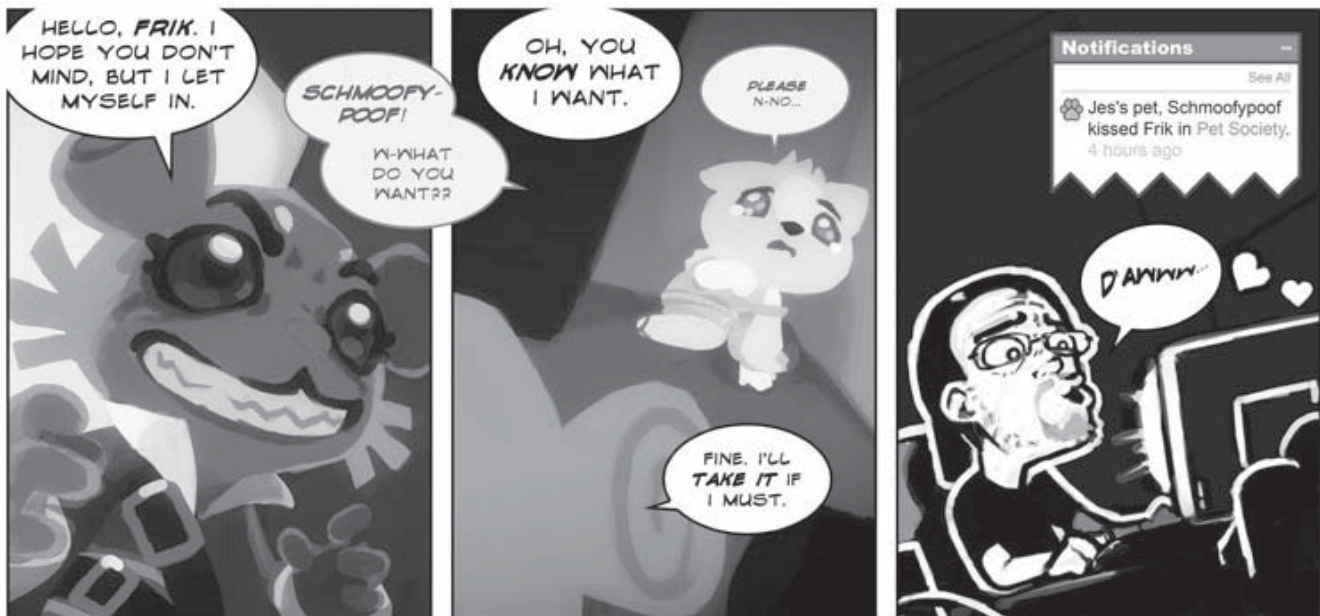
All in all this game is not bad. It isn't amazing, but it's pretty good. One thing that ticked me off is the game creators took out dedicated servers. Because of this, you can't play any custom games anymore. Also, it's kind of on the pricey side, to tell the truth. It's \$59.99 to buy, which is a hefty price to ask for. If you don't give a crap about any of the above, then pick it up anyways. It's good.

From: The Editors <irontimes@cses.carleton.ca>

This disclaimer is on the front of the Iron Times but we would like to state that it applies mostly in this section of the paper. Nothing in this column should be taken seriously as all the content presented here have been written for entertainment purposes and not for any malicious reasons.

COMICS & ART

Three Panel Soul

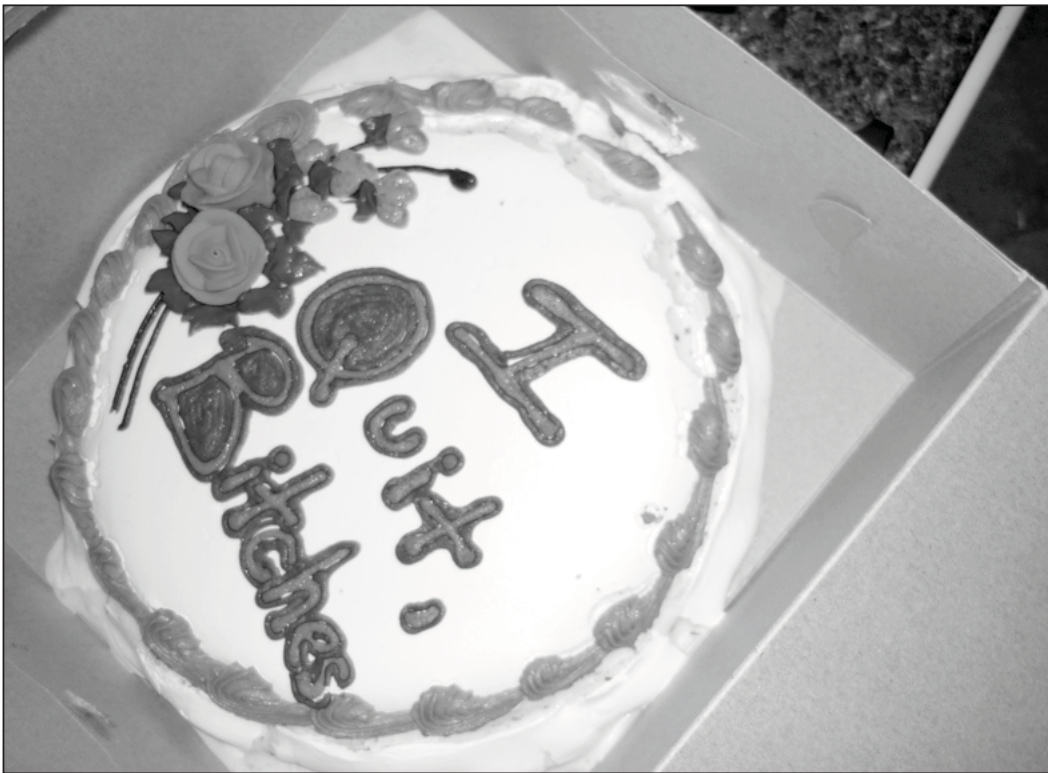
www.3panelsoul.com

Oglaf

www.oglaf.com

When an engineer makes one little mistake...

VP Academic Resignation Cake



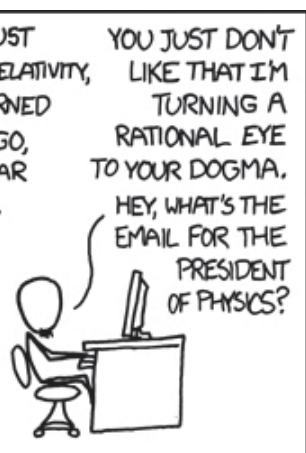
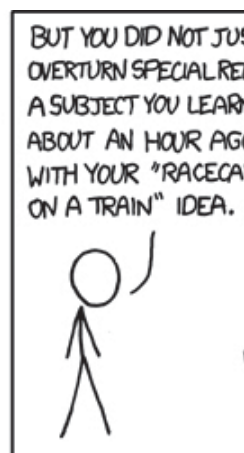
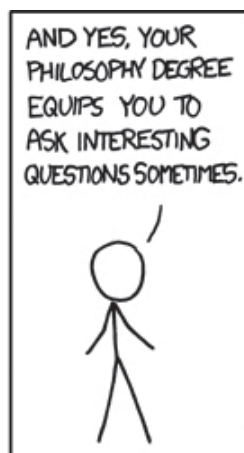
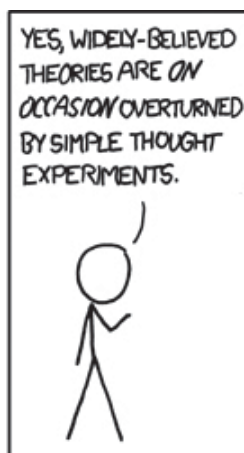
Sinfest

www.sinfest.net

FOR OLD TIMES' SAKE
TATSUYA ISHIDA

xkcd

www.xkcd.com



...the media will treat it like it's a big deal or something.

LAST WORDS

Uses For The Charlatan

- Snowflakes for Christmas decorations, even if you don't celebrate Christmas.
- Wrapping paper for presents for people you don't really like.
- Helping young dogs become house-trained so they don't poop and pee all over your floor and furniture.
- Making 1000 paper cranes to eventually wish it into a real newspaper.
- Mix it with baking powder inside tupperware to get rid of questionable smells that just don't seem right. Seriously, did someone make a !@#\$ casserole in this thing?
- Light it to create emergency heating after real-izing your tuition has cost you your hydro bill.
- Insulate yourself once you can't make rent.
- You can read it:

FEEDBACK LOOP

for statement = 1 to n

Don't you think it's annoying how everyone keeps sending in quotes to the feedback loop? It's like they want you to produce an Iron Times or something!

next statement

Beware the Yellow Dart, it hides in bushes.

next statement

World of Warcraft was designed so that virgins can just stop trying.

next statement

Fourth year is like hammering a nail into the back of your head and trying to act normal while doing so.

next statement

This first year working at Leo's said on Friday, "Man, thank God this week is over." I lol'd, then cried in a corner.

next statement

Pork chop sandwiches.

next statement

The SGRC should have a 500 can or greater capacity vending machine outside the meeting area.

next statement

You mean it's pronounced NePEAN, not NE-Pean? WTF, that's dumb.

next statement

What is the max take-off weight of a roflopter?

end

Want to say something? Post to the loop at:
irontimes.engsoc.org

Sleeper of the Month(s)



Sleepers of the Month goes out to Luke Linse and Jacob Shulz. Congratulations!

This picture was taken on November 17th in MC 5050 around 11:00am. If you can't already tell by the picture, they're passed out in an ECOR 2606 class.

Here's hoping you guys don't have to come back next year for the all the wrong reasons.

Congratulations to Luke Linse and Jacob Shulz once again!

Also, the Iron Times does not condone passing out in class, no matter how hilarious.

* Sleeper of the month is entirely consensual and submission based. All people appearing in this section have given prior consent and have been informed in advance that their picture will appear here.

Upcoming Events - January

					1	2
					Happy New Year!	
3	4	5	6	7	8	9
	Classes start					C-Eng Bonspiel
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				Yuk Yuks II		
24/31	25	26	27	28	29	30
			Capital Hoops			

Watch out for the next



February