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NDP RE-ELECTED IN WATERLOO

Catherine Fife returns to Queen's Park as the NDP make up the official opposition to the Conservatives after the provincial election.



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LIPSYNC ASSASSINS

Student drag artists slay at GLOW's Drag Me to Bomber Night.

JUGGERNAUTS IN 2018 P.14

A new sport craze comes to UW involving a (foam) dog skull.

BREAKING FAST P.4

Members of the Muslim community share their experiences as Ramadan ends.

BECOME A SPACE MAKER P.7

The Equity office offers workshops to promote more safe spaces for LGBTQ+ students.

Rainbow Connection



The City of Waterloo unveiled its first rainbow crosswalk on Willis Way on May 30 ... only to have it vandalized two days later. Details on P. 2

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DOUBLE THE WARRIORS
Students comment on the 2018 NBA Finals and the chances for a Warrior victory.

ANIMATION'S UP-N-COMING
11 year old student wins prize for animation at an international fine arts festival.

CANADA DAY CELEBRATIONS
The university of Waterloo needs volunteers, learn why it's a great idea and how you can help.

NDP wins over Waterloo and Catherine Fife returns to Toronto



Alexandra Hanrath
Managing Editor

Catherine Fife makes triumphant return to Queen's Park

On June 7 Ontario voters had the opportunity to make change. This election had the highest voter turnout since 1999 with 58 per cent of eligible voters exercising their right to democracy.

After a long-night of counting ballots the Progressive Conservatives formed a majority government.

In the Waterloo area, Fife

(NDP) held onto the Waterloo riding with more than 51 per cent of votes in her favour.

The local riding had a 68 per cent voter turnout, the highest in the surrounding areas.

In Waterloo's neighboring riding, Kitchener-Conestoga, PC candidate Mike Harris Jr. won the seat. 40 per cent were in favour of Harris Jr., he won with less than 1,000 votes ahead of NDP candidate, Kelly Dick.

Fife greeted her supporters at the Delta hotel on June 7 as the evening came to a close.

She was confident in her win believing she had the best people possible behind her.

"We did it, we did for this region. We showed them that we have the best plan, the best people, we worked so hard."

Throughout the election her biggest competitor was Dan Weber, the PC candidate in the riding.

His platform involved increasing the budget for mental health services as well as trying to fix the deficit problem.

Fife thanked her family, friends, and her supporters as the polls rolled in bringing her closer to victory.

"Nobody does this work by themselves, from the bottom of my heart I say, thank you."

Police briefs

A man's face was seriously injured in an assault.
Waterloo Regional Police responded to the assault in a parking lot at the corner of Stirling and Courtland Avenue in Kitchener on June 8, around 2 a.m.

The victim was left with serious, but non-life threatening facial injuries. The male suspect is approximately 20-years-old, with a thin muscular build, average weight and black hair. He was wearing a torn grey t-shirt and was last seen leaving the parking lot in a grey four door vehicle with other passengers. Anyone with information is asked to call Waterloo Regional Police at 519-570-9777 ext. 4499 or Crime Stoppers at 1-800-222-8477.

A man driving a stolen vehicle hit a cyclist and kept going.

Waterloo Regional Police were called after a male stole a vehicle on June 8, at 8:50 p.m. The vehicle was spotted at 9:10 p.m. on Belmont Avenue West in Kitchener and shortly after the vehicle struck a 54-year-old woman riding her bicycle across the road at Burns Place. The male did not stop at the scene. The cyclist was taken to hospital and treated for minor injuries. The suspect was later located and charged with multiple criminal offences, as well as driving under suspension.

A 52-year-old female was charged with arson endangering life after emergency crews responded to a fire at a residence on Apple Grove Road in Woolwich Township on June 9. The residents escaped without injuries, but the residence sustained major fire and smoke damage.

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Pride Flag crosswalk unveiled

City paints rainbow crosswalk on Willis Way, but it was hit by vandals two days later.

Members of the community gather with smiles all around, ready to traverse the rainbow crosswalk for the first time after unveiling on May 30th.

Lea Clarin
Creative Director

Jim Parrott, the treasurer and executive director of SPECTRUM, Waterloo Region's Rainbow Community Space, and his husband advocate for making public and municipal spaces safe for LGBTQ+ individuals.

He hopes they can show affection for their partners in public and express who they are without fear of harassment.

Following the installation of the Gaukel and Joseph St. intersection rainbow crosswalk in downtown Kitchener, the City of Waterloo unveiled its own colourful walkway uptown on Willis Way on May 30th.

"Discrimination affects us all. We are all connected to each other. Symbols like crosswalks are important because they acknowledge our existence and indeed, celebrate it. I think something like this will help promote attitudes that make it easier for members of the LGBTQ community to be more transparent about who they are because they will feel more comfortable doing so," Parrott said.

A string of homophobic vandalism has popped up around the Kitchener-Waterloo area.

Two queer-welcoming churches were hit by graffiti and a local hair salon's pride flag

was stolen.

The Willis Way rainbow crosswalk was not spared from defacement.

Two days after it was unveiled, a tire burnout appeared on the crosswalk, a black streak tarnishing the vibrant colours of the rainbow.

While the city of Waterloo openly supports and celebrates its LGBTQ+ community, there are those who are not as welcoming.

The city and the LGBTQ+ community are devastated, but not surprised.

"It represents a badge of what is going on in our community and what we have to fix and how we can improve," Mayor Jaworsky said.

In spite of the vandalism, the city of Waterloo will continue to work with LGBTQ+ groups to move forward from the incident and keep up a solid relationship of support and solidarity.

"This is not a finish line, this is a starting line," Mayor Jaworsky said.

"We still have a far way to go but we wanted to draw the proverbial line in the sand – the rainbow line in the sand and say this is where we're going to go and we're a welcoming community for all."

By unveiling the Willis rainbow crosswalk, the city sends a message of solidarity and support for the LGBTQ+ community in Waterloo.

"We wanted a permanent display of our

commitment to diversity. This is something that shows that no matter who you are, you're welcome in Waterloo and we're going to continue to work on that," City of Waterloo Mayor Dave Jaworsky said.

For the LGBTQ+ community, painting the rainbow walkway is a significant marker that the city is a place that they can feel safe and can call home.

Parrott spoke to the broader community to make it clear why painting the crosswalk and other gestures of solidarity matter to the community.

An LGBTQ+ activist in the city for over

forty-five years, Parrott has been working to advance rainbow rights, including spousal benefits, adoption, and marriage rights to ensure all members feel equal and valued.

"We have come a long way in the last 47 years since the first LGBT group started up at the University of Waterloo. Today we owe a debt of thanks to the City of Waterloo for helping us on this next part of our path towards a safe and inclusive community in Waterloo," Parrott said.

Parrott met his husband at UW's Glow Centre for Sexual and Gender Diversity in 1999.



Jim Parrott, treasurer and executive director of SPECTRUM.

PHOTOS LEA CLARIN

UW: Sharing the Ramadan experience

Hanna Hett
News Editor

As a student, Uneeba Mubasher, a volunteer for UW's Muslim Student Association Ramadan committee said that Ramadan is about balancing three aspects: school, not eating between sunrise and sunset, and gaining extra rewards.

"On campus, a lot of us are working our schedules around fasting period...From my own experience, and a lot of my friends, we [have] inverted our schedules. After we eat, we are studying...and in the day time conserving our energy," she said.

Many of the Muslim students on campus are international students and are used to feasting with their families every day, the Ramadan committee organized twice a week Iftars on Tuesdays and Thursdays, where students can come together to break their fast and have a feast. "

A lot of students can feel lonely during this time period, so we're trying to get people together," Mubasher said.

The Ramadan committee has organized extra prayers at night on campus, which students are welcome to attend.

They also organized the 5th Annual Fast-A-Thon on May 31, to raise awareness about hunger and collect monetary donations for famine relief and non-perishable food items for the local food bank.

"[The event was to] allow people of different faiths and beliefs to experience fasting, and gain the understanding of...why Muslims are fasting, and what rewards we gain from it," Mubasher said.

"When you come together...you realize in a lot of religions, fasting is very common. Maybe not in the same way [as Ramadan]... but the idea is still the same—to gain a sense of consciousness of God and yourself. So I think when you get together, you kind of understand, these little factors that break

you apart, they seem kind of meaningless," she said.

Hosted at Conrad Grebel, a Mennonite community, Mubasher was very pleased with the sense of community at the event between different faiths.

"You hear a lot of things in the media which divides communities. But when you're being part of an event that actually unites communities, it's a wonderful experience," she said.

The event featured Boushrah Fanous, of whom spoke of her experience as a Muslim living at Conrad Grebel, singer Dawud Wharnsby, and Lorenzo Fellycyano, of whom spoke of his experience as a Christian growing up in the predominantly Muslim country of Indonesia.

This time of year is very important for those currently celebrating the month of Ramadan.

Ramadan is a month in the Islamic calendar when Muslims (with the exception

of those who are ill, pregnant, or otherwise unable) fast from sunrise to sunset, which includes restricting oneself from many things, including drinking, eating, smoking, and swearing. At sunset, there is usually a feast that family and friends enjoy together. It is one of the five pillars of Islam, and is a time for Muslims to connect to their Holy Book and gain a deeper consciousness with God and themselves. This year, it began on May 16th and it will end on June 14th.

It is a different experience for Muslim students on campus because they usually spend the month of Ramadan with their families, but it is still a meaningful one.

"[I] feel a greater sense of satisfaction being on campus [because]...no one is forcing me to fast, no one is forcing me to maintain this...I'm working on myself here," Mubasher said. "And then you get together with other students, [and] because of Ramadan, you get to meet a lot of different people."

There are many purposes for fasting in the Muslim community.

"[To] have a deeper awareness of your mindfulness...understanding...the luxuries that we have in our day to day--like being able to eat and how a lot of people in this world don't have that luxury--and... it brings you closer to God...When you're on an empty stomach, you're conscious of what's going on around you," she said.

For Muslims, Ramadan is a month of blessings.

"You want to gain any extra rewards you can. So extra prayers, doing extra acts of charity, getting together with a lot of people, getting together with your community," Mubasher said.



Lorenzo Fellycyano, Dawud Wharnsby, and Boushrah Fanous all presented at the 5th annual Fast-A-Thon at Conrad Grebel.

Fighting to empower women globally

Hanna Hett
News Editor

Cherie Wai won the battle for women everywhere.

The fourth year International Development student and president of the UW World Vision club was part of the lobbying that convinced Justin Trudeau to announce \$400 million for girls education at the recent G7 summit in Quebec.

She visited Parliament Hill to 'office hop'—or to visit different Members of Parliament (MP) offices. She and other youth advocates from this coalition fought for the G7 Declaration to Educate Girls in Crises, led by Canada.

"Girls...education in crises... is one of the most neglected issues currently...Education is of-

ten the first service that closes down and it's the last one to resume," Wai said. "And a lot of time in these protracted crises, they don't know how long they are going to be there. Often times these protracted crisis last an average of 26 years, so a family could be displaced for 26 years. They don't know that, so a lot of times it is hard to resume education."

Often, education in crisis situations—such as refugee camps—is not funded as it does not fall into either humanitarian or development funding. In Canada's development budget, seven per cent goes towards education, when the international recommendation is 15 per cent.

The youth activists had meetings with the MPs from their juris-

diction. "We...advocated for the issue, and we asked and encouraged the MPs to basically back that declaration up, and to encourage Justin Trudeau to commit a \$500 million funding to that declaration."

"Canada has been doing a lot of work around gender equality," Wai said.

"Justin Trudeau is the first minister of youth, and he's...a feminist. So this issue, and this declaration, really matters with Canada's current values, and what we're hoping is that Canada--Trudeau--he will take a leadership to advocate for this issue and to bring this issue to the G7 table," she continued.

"We've been advocating for this declaration...for eight to ten months. So it's been a long pro-

cess," she said.

"Recently...Justin announced that he will put prioritize talking about girls education and especially those in protracted crises. It was really exciting. He also promised that he would back that declaration up with funding."

The promises were upheld. At the G7 Summit on June 9, Canada announced, along with Britain, Germany, the European Union, and Japan, that they will put a combined \$3.8 billion into girls education.

"We need to work together to ensure all women and girls have access to quality education and modern skills training...Investing in their education is not just the right thing to do, it's the smart thing to do," he said in a statement.



HANNA HETT

Bike Centre to become a space for everyone at the University of Waterloo

Hanna Hett
News Editor

The Bike Center on campus provides both resources and a social network for cyclists.

Established in 1995, the Bike Center started on campus as an informal shop for cyclists to have access to tools and a space for bike repairs. When Feds took over the Bike Center from the university, it became a student run service. Currently, two Service Coordinators manage it, along with multiple volunteers.

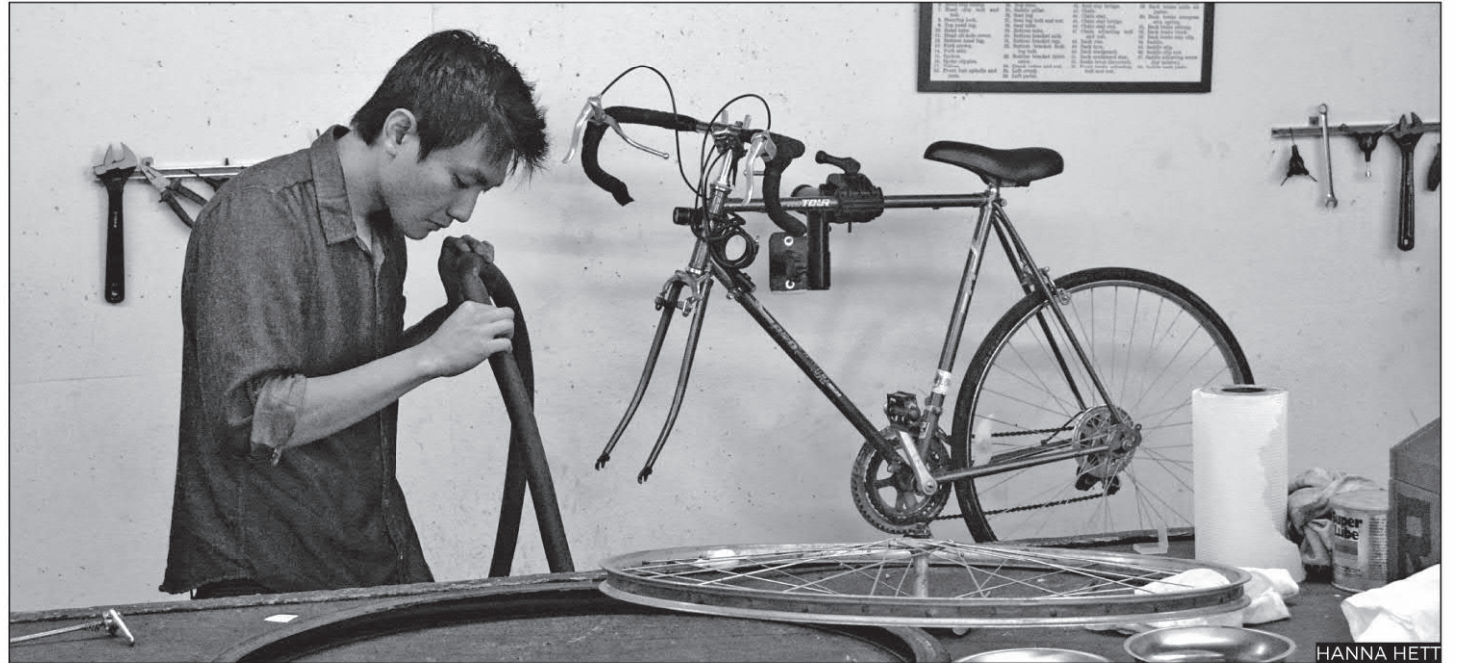
Peter Vuong, one of the Service Coordinator's, encourages students to come into the bike center to learn how to do repairs.

"Feel free to come in ... you only learn by trying to fix things yourself, and if you get stuck, we have resources — there's nothing a Youtube video can't ... guide you with," he said.

The Bike Center offers three main programs to students at UW: legal theft, a bike rental program, and workspace and tools for students.

Bikes that are left on campus for over 30 days are legally removed by the Bike Center and cleared by Campus police as part of their legal theft program.

"When they're cleared we assign them to volunteers to work on, and then these become ... projects bikes ... Our volunteers put them back into a position that is serviceable,



Zach Yam, a third year Computer Science student, works to fix the inner tube of his bike.

rideable, and and we put them up at our bike auction," Voung explained.

Bike auctions are put on twice per year, in the Spring and Fall terms. Bike prices average anywhere from \$60 to \$160, depending on its condition.

A rental service is offered by the Bike Center during Spring and Fall terms. They charge \$100 per term or \$40 per month.

"We have a fleet of 40 bikes that we use

as rentals...They come with everything... with the cable and the U-lock, the front rear lights, the front rear reflectors," Vuong said.

Students can use the work space in the Bike Center for bike repairs, as tools and fluids are available for rent.

"We're mainly a do-it-yourself shop, [but] we have resources that we can refer our customers to if they have any trouble."

In the future, Voung said that they hope to

continue expanding their current programs and to partner with other student services, such as the Women's Center or GLOW, to provide targeted workshops.

"Because, you come in here, [and] you typically see guys working on bikes. We want there to be more of a gender balance, to make the message clear that it's not just guys that work on bikes, females and everyone else can as well," Vuong said.

Students want more community engagement, city of Waterloo wants to help

Hanna Hett
News Editor

A new neighbourhood strategy for Waterloo aims to increase community building in the region.

Composed of 18 recommendations, the plan has three main goals: increase interactions with neighbours, give residents the tools they need to lead, and have City of Waterloo staff cultivate a culture of support for neighbourhoods.

This is to be done by having a toolbox of resources that residents can use and hiring a new neighbourhood project coordinator to start in fall 2018.

Research for the project began in 2016, and was partially a re-

sponse to a recognition that there are less interactions between neighbours than there had been in the past.

"One of the motivating factors has been recognizing that our day to day lives have changed, we're maybe not as connected to the people who live around us as we...were...as our lifestyles have changed," Beth Rajnovich, Project Manager, said.

"And we wanted to encourage people to get to know the people around them. There's quite a lot of research that suggests that knowing your neighbours, feeling safer in your neighbourhood, is an important factor in well-being," she added.

The City held public consultations, and from this they learned

that the community was wanting more help from City staff with things such as volunteer recruitment and retainment, networking with other neighbourhood leaders, and how-to guides on leading activities in their neighbourhood.

"The city has had a role in resident-led building in neighbourhoods for quite some time. We have a long history of supporting neighbourhood associations, and offering cash grants to the community ... But what we were seeing is that the communities were growing and changing, so we just wanted to take a step back and look at what we were already offering, and what else we could offer to encourage people to do more community building," Rajnovich said.

"There's lots of students in Wa-

terloo...and they're important members of our neighbourhoods as well, so we wanted to make sure that the strategy was meaningful for them too," Rajnovich said.

The City engaged with the students by having focus groups on both the University of Waterloo (UW) and Wilfrid Laurier (WLU) campuses and partnering with a program at WLU that allowed students to assist in research and public engagement. They wanted to find out how students in neighbourhoods surrounding the universities felt about their neighbourhood and how they want to be involved in it.

"Particularly in the neighbourhoods surrounding the post secondary institutions, we heard that students sometimes don't feel very

connected to the neighbourhood they live in. They're there for maybe four months, eight months, to a year, and then they move to another...housing the next year. But there's a really big interest in being more connected to the community, both at a neighbourhood and at a community level. And sometimes people just aren't sure how to get involved," Rajnovich said.

The City will look at how they can build more community locations around the universities, among both student and non-student residents.

See the full article at www.uwimprint.ca

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opinion

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'Making Space' to become an LGBTQ+ Space Maker

As campus celebrates LGBTQ month, the Equity Office is celebrating the end of its inaugural year of the Making Spaces program, an LGBTQ+ support program.

In close consultation with Glow, Dr. Corey W. Johnson and Jeremy Steffler were the architects behind the Making Spaces program. "We saw a clear need for greater LGBTQ+ education and support on campus," said Johnson. In 2016, as an initiative of the working group on sexual and gender diversity, sponsored by the Equity Office, the first of the Making Spaces workshop was piloted. Based on feedback from participants, the curriculum was continuously modified and launched in September 2018.

The Making Spaces program is a framework for creating affirming spaces on campus and fostering interpersonal relationships through education and training on aspects of social identity. The workshop is a collaborative, process-driven program that trains staff, faculty and students to create more inclusive spaces on campus for LGBTQ+ people. UWaterloo community members partake in both a 2.5 hour education program and a 1 hour registration process to become Space Makers, ambassadors of equity. Steffler indicated, "When we designed the program, we did so with the hope that it could serve as a model for expanding Making Spaces to focus on other issues."

In the LGBTQ+ workshop, participants learn more about gender identity/expression, sexual identity, homophobia, heterosexism, bi-phobia, transphobia, and how these intersect with other salient

identities. In a small-group format, participants can ask questions they have always wanted to ask and also generate practical recommendations and to enable them to serve and to support the UWaterloo community to do the work for social equality and equity.

After the educational portion of the event, participants attend a registration session which includes a lived experience speaker's panel. Afterwards, participants can consider if they wish to sign a statement of affirmation indicating their desire to become a Space Maker.

After completing the training and receiving affirmation of their participation in the program, LGBTQ+ Space Makers receive visual identifiers to let the campus community know they have completed the program. Space Makers are encouraged to display their visible indicators (stickers/pins) communicating that they are LGBTQ+ affirming.

The program has become quite popular and is in high demand. To-date, we have offered 18 workshops with over 200 individuals trained. There are two more workshops scheduled for the spring term, and five being offered this fall. Currently there are 50 active, committed Space Makers and eleven trainers, including Johnson and Steffler.

Response to the LGBTQ+ Making Spaces program has been great. For example, a participant from a 2017 workshop indicated, "I truly found this to be a worthwhile session and I hope that other staff members will sign up... I learned a lot at this session and it opened up my eyes."

Captain Alan Binns of Police Services here at the University of Waterloo has also attended the workshop. Binns reported after his experience: "I feel the presentation style was easy going, engaging, and presented at a level which people of a certain age, from a different culture were able to understand. I found the presentation by the two students to be extremely moving, not only as a member of the UW Community but also as a Dad."

In fact, the training has become so popular that some departments have requested that Johnson and Steffler run compulsory trainings for all staff. However, a key aspect to the success of the program is that participation must be completely voluntary.

Students want to know that people have chosen to complete the training on their own and that the decision to become a Space Maker is an individual one, not a mandate. But, as Corey indicates, "you need not be an expert to become a Space Maker, just a willingness to listen, be affirming, and point those who seek your assistance toward the most appropriate resources."

"To aid in this endeavor," Steffler adds, we have created a community of practice on the Learn site, so we can share resources, address questions, offer updates and work together."

If you are interested in becoming a Space Maker, or learning more about the Making Spaces program, visit the Equity Office website (uwaterloo.ca/equity).

UW Equity Office
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LEA CLARIN

Photo Spotlight: Keep the LGBTQ+ community safe!

Spotted at the tri-Pride March on Jun. 3. Attendees condemn the recent string of vandalism targeting visible public support of LGBTQ+ groups.

arts & life

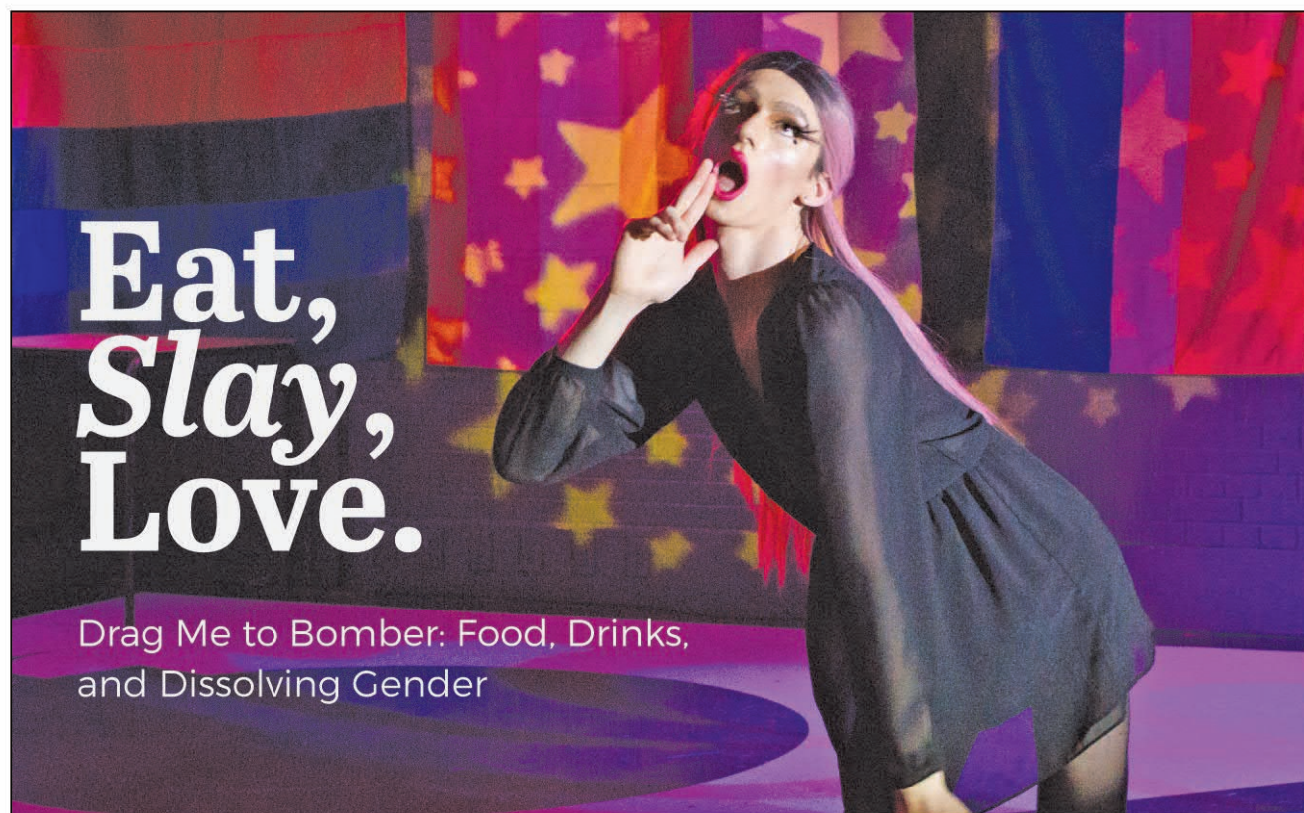
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Lea Clarin
Creative Director

Once every term, Glow Centre and Feds co-hosts Drag Me to the Bomber, a night dedicated to drag performances by student and special guest queens, kings, and everything in between.

In line with Pride Month, Drag Me to the Bomber is an event that celebrates and encourages the exploration of gender through fashion, art, and performance.

"It's a place to come out and feel comfy to be who you are," Gabriella Verdone, a representative from the Glow Centre,

said.

"Those participating get the chance to explore themselves and try out an art form that focuses on expressing their identity," Verdone said.

In the recent years, drag culture has come to the mainstream through the rise of television queens, namely those who have gone on to compete in RuPaul's Drag Race.

Drag Me to the Bomber is a chance to check out the local drag scene. Glow Centre and Feds collaborated with UW Drag, and many of the night's performers are members of the club.

Amongst the performers are queens Kyne (pictured above left), Velma Bones (above right), and king Morgan (bot-

tom right). Many other drag royalty lipsynced throughout the night.

Show-goers were also treated to a performance by Rhyann Stone (left), the first-ever winner of the National Showman Canada crown.

The MC for the night was Ladies(?) On The Edge, a drag troupe comprised of Miss Drew, Robin, and Monro. During a lipsync performance, Miss Drew collected money for charity (pictured bottom left).

"[Drag shows] are a good introduction to drag artform," Verdone said. "It attracts not only allies into the community, but those who identify with being LGBTQ+ as well. Everyone can have a good time."



PHOTOS LEA CLARIN



tri-Pride March: celebrating in vivid colour

Lea Clarin
Creative Director

Crowds decked in rainbow colours gathered in front of the city hall for the tri-Pride march through downtown Kitchener.

From groups of friends to couples, families with children to individuals, members of both the Waterloo Region LGBTQ+ community and the broader community were present to celebrate Pride Month and show

their support.

The march's destination was to Victoria Park's Roo's Island, where the tri-Pride Picnic followed after.

The route taken passed across the newly installed Gaukel and Joseph St. rainbow walkway.

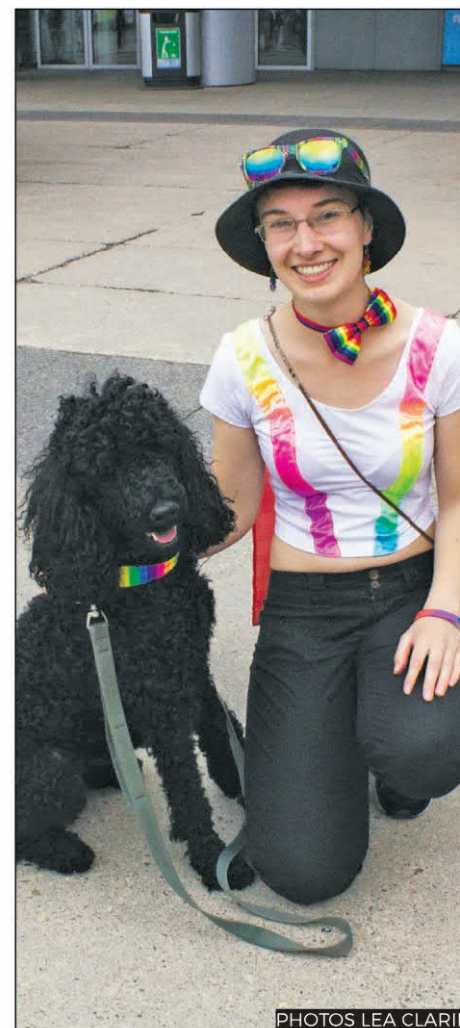
With the 2018 Ontario elections just a couple of days away, the tri-Pride march saw the presence of many Liberal and NDP candidates amongst its attendance.

"I love pride. I love pride for so many different reasons," Dr. Laura Mae Lindo, the

NDP then-candidate now-MPP representing Kitchener Centre, said.

"It's like this juxtaposition of love and excitement and a parade and fighting. Fighting for our rights. That fight is not over," Lindo said. "It's about fighting for quality healthcare in this community. It's about fighting for inclusion in schools, in our workplaces."

Other groups present at the tri-Pride march included the Waterloo District School Board and ACCKWA, the AIDS Committee of Cambridge, Kitchener, Waterloo and area.



PHOTOS LEA CLARIN



The tri-Pride march saw many faces in support and solidarity for the Waterloo Region LGBTQ+ community- from friends, activists, politicians, kids, and even some furry friends.

science & tech

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Environment faculty hosts 2018 Envirothon provincials

Katie Klebanov
Reporter

In early June, the Faculty of Environment hosted Ontario Envirothon, a collaborative, interactive event with an environmental focus, designed to develop critical thinking, problem solving, teamwork, leadership and communication skills.

Organized by Forests Ontario with the help of Faculty of Environment staff and volunteers, the team-based competition for high school students was the provincial round for a North America-wide Envirothon, the finals of which will take place in Idaho this July.

Twenty-one teams from across Ontario stayed at St. Paul's University College, participated in educational workshops, planted 500 trees on UW campus, and competed to develop an environmentally sustainable proposal for the Region of Waterloo.

The winning team, representing University of Toronto Schools, offered a solution which involved the minimization of infrastructure-related energy expenses. The team from Waterloo Collegiate Institute, winners of the Regional Envirothon, also won third place in the provincial round. Each presentation was remarkable with students displaying a strong understanding of the ecological problems the planet faces.

Forests Ontario CEO, Rob Keen, said that while the contest positions the students as



COLE GARSIDE

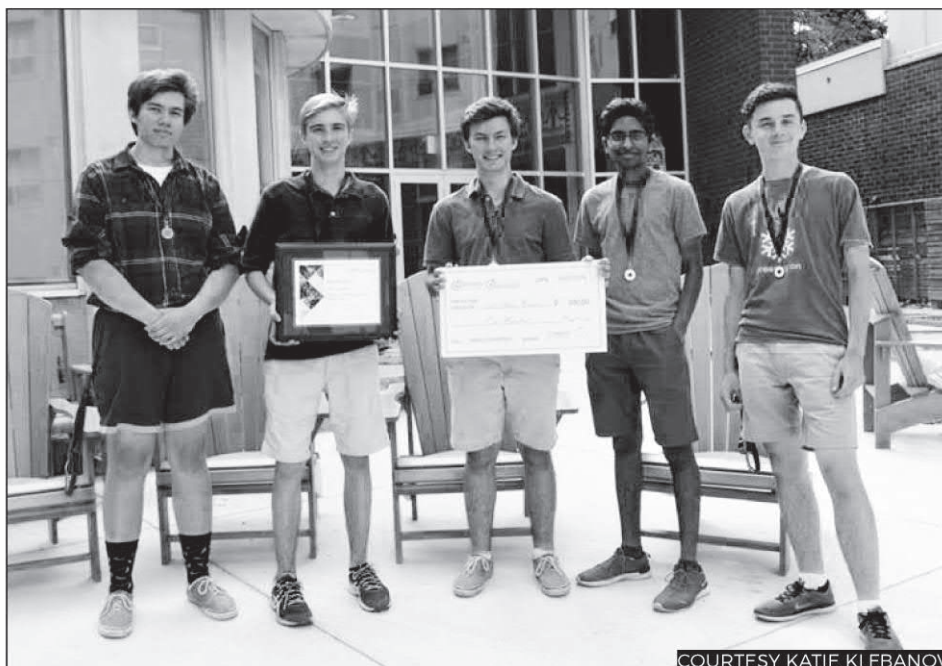
Tree planting workshop at Envirothon

leaders of tomorrow, they are really the leaders of today, as their actions and ambition are bound to make a positive impact on communities in Canada and beyond.

Mirjana, a student at the University of Toronto Schools and member of the Ontario Envirothon 2018 winning team, described her experience at Envirothon.

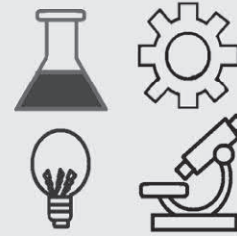
"It's been an incredible journey," Mirjana said on behalf of her team.

"It's such a good opportunity to meet people from different places and backgrounds, both English and French speaking. We come from different places, but what we share is passion for the environment, and that's what unites us."



COURTESY KATIE KLEBANOV

Waterloo Collegiate Institute came first for the region and third in the province.



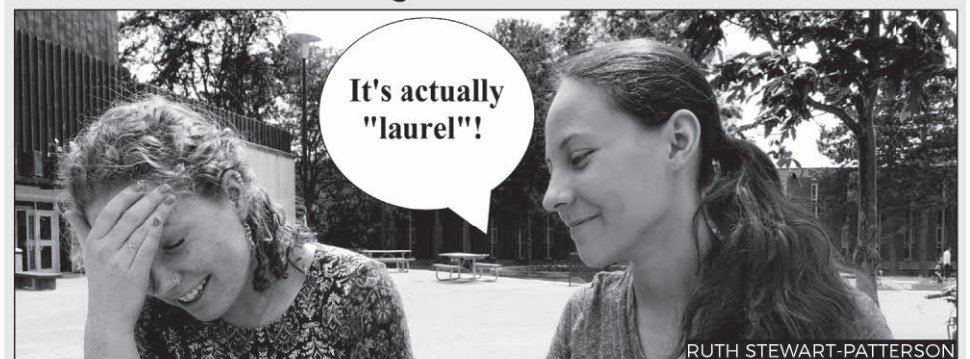
The science behind...

COLUMN

Charlotte Hings



Yanny vs. Laurel



If you haven't heard about it already, the yanny vs. laurel debate has been a heated one over the past month.

It began when a high schooler in the US was studying for her world literature test and searched the word, laurel on Vocabulary.com for its definition and pronunciation.

To her surprise, when she played the recording of the pronunciation, she thought she was actually hearing the word yanny. Confused, she asked her friends' opinions, which were divided between some hearing yanny and some hearing laurel. So, she took to the internet, posting the audio clip on reddit to get more opinions, and so began another viral internet debate.

Do you hear yanny or laurel? Why do different people hear different things? It all comes down to the science of sound waves and the biology of your ears.

First of all, the reason it is possible to hear such radically different things in the first place, is the nature of sounds themselves. When we listen to speech, our ears are only really paying attention to three frequencies, which correspond to the pitches of the sounds that we hear.

The lowest of these frequencies is the one where we hear L and R sounds, in other words they are typically said at a relatively low pitch compared to other sounds.

The pattern of the sound waves that make up the L R L sounds in laurel is nearly identical to that of the word yanny, except yanny is at a slightly higher frequency, in other words, it's at a higher pitch.

The two sets of sound waves graciously fit on top of each other in the original recording like two perfectly stacked spoons, allow-

ing one or the other depending on certain factors. The device you are listening on plays a large role in which of the two frequencies will be more prominent.

On devices that give poor sound quality, the lower frequencies will dominate, and you will most likely hear laurel. On devices that give high sound quality, you may hear either yanny or laurel, depending on the age of your ears.

In order to hear sounds, our ears contain thousands of nerve cells, called hair cells, that pick up different sound frequencies and send signals to our brains to interpret the sounds.

Unlike many other cells in our bodies, these hair cells are not able to regenerate when they are damaged or die. As we age, we lose hair cells, and with them, goes our ability to hear high frequencies.

The younger your ears are, the more likely it is that you will hear yanny as opposed to laurel in the original recording, since you are able to hear those higher frequencies.

It is even possible that you can hear both simultaneously. However, this has more to do with prompting than hearing. If you listened to the recording without being told about the current debate surrounding it, it is more likely that you would hear only one of the words or even hear gibberish.

Different devices and different ears explain why different people are hearing different things, but even different quality versions of the recording can make the same person hear something different.

This is why the debate over this audio illusion has grown to be so intense, but the truth behind the confusion can ultimately be explained with science.

VivaSpire breathes new life into oxygen therapy

Trevor Potts
Reporter

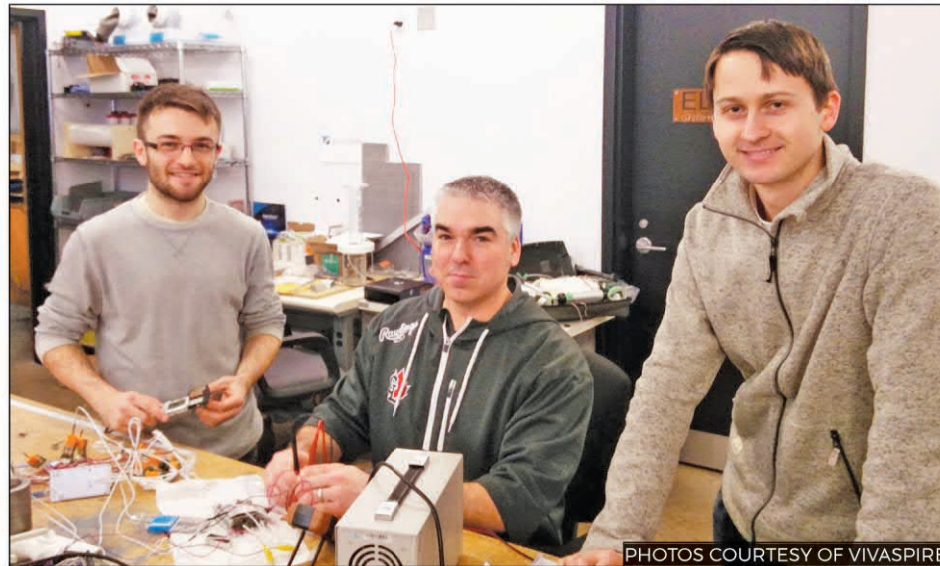
According to Public Health Agency of Canada, over 3 million Canadians suffer from respiratory diseases, including Chronic Obstructive Pulmonary Disease (COPD). Often these patients require daily oxygen therapy, but only have access to large, heavy, oxygen tanks that limit their mobility, comfort, and quality-of-life. John Grousopoulos, co-founder and CEO of VivaSpire, believes that his company has created a game-changing solution: a portable, lightweight device that delivers 96 per cent pure, continuous oxygen.

Grousopoulos first got the idea as a young man, gardening for a woman with COPD who had difficulty lugging around a four litre, steel oxygen tank and 50 feet of plastic tubing. For the Capstone project at the end of his Nanotechnology Engineering degree, Grousopoulos pitched the idea of creating an oxygen-producing device to his team. They developed a backpack-like prototype that purified oxygen from the air, stored it, and delivered it through smooth, continuous flow.

Having built upon their idea, the team applied to the Velocity Accelerator program at UW, which provided crucial mentorship, networking, and marketing strategies for the young startup.

"The Velocity guys and Accelerator centre...it's world class mentorship. They definitely make it easier for anyone who's thinking they're alone," Grousopoulos said. "Velocity is really good at driving this point home: Never assume what you think people want, always start from the end. Otherwise you might make a lot of assumptions and then end up somewhere where there's a critical flaw and no one wants it."

Grousopoulos and fellow co-founder,



Pictured (from left to right): John Grousopoulos (Co-Founder & CEO), James Morrison (Hardware Lead), Chris Hajduk (Co-Founder & COO)

Chris Hajduk, spent months consulting with respiratory therapists and COPD patients to better understand the needs of their potential users and use that knowledge to improve their design.

"COPD is the main respiratory illness. It causes tension in people's ribs. So any kind of tight clothing, they hate that," Grousopoulos noted. "If we had stayed in the lab all the time, it would have been a terrible mistake to make a really tight backpack for people."

Open communication with respiratory patients is important not only when creating future designs, but also in navigating how patients might purchase the device once it's on the market.

"This is exactly what I'm focused on nowadays," Grousopoulos said. "Where does the money come from? Because that will determine what it looks like for the patient

when they're buying the machine. In Canada you have to go to the [oxygen] supplier companies: ProResp, VitalAire, Medigas. Every machine you need a prescription for. You have to document that they have the need for it, and then send it to them. I'd like to make it accessible online somehow. Through pharmacies would be another avenue. I like the idea of the pharmacy because it's documented, it's controlled. They could take their machine to the pharmacy, the pharmacist could replace it for them, [and then] they give their insurance card."

While gauging patient and healthcare provider responses, VivaSpire is in the process of developing their fourth prototype. Their initial prototype first attracted major attention at the Spring 2017 Velocity Fund Finals where they won the \$25,000 prize, as well as one of two \$50,000 awards from the Palihapitiya/Lau Venture Creation Fund.

Currently, Grousopoulos and Hajduk are attending insurance and healthcare conferences in Silicon Valley to educate professionals about their device, and network with investors to raise funding.

The pressure to raise capital is a challenge for all young startups, however the lessons from Velocity Garage and the Accelerator Centre have not been lost on Grousopoulos. "You have to make sure that if you're accepting money from whatever business, it's not just money. You may as well get someone who's in the industry, who really sees the value in your product, and can help you in ways that are more valuable than money," Grousopoulos said.

Despite their impressive success in the oxygen therapy industry, the founders of VivaSpire still remain true to their roots in the Waterloo community. Just last week, Grousopoulos and Hajduk participated in the Walk to Make Cystic Fibrosis History, where they spoke with community members about their vision to help those who rely on extra oxygen for their illnesses.

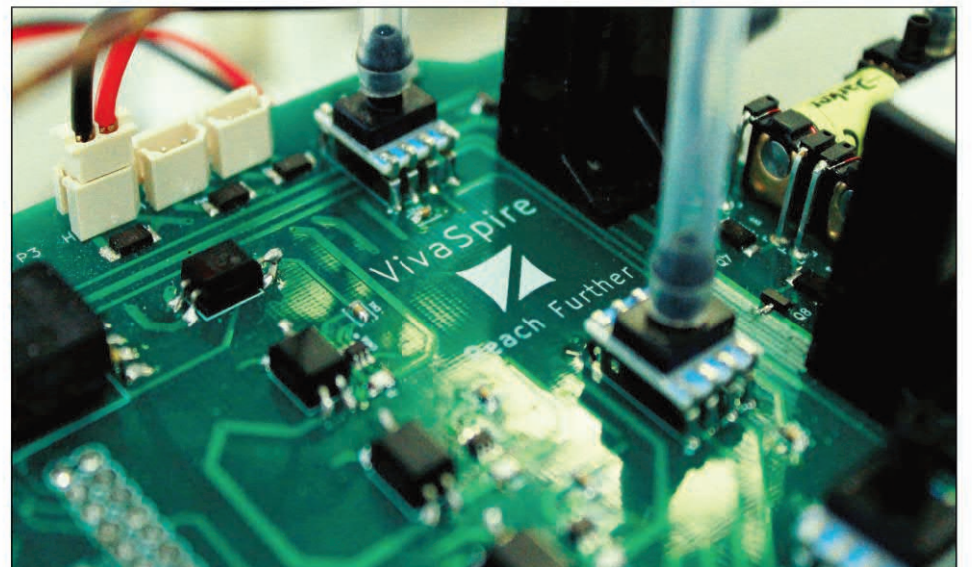
Grousopoulos believes that innovation is at the heart of startups in Waterloo, and recommends that aspiring students apply to Velocity to turn their idea into reality.

"Waterloo's really good for putting that idea into your mind, and they definitely help support that kind of career path" Grousopoulos said. "As long as you have an idea, I would encourage people just to apply to Velocity. They are going to take your idea and make you move faster to where you want to be, faster than you would on your own. wDon't think that Velocity is this elite club, they really want to help because your idea could be the next billion dollar company."

To learn more about VivaSpire, visit their website vivaspire.ca. You can also follow them on Twitter (@VivaSpire) or like their Facebook page: facebook.com/vivaspire.



The VivaSpire portable oxygen-producing device prototype



A closer look at the inner workings of the device

campus bulletin

WHAT'S HAPPENING AROUND TOWN

Submit your 30-word announcement or upcoming event to ads@uwimprint.ca for free.

upcoming events

June 2018

For all of UpTown Waterloo May activities visit www.uptownwaterloobia.com. **Savour in Stratford** - Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex ; and more! www.visitstratford.com.

Tuesday, June 19

Living with Loss support group will discuss "Reconciliation of My Loss...The Journey Continues," from 7 to 9 p.m. at Westmount Memorial Celebration Centre, 1001 Ottawa Street, S., Kitchener. For more info jaime@bfomidwest.org or 519-603-0196.

Sunday, June 24

FREE Type 1 Diabetes Forum from 12 to 4 p.m., 450 Maple Grove Road, Cambridge. Anyone affected by Type 1 diabetes is invited to join us for expert presentations on Trending Diets, Technology Updates and Dealing with Feelings of Guilt & Shame. Check out our tradeshow displays, cooking demos and more! For more information or to

pre-register contact Diabetes Canada at 519-742-1481 ext 223, or email kitcheneroffice@diabetes.ca or visit diabetes.ca

Saturday, July 7

Cherry Festival - at Cherry Park, Kitchener (entrance Park and Strange Streets) from 11 a.m. to 6 p.m. Live entertainment, delicious food vendors, childrens activities and lots of attractions such as rock climbing, vintage car show, mini golf, etc. For more info www.cherrypark.blogspot.com.

Volunteering

Cherry Festival needs volunteers to help out Saturday, July 7 at the event located at Cherry Park. For more info www.cherrypark.blogspot.com.

Bereaved Families of Ontario - Midwestern Region, The Family Centre, 65 Hanson Ave., Suite 1042, Kitchener. We currently have a number of exciting volunteer opportunities. For more info, jaime@bfomidwest.org or 519-603-0196.

bfomidwest.org or 519-603-0196.

help needed

NOT JUST TOURISTS — We are a humanitarian organization that pack medical supplies and bring them to developing countries. We are in need of volunteers, donors and travelers. For more information, please visit our FB: NJT Waterloo!

workshops

UW Career Action Workshops: sign up is required; strobe.uwaterloo.ca.

Thursday, June 14

How to be an Exceptional Employee - 1:30 to 3 p.m., TC 1208.

Tuesday, June 19

Successfully Negotiating Job Offers - 1:30 to 3 p.m., TC 1208. Note: this workshop is geared toward graduating students.

Wednesday, June 20

Business Etiquette and Professionalism - 1:30 to 3 p.m., TC 1208.

Monday, June 25

Resume Tips: Thinking Like an Employer - 4:30 to 6 p.m., TC 1208. Note: there is a prerequisite for this workshop. Please see website chart for details.

Tuesday, June 26

EDGE - Skill Identification and Articulation - 6 to 7:30 p.m., TC 2218. To register for this session, please visit <https://uwaterloo.ca/edge/skills-workshop-registration-form>.

Thursday, June 28

Interviews: Preparing for Questions - 10:30 a.m. to 12 p.m., TC 1208. Note: there is a prerequisite for this workshop. Please see website chart for details.

Tuesday, July 3

Exploring Career Pathways - 2:30 to 4:30 p.m., TC 1112.

Wednesday, July 4

Interviews: Proving Your Skills - 1:30 to 3 p.m., TC 1208. Note: there is a prerequisite for this workshop. Please see website chart for details.

Thursday, July 5

Get a Job Using LinkedIn - 2:30 to 4:30 p.m., TC 1208. Limited seating so register early.



SPRING TERM 2018 JOBS



UW WORK STUDY

VOLUNTEER COORDINATOR

May 1 start ; Monday to Friday, part-time ; \$14.00/hour. Highly organized with excellent verbal and written skills, along with group management. Assisting the Executive Editor and Advertising and Production Manager with social recruiting events, *Imprint* training workshops, volunteer team spirit, appreciation luncheon, etc. For further information on job description or applying for this job, please email cover letter and resume to editor@uwimprint.ca or drop in to the office, SLCo137. Finances pending.

EDITORIAL ASSISTANT

May 1 start ; Monday to Friday, part-time ; \$14.00/hour. Enthusiastic attitude about writing and Imprint in general. Experience in transcribing, interviewing, research and the ability to plan and write full articles quickly and without assistance. For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137.

SOCIAL MEDIA EDITOR

May 1 start ; Monday to Friday, part-time ; \$14.00/hour. Assisting the Executive Editor to ensure daily postings are completed for Imprint's social media channels. Connect with readers ; develop content ; multi-task assignments from various departments and use socialmedia analytical tools to measure key metrics for editorial and advertising. For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137.

SALES ASSISTANT

May 1 start ; Monday to Friday, part-time ; \$14.00/hour. Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in *Imprint* to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford. For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCo137.

PAID JOBS/HR

SALES ASSOCIATE

May 14 start ; Monday to Friday, 35 hours/week ; \$15.00/hour ; 10 weeks. Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in *Imprint* to the UW community and the general public in Waterloo, Kitchener, Cambridge, and Stratford. Must have valid driver's license and reliable vehicle. For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCo137. Canada Summer Jobs position - finances pending.

AVAILABLE UW WORK STUDY POSITION REQUIREMENTS

You must be a full-time student and OSAP eligible.

Candidates must first apply to Student Award and Financial Aid Office for approval. If approved, candidates are required to bring Declaration of Student's Eligibility/Hiring Form to Imprint interview.

sports & health



GET YOUR HEAD IN THE GAME

Write for Sports & Health to be there as the whistle blows. Contact: editor@uwimprint.ca for more info.

Sports enhance the well-being of LGBT students



COURTESY UNIVERSITY OF WATERLOO

Steven E. Mock, assistant professor at the University of Waterloo.

Trevor Potts
Sports & Health Editor

Participation in LGBT community sports leagues allows LGBT+ athletes to feel

confident in their sexual identity according to recent research from Dr. Steven E. Mock, assistant professor at Waterloo's Department of Recreation and Leisure Studies.

"My research shows that sport is very important for people —

socially and emotionally — and it really gives them an important forum to express their identity and get support," he said.

Conducted through the Sexual Minority Sport Group Project, Mock studied 320 adults before and after participation in LGBT+ community sports leagues.

His research found that sport participation helps individuals build confidence in their sexual identity.

"The research shows that LGBT+—focused sports involvement is especially helpful for people who have had very negative experiences related to homophobia, harassment and discrimination."

Mock added that participation in sports aids them in owning who they are and the community they belong to.

"It helps them come to terms with their identity and increases the likelihood of them disclosing their sexual minority identity in their everyday life," he said.

Homophobic stigma (anti-gay language and attitudes) lead to internalized homophobia (internally adopting anti-gay language and attitudes) and sexual identity concealment, which can have long-term negative impacts on mental health and personal identity development.

However, Mock and his team discovered that participation in LGBT+—focused sport groups not only buffered these negative experiences, but also provided an environment of social integration and support for LGBT individuals.

Forming new friendships through sports competition effec-

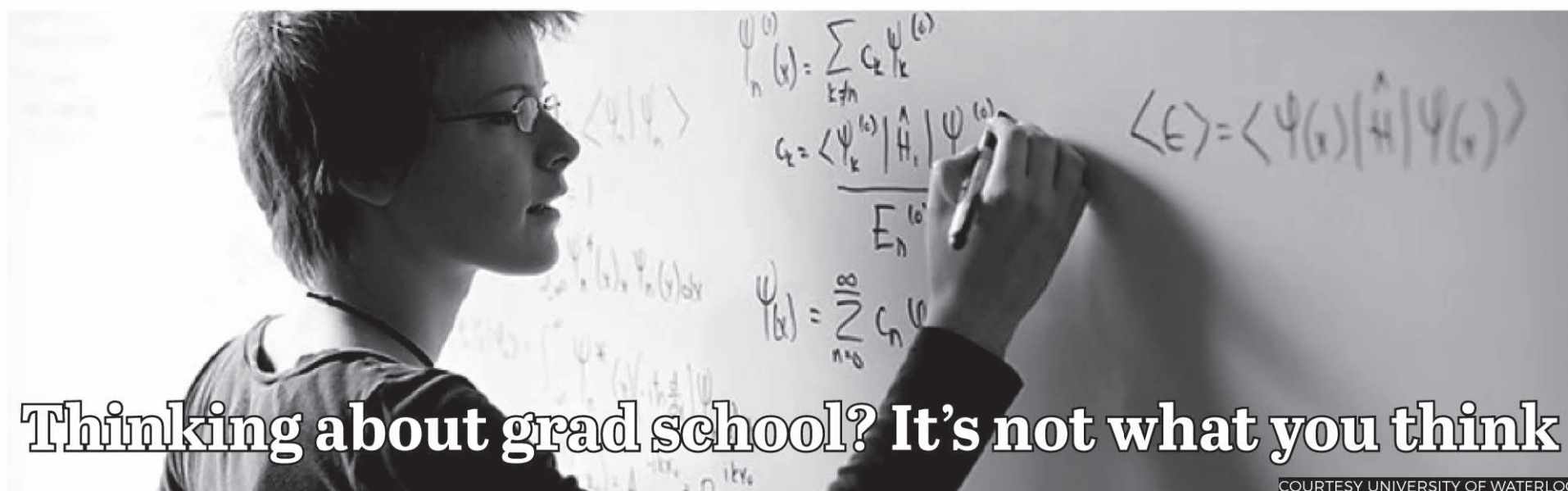
tively reduces stress and promotes mental health.

For Mock, one of the most important things to remember for LGBT+ athletes is that their identity shouldn't cancel out their ability to perform.

"Sexual orientation is a part of sports. It's ridiculous to cancel out part of a person's identity," he said.

Many participants in Mock's study were involved with OUT-SPORT Toronto, an organization that helps promote health and well-being through sport and recreation in the LGBT+ community.

For students looking to get involved in their LGBT+ community, check out SPECTRUM Waterloo at ourspectrum.com or UW GLOW at feds.ca/feds-services.



COURTESY UNIVERSITY OF WATERLOO

Thinking about grad school? It's not what you think

Trevor Potts
Sports & Health Editor

Graduate school may have unintended long-term consequences on your mental health.

While it might initially seem like a novel adventure, graduate school brings new challenges (e.g. heavier workload, funding shortages) at a time in your life where social demands (e.g. maintaining close friendships, starting a family) are steadily increasing.

A recent study at Ryerson University assessed the health and well-being of its grad students, and found shocking results. The majority of grad students (71 per cent)

worked 46 or more hours per week, which is drastically higher than the national average of 36.6 hours (Human Resources and Skills Development Canada, 2013). Additionally, 58.4 per cent of students self-reported stress as somewhat high or above, 58.3 per cent had insufficient income, and 66 per cent had under seven hours of sleep.

At Waterloo, many current grad students can sympathize with these findings. "It can be really hard to connect to other grad students," MASc candidate Andrew Wenger, said. "Most of the people I connect to are in my group [of close friends] and I have very little contact with people outside of it."

For many grad students, the intense workload, undefined work structure, and mount-

ing stress leads to isolation from peers, which can have negative consequences for one's mental wellbeing.

Some grad students have taken it upon themselves to build that social connection.

"Since I started, we started the [lunch] tradition and it's held ever since. The dodgeball and volleyball games I have are also with workmates, and we also plan a camping trip for a weekend every fall."

Biochemistry PhD candidate Braden Kralt said. "In my opinion, going out for lunch with peers is not the most important — it's what you do and who you spend time with after work. If you come home and watch TV or play video games for the next five hours before bed, rinse and repeat, you will be the lone-

liest person."

Spending time playing intramurals or having lunch with other grad students not only helps build important social bonds, it will help you discover who it is that you are becoming.

For those feeling stressed out by their program, the Waterloo Graduate Student Association has several resources for community support, including a Social Events calendar, Student Advising, and Financial Aid services.

UW Counselling Services also welcomes all students; to book an appointment, visit uwaterloo.ca/campus-wellness/counselling-services. For more information about joining an Intramural team, visit the UW Athletics website.



Jagger, a competitive sport inspired by a post-apocalyptic film, comes to UW campus

PHOTOS LEA CLARIN

Lea Clarin
Creative Director

Inspired by the 1989 film *The Blood of Heroes*, directed by *Blade Runner* (1982) screenwriter David Webb Peoples, Jagger is an intense, fast-paced, competitive team sport that is reminiscent of childhood games of capture-the-flag mixed with elements of fencing, rugby, and touch football.

The first ever Waterloo Jagger introductory session ran on Saturday, June 9th. Facilitating the event were Valkyrie and Evan Savage, the latter of whom is a UW Math alumni.

Both are members of The Royal Canadian Maple Meese, a team under the Jagger Toronto league.

In jagger, the ball is a dog skull crafted from foam and tape, or latex-covered cell foam in some countries, to closely resemble

one.

"The goal is to grab the dog skull, which starts in the middle of the field, and you want to run it from your end of the field, all the way to the other end and jam it into [your opponent's mound]," Valkyrie said

Each team consists of eight members, including three substitutes. Up to five players are allowed on the field, when in play.

Players, save for the person in the quik (also spelled quick) position, are armed with an array of foam melee weapons, ranging from staffs, swords, shields, to chains.

Other positions, at least in the real-life sport and not in the film version, include the chain (optional) and up to four enforcers.

Only quiks are allowed to hold the skull with their hands.

Armed players can just hit the skull with their weapon— their primary role is to protect the quik as they charge across the field, skull in hand, with the sole objective of

scoring on the opposing team.

"Jagger is a touch sport in the sense that you don't need to whack anyone off the course, you just need to hit them on their legal hit zones," Evan said.

Legal hit zones are anywhere on the body save for the head, collar bones up, and the hands, wrist up. There are exceptions to the hand hit zone rules when it comes to armed players.

Many of the players who came out to the Saturday session had no previous experience with Jagger.

Oscar Shi, a 2B Computer Science student, came to check out the sport at the behest of a friend.

Shi and his friend both have experience with playing *Humans vs. Zombies*, which shares some of the DIY weaponry and touch game elements with Jagger.

"[Jagger] is kind of similar [to HvZ], where you take some normal sport or game and add foam or nerf weapons to it," Shi said.

"It's kind of like touch football but adding more swordplay into the experience, which was pretty cool."

A game of Jagger is fast-moving and requires intense physicality at times.

"I haven't played sports since the end of high school though so I basically didn't have enough stamina to actually play it continuously. Pretty draining, but I thought it was really fun," Shi said.

Usually, individual players would bring their own handmade weaponry, but the equipment was provided at the Waterloo Jagger session, considering the number of first-timers coming out.

"Aside from cleats, we recommend everyone bring whatever sports clothing you'd normally wear for running, a water bottle, and any friends you wish to bash with foam swords," said Valkyrie.

Jagger has been gaining popularity in many countries, with leagues popping up in cities and campuses all over the world.



The game is played with a foam-and-tape dog skull as the ball, and players are armed with an array of DIY foam weapons, like swords, shields, and ball-and-chains.

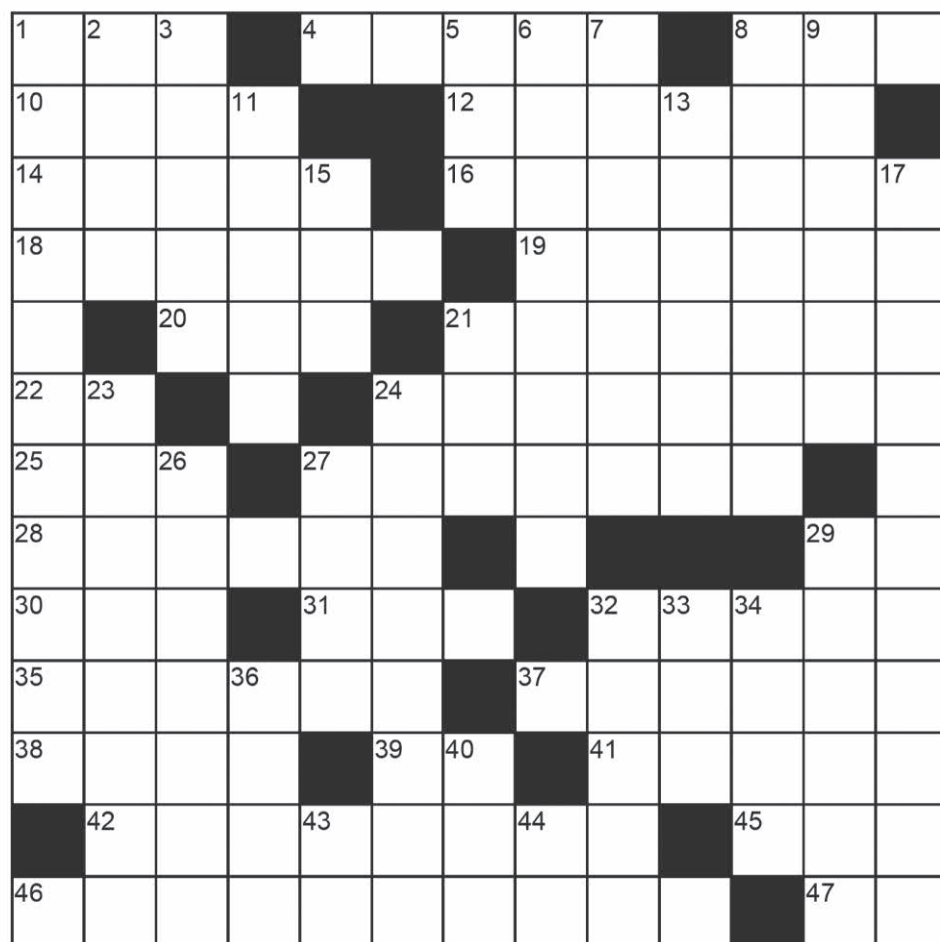
distractions



Q: WHY ARE THE MELONS WHO WANTED TO GET MARRIED SAD?

A: BECAUSE THEY CAN'T ELOPE

awksteengooseword



CROSSWORD MADE BY BEN PAUL

Across

- 1. Laptop keyboard additions for activating functions
- 4. _____rint: step pattern
- 8. First television channel to provide 24-hour news coverage (initials)
- 10. Itsy bit
- 12. New age leader who justifies his alternative medicine with quantum mechanics
- 14. Loses grasp of
- 16. *The Dharma Bums* beat poet
- 18. Cheek indentation
- 19. Bumpy ceiling plaster
- 20. Layer of wood or paper, especially of the toilet variety
- 21. Peninsula containing Spain and Portugal
- 22. Surprise incident hospital area (initials)

- 24. Strain of this virus caused the 2009 H1N1 pandemic
- 25. Immortal *The Sandman* character given eternal life who meets once with the title character every hundred years
- 27. Web hosting company considered to be the world's largest
- 28. *Stranger Things* child character with telepathic powers
- 29. Abbr. for the field of medical study focused on pregnancy and childbirth
- 30. Ginger ____: carbonated drink
- 31. Grocery chain owned by Sobeys and mainly operating in Quebec (acronym)
- 32. Sandy Hook murderer
- 35. Woo ____: alternate name for a shadow-viewing rodent

STUDIED THE WHOLE COURSE IN A WEEKEND

BY TIMI BISH



- 37. Notice of limitations
- 38. Eager to participate (two words)
- 39. Command for removing files in 36-down
- 41. Granola bar brand: ____-Grain
- 42. Birds of a certain environment
- 45. Rot ____: abstract expressionist who overdosed on barbiturates and passed away in 1970
- 46. Second-largest city of Egypt, previously with a famed library and lighthouse
- 47. Chemical symbol of tin

- 21. Initials of a March 8 anti-sexism celebration
- 23. Purposely modify a car engine to belch smoke
- 24. Southeast Asian New Year, especially in Thailand
- 26. Manmade honeycomb structure
- 27. Pertaining to the earth
- 29. American mountain chain mainly in northern Arkansas and southern Missouri
- 32. Hawaiian veranda
- 33. ____ncular: like an uncle, such as in kindness
- 34. Country with capital Amsterdam (abbr.)
- 36. Family of operating systems, offshoots of which include Linux and macOS
- 40. Wet dirt mixture
- 43. "A long long way to run"
- 44. ESRB and MPAA code for a title yet to be assessed

Down

- 1. Furled fern food
- 2. Dwarf brother of Ori and Dori
- 3. Purposefully trample
- 5. Parker's enemy abbreviating a cephalopod
- 6. A homosexual woman who enjoys performing theatre (it's a terrible pun)
- 7. Hint or foreshadow at future events
- 8. Kill by nailing to a cross
- 9. Supposed ancient civilization of Mu said by Le Plongeon to be in the Atlantic and Churchward to be in the Pacific
- 11. A fruit bobbed for as a Halloween activity
- 13. Served a liquid
- 15. Shrewd or devious
- 17. Region of cities combining into a continuous urban area

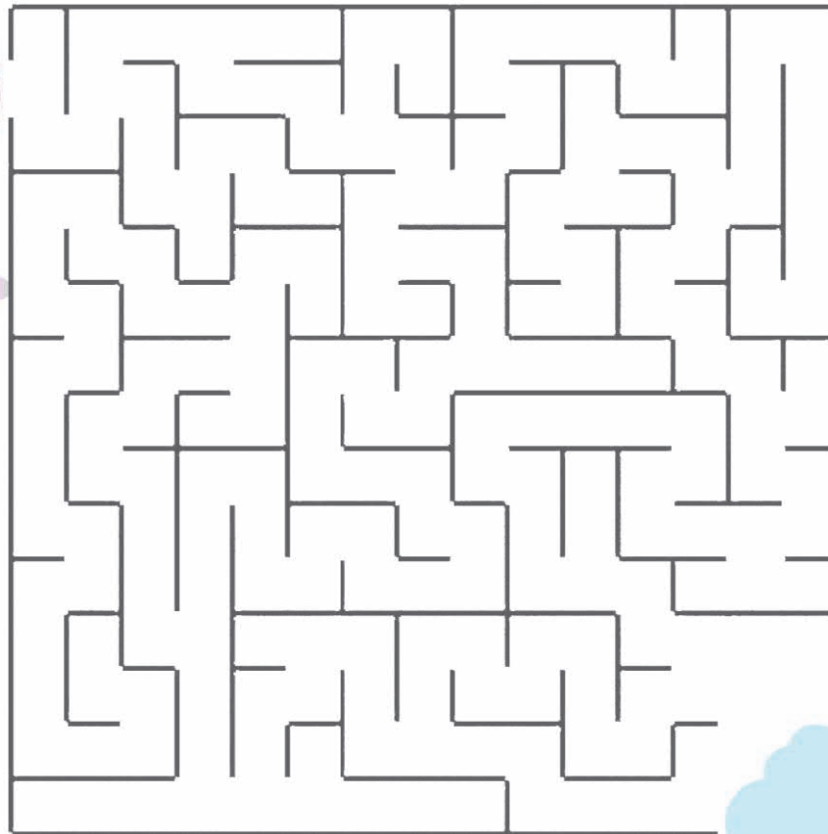


Solutions to this term's crosswords are available on our website, uwimprint.ca

Pride Activity Page



(Mr. Goose is a goose and therefore, cannot read maps.)



Thank Help Mr. Goose

Mr. Goose wants to go to the Pride March!

Help him find the way.



Spot the Difference



GRAPHICS LEA CLARIN

There are 5 different things about Mr. Goose's pictures. Can you spot them?