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ART HITS THE TRACKS
Ninth annual Steel Rails features Indigenous rights band and local artists.



NOT FOR-D PLANET
Find out how Doug Ford plans to scrap the carbon tax P4

THE SCIENCE OF DATING P9
Find out how to solve your dating dilemma.

SOFTWARE OVER SEEDS P10
Could our food system be gearing us up to harvest gigabytes rather than grains?

DIETING DANGERS P13
Dieting can lead to risky behaviour for teenage girls.

Celebrating culture and diversity



Catherine Dallaire, a Métis artist and UWaterloo staff member helped share Indigenous culture at the National Indigenous Day celebration. More on P3.

news

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Eleventh chancellor Dominic Barton is appointed by the University of Waterloo



Dominic Barton is the newly appointed chancellor of the University of Waterloo. Previously he was a global leader with McKinsey & Co, a consulting firm. He replaces Tom Jenkins as the 11th chancellor.

Alexandra Hanrath
Managing Editor

Promising global change-maker, Dominic Barton, seeks to make a positive impact in a three-year term as chancellor with the University of Waterloo.

Barton, at the time of publishing, will leave his current role as global leader of McKinsey on July 1 in order to step into his newly appointed role with the University of Waterloo.

Barton served three terms at McKinsey for ten years, he also chairs the Government of Canada's Advisory Council on economic growth.

Feridun Hamdullahpur, University of Waterloo president and vice-chancellor coincided when their organizations came together to commit to organizing the 2015 HeForShe Impact 10x10x10 gender inequity initiative.

Three years later, the University Senate appointed Barton to his new chancellor position.

Hamdullahpur cites Barton's insight, business knowledge, and experience in governance and eco-

nomics development as his top qualifications for the position. As well as his direction for global change to assist making the University a better place.

"We are inspired by Dominic's commitment to creating positive global change and to equity and inclusivity which in many ways complement our University's record of innovation and aspirations to make a global impact," Hamdullahpur said.

Barton's role will include overseeing convocations, diplomas, certificates and conferring degrees for graduate students.

The role of chancellor also demands ambassador-like tasks and qualities.

Barton was born in Uganda and became a Canadian citizen later in life.

He currently holds his BA in economics from UBC and also studied as a Rhodes Scholar at the University of Oxford, UK.

Barton has published multiple articles and books on topics such as leadership, development, and the role of business in society.

The 11th Chancellor position was previously held by Tom Jenkins, he served for three years beginning in 2015.

Police briefs



Waterloo Regional Police charged a 32-year-old Kitchener man with more than 40 additional charges relating to possessing, creating and distributing child pornography, extortion and invitation to sexual touching on June 21.

Victor Ly was charged with 13 counts of luring a child, nine counts of possession of child pornography, one count of make sexually explicit material available to a child, two counts of extortion, four counts of invitation to sexual touching, six counts of distributing child pornography and six counts of making child pornography.

The new charges relate to 13 victims ranging in age from 11 to 15-years-old and are the result of an ongoing investigation and forensic analysis of devices seized during the execution of a search warrant in February.

The investigation started when police received complaints from the National Child Exploitation Coordination Centre (NCECC) with allegations that a male was exploiting children over social media.

In February he was charged with three counts of luring a child, three counts of possession of child pornography, two counts of make sexually explicit material available to a child and extortion.

At the time of his arrest, Ly was an occasional teacher with the Halton District School Board.

He has taught in Waterloo Region private schools, as well as internationally.

The prior charges were for crimes against three different victims, who range in age from eight to 12-years-old.

The Waterloo Regional Police Service is a member of the Ontario Provincial Strategy to Protect Children from Sexual Abuse and Exploitation on the Internet.

The investigation is ongoing and anyone with information is urged to call Waterloo Regional Police at 519-570-9777 ext. 8456 or Crime Stoppers at 1-800-222-8477.

A crossing guard was hit by a car and seriously injured. Waterloo Regional Police responded to a report of a collision in the area of Westmount Road East and Greenbrook Drive in Kitchener on June 21 at 9 a.m.

A crossing guard was in the south crosswalk on Westmount Road when a vehicle struck her.

The 46-year-old crossing guard was taken to hospital with serious, but non-life threatening injuries.

The 80-year-old Kitchener driver was not injured in the collision.

Police continue to investigate the incident and charges are pending.

National Indigenous People's Day Celebration



VICTORIA GRAY

Two-year-old Maxine Kaiswatum watched a drum circle intently with her mom, Heather George.

Victoria Gray
Executive Editor

Nikita Larter is tired of trying to teach on a day that she should enjoy with family and friends.

"In an act of decolonization I decided to scrap my speech—the speech I'd been working on all week," she said. "Speeches at events are entertainment."

Originally from the Northwest Territories, she now resides in Toronto and was the keynote speaker at the Indigenous Student Centre's first National Indigenous Day celebration on Thursday at St. Paul's College and said she was exhausted after speaking at three events that week as the only Inuit representative event organizers could find.

She said she enjoys sharing her culture with people, but she

doesn't enjoy taking a day off work to break down barriers. She would rather spend the day with friends and family, dancing and eating, the way most community members get to spend their holidays.

"It's your job [to learn]. It's not my job to teach you," she said.

She urged those at the ceremony to consider contacting MP's to have the day deemed a statutory holiday.

Larter is the first Inuvialuit to

receive a PhD from UW and said even as a youth she strived to turn herself into a role model for herself and every other Indigenous person.

"Everything I've done is to try to be a role model for Indigenous youth," she said.

Amy Smoke, events coordinator for the Indigenous Student Centre said Indigenous people need to take back their history and culture.

"We want to be loud and proud to make these spaces safer," she said. "We're not here for a show or to entertain... It's part of our culture. It's for us to remember why we exist, why we were put on Mother Earth."

The event included a Métis Jigging demonstration and tutorial by Shelby Keedwell and André Nault, Haudenosaunee dancing with tutorials and explanations of their history. One of the dances performed, the Old Moccasin Dance, was shared with the Haudenosaunee by a traveler from the Delaware. He was denied a place to stay by many clans and was given a place to stay with the Haudenosaunee on a bed of old moccasins. He was given food and the women washed his clothes. He was so touched by the hospitality he prayed for something to give in return. He danced and taught the others how to do

the dance as well.

Smoke said it's important for people at the university to know more about Indigenous students.

"It's great to raise awareness," she said. "New comers and immigrants are my favourite demographic because they don't come with that bias ingrained."

Guests were also treated to a free barbecue and information about services for Indigenous students both at the university and in the community.

The centre also unveiled their Ceremonial Fire Pit that incorporates many elements of Indigenous culture, including the four elements and directions and a turtle (the earth) at the centre.

"It also belongs to the students and I hope they take care of it," she said. "I hope we don't see a bunch of garbage all over or have students having fires."

Al McDonald, the centre's Fire Keeper stayed after the ceremony to keep the fire burning and share his role with attendees, including preparing the ground, making sure nothing, but the four medicines (tobacco, sage, cedar and sweet grass) got into the fire.

"We make our offering with our left hand because it's closest to our hearts. When we burn the tobacco we are sharing our prayers. The smoke takes them to the creator," he said.

Relieving ourselves of ignorance through education

Anicka Bakos
Staff Reporter

Celebrating National Indigenous Peoples Day gives everyone a chance to connect to each other, the land, and to build bridges.

Doctor Susan Roy, an associate professor of history at UW explained the history behind National Indigenous Peoples Day and offered some insight into why it is important to celebrate it.

She teaches courses in Canadian history, Indigenous histories in Canada and Global Indigenous issues and rights.

Her current research includes a Cree language revitalization project based on a new Cree musical theatre piece by Tomson Highway, an Indigenous Canadian playwright, novelist, and children's author.

Roy believes it is important to celebrate First Nations culture and to learn about Indigenous territories in the places we live.

"Canada has been established on Indigenous lands," she said. "It is important that non-Indigenous settler-Canadians learn about the many Indigenous histories and cultures, treaties, and our on-going responsibilities to and relationships with the Indigenous Nations on whose territories we are privileged to reside. National Indigenous Day provides an opportunity to highlight these histories and cultures."

Roy noted that celebrating National Indigenous Peoples Day gives Canadians an opportunity to learn about the many contributions of Indigenous peoples to Canadian society.

Roy cites maple syrup and lacrosse as two obvious cultural contributions to Canada by Indigenous peoples.

"Indigenous peoples have contributed to all aspects of society... through, for example, politics, arts, culture, governance, language, resources, and environmental land management," she said. "There are incredible [Indigenous] artists and writers, includ-

ing Rebecca Bellmore, Kent Monkman, Lee Maracle, Thomas King, Tomson Highway... and leaders and thinkers such as Cindy Blackstock, Leanne Simpson, John Borrows, and the late Arthur Manuel."

Roy also said that a significant yet less known contribution is the Six Nations of the Grand River solar and wind energy projects that attempt to reduce Canada's carbon footprint.

Roy explained that National Aboriginal Day was recently renamed to National Indigenous Peoples Day because the term 'Aboriginal people' has been used to refer to the first peoples of Canada and it is in our Constitution to represent First Nations, Inuit, and Métis peoples.

"Indigenous is a term that has been used on the global stage, such as in the United Nations Declaration of the Rights of Indigenous Peoples (UNDRIP) and it is becoming increasingly popular to refer to a wide group of first peoples across the world that have specific connections and relation-

ships to territories," she said.

Roy said that the National Indian Brotherhood (now the Assembly of First Nations, the national political organization that represents First Nations in Canada) suggested a day of recognition in 1982. In 1990 Quebec became the first province to establish Jun. 21 as a day of celebration.

"Since then there have been many calls to establish a national day — including by the late Oji-Cree leader Elijah Harper and the 1996 Royal Commission on Aboriginal Peoples," she said.

In 1996, Canada announced that Jun. 21 would be National Aboriginal Day. Jun. 21 is a significant date of cultural importance for many Indigenous communities because it is the day of the summer solstice which is the longest day of the year.

The recent Truth and Reconciliation Commission report calls for the government to establish a statutory holiday to honour the survivors of the Indian residential school system.

Incentives drive change not tax cuts

Victoria Gray
Executive Editor

Without a carbon tax companies can pollute as much as they please.

Premier-designate Doug Ford promised to scrap the province's cap and trade system and on June 15th he announced that the first thing his cabinet will do is cancel cap and trade and challenge the federal government's carbon tax.

"I made a promise to the people that we would take immediate action to scrap the cap-and-trade carbon tax and bring their gas prices down," Ford said in a press release. "I want to confirm that as a first step to lowering taxes in Ontario, the carbon tax's days are numbered."

Paul Parker, professor and associate dean of strategic initiatives at the University of Waterloo said the move could cost citizens more money and stunt the growth of communities.

"It is a classic short-sighted move that ignores the long term benefits," he said. "GreenON stimulated investments in building retrofits and upgrades like insulation and windows that will last for fifty years."

Ford, who will be sworn in as premiere on June 29, served notice of the province's

withdrawal from the Joint Agreement connecting Ontario's, Quebec's and California's cap and trade markets and withdrawal from the pro-carbon tax Western Climate Initiative.

The Premier-designate has told officials to take steps to withdraw Ontario from future auctions for cap and trade credits immediately.

It is not clear yet how that will happen, but Ford said rules for

the, "orderly wind down of the cap and trade program," are coming soon.

The cap and trade system was implemented in Ontario On January 1, 2017. It's a market-based system that sets a hard cap on greenhouse gas emissions, but gives flexibility to companies in how they meet their caps. They can buy and sell credits to increase their cap.

The system helps gradually lower greenhouse gas emissions from the largest polluters.

It

helps give citizens better air quality and reduce the impacts of climate change.

The program gives polluters a reason to cut emissions – if they pollute less, they pay less.

Parker said most of the investment came from homeowners who got incentives from the government.

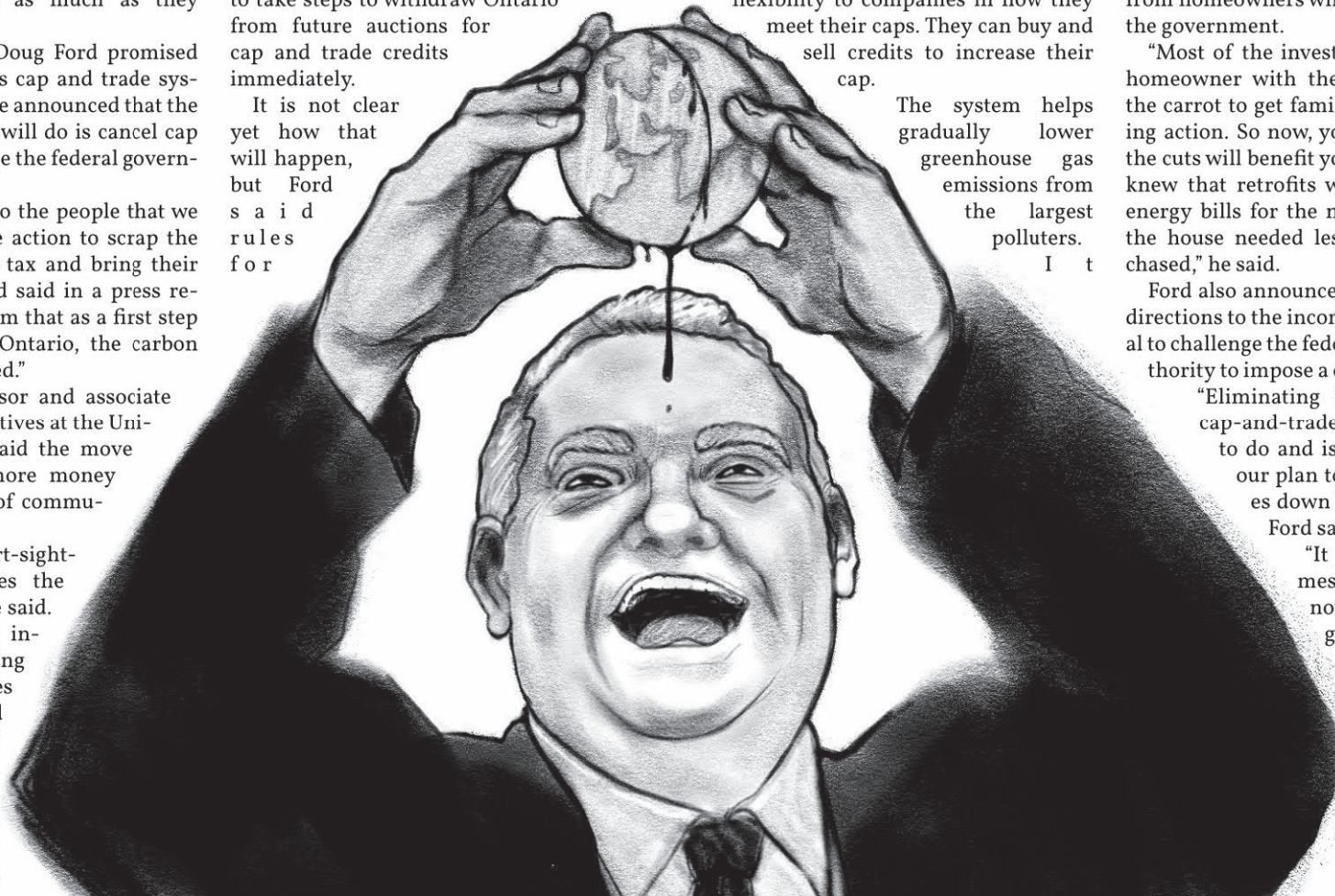
"Most of the investment came from the homeowner with the province providing the carrot to get families interested in taking action. So now, you hope that some of the cuts will benefit you, whereas before we knew that retrofits would give you lower energy bills for the next 50 years because the house needed less energy to be purchased," he said.

Ford also announced that he would issue directions to the incoming Attorney General to challenge the federal government's authority to impose a carbon tax in Ontario.

"Eliminating the carbon tax and cap-and-trade is the right thing to do and is a key component in our plan to bring your gas prices down by 10 cents per litre," Ford said.

"It also sends a clear message that things are now different. No longer will Ontario's government answer to insiders, special interests and elites. Instead, we will now have a government for the people; help is here," he said.

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VICTORIA GRAY

Wilfrid Laurier University faces two lawsuits: one from a current masters student and the other from a former University of Toronto professor for the right to free speech.

Academic censorship and its costly consequences

Alexandra Hanrath
Managing Editor

Wilfrid Laurier University teaching assistant and masters student is suing the university and some faculty members for \$3.6 million in compensation and damages and former University of Toronto professor followed suit.

Lindsey Shepherd alleges that she suffered abuse at the hands of her professors, employers, and WLU's equity office, causing her mental health risk.

Shepherd hopes to give WLU a wake-up call through the lawsuit.

"I don't really care if I win or lose [the lawsuit]," Shepherd said.

"It's about seeing what direction our university is going to go and I think this lawsuit is going to be a big part of showing us that answer."

As for her academic career, Shepherd is set to graduate in late summer after defending her research paper.

Shepherd released a recording of her being reprimanded after showing her first year students part of a video that discusses the use of gender pronouns.

The video features Jordan Peterson, a former University of Toronto professor who argues against being forced to use them.

The university alleged it received a complaint against her for showing this video clip on the basis that it could be viewed as transphobic,

inducing a toxic classroom environment.

The original incident of the reprimand occurred in May 2017, but it wasn't until a second incident in November later that year, that Shepherd had enough and decided to file the suit.

Upon a follow-up private investigation by the university, it was discovered that there was no complaint and apologized to Shepherd.

Currently, none of Shepherd's allegations have been proven in court.

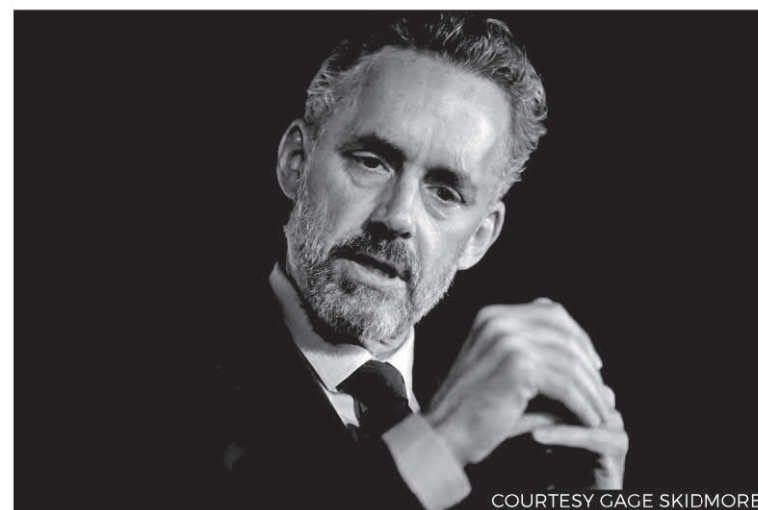
Wilfrid Laurier University issued a statement about the case before apologizing to her later in the month.

Their statement insisted that they would fight her claims and reinforced their values.

"Laurier will vigorously defend against this statement of claim. Laurier remains dedicated to its core values, which include a commitment to intellectual inquiry, critical reflection and scholarly integrity while striving to be a supportive and inclusive community," it said.

The statement from Laurier went on to outline its corrective actions and future steps.

"Since Ms. Shepherd first raised her initial concerns, the university has taken numerous measures to address the matter, including issuing an apology to Ms. Shepherd. That apology still stands. The university initiated an independent review, which found no wrong-doing on the part of Ms. Shepherd and



COURTESY GAGE SKIDMORE

Jordan Peterson, a former U of T professor, is suing Laurier for censoring his work in lectures.

offered concrete recommendations to the university for next steps. Many of those steps have already been taken, including training, a review and update of university policies, and the establishment of a task force that prepared a Statement on Freedom of Expression that was approved by the Senate of Wilfrid Laurier University and endorsed by the university's Board of Governors," it said.

After the first lawsuit filed by Shepherd and her Toronto-based lawyer, Howard Levitt in May, Peterson followed suit.

Peterson uploaded a video to his popular youtube channel that has over 1.2 million subscribers explaining why he is suing WLU.

He said his frustrations are that the university hasn't learned their

lesson and that their negligent and inappropriate actions have cost Shepherd her career in academia.

"I decided that Wilfrid Laurier hadn't learned its lesson from its public embarrassment and that Shepherd's claims were valid, justifiable, and necessary. Including her statement that her future lack of employability in academia was improbable, to say the least. I've been on hiring committees, and I can tell you that even the slightest whiff of scandal is enough to disqualify a candidate. In consequence, not only did I decide to read and post the entirety of Shepherd's claims, I also decided to launch a claim of my own against the same defendants. I thought that two lawsuits might make the point better than one," he said in the video.



COURTESY THE RECORD

Lindsay, a Laurier masters student, is suing her university for denying her right to free speech as a teaching assistant.

Indigenize Strategy at UW responds to truth and reconciliation act

Hanna Hett
News Editor

The Indigenize Strategy at the University of Waterloo is looking to make progress on the federal government's Truth and Reconciliation Act's calls to action.

"This is a really important issue to the University of Waterloo," Diana Parry, Associate Vice President of Human Rights, Equity, and Inclusion said.

The Provost developed a Steering Committee to first address the calls to action, which then decided to create a working group structure.

In July 2018, five working groups were created on community engagement, curriculum and academic programming, policy and procedures, research, and student experience.

Each working group was filled with members who fit three criteria: identified as Indigenous, had lived experiences with indigeneity, or had research expertise on indigeneity.

In Nov. 2018, the groups had their first meetings.

In December and January the groups decided what their focus would be. After, they started, environmental scans.

"Each one of the working groups would go out and look

at what what the University of Waterloo was doing well in their area, and then areas for improvement— or gaps that we needed to address," Parry explained.

Currently, they are developing recommendations from the environmental scans the working groups created.

"We [are focusing] on the recommendations--so the what, not the how--of the strategy," Parry said.

After the recommendations are compiled, the next step of the Indigenize Strategy is to develop an advisory circle.

"We recommended [this] to the president and the provost as the next step..We're going to consult broadly— provincially and nationally— around different ways on compiling this advisory circle, such that we ensure that there's proper indigenous leadership and governance structure," Parry said. "What we want to see is promoting awareness on campus, promoting education on campus, and supporting our students, while also hosting events."

An example of what will come from the Indigenization strategy is more frequent use of land acknowledgements, where speakers or facilitators acknowledge the colonial legacy that UW was built on.

The land that UW is on is traditionally the Attawandaron (Neutral), Anishinaabe and Haudeno-



Needles Hall is where the Human Rights, Equity, and Inclusion Office is located, which conducted the Steering Committee for the Indigenize Strategy.

saunee peoples.

"That's part of our recommendations...how and when to use it, and the education that goes along with it," Parry said.

Those who were interested in

joining a working group, but did not meet that criteria were invited to join round table discussions so that could still have their voice heard.

"They expressed an interest in

participating and had experiences that they wanted to share with us," Parry said.

The invitation for this round-table discussion was also extended to the entire campus.

Knowledge Keeper Conference celebrates Indigenous culture through rituals

Hanna Hett
News Editor

Miigwech.

This means, thank you in Objibwe, and was used often at the Knowledge Keepers Conference on June 23 and 24. This event was facilitated to share Indigenous knowledge and practices, in light of Indigenous Peoples Day on June 21.

The Conference was held by Wilfred Laurier University (WLU). Faculty member Dr. Kathy Absolon-King was the director of the conference.

"We want to build a bridge between the academy and the community. We want to close the gap a bit and create a more reciprocal relationship," Absolon-King said, in a press release from WLU.

Peter Isaacs and Banakonda Kennedy-Kish Bell were the keynote speakers on Saturday and Sunday, respectfully. Both of their talks focused on different Indigenous Creation stories.

For Issacs, that was the Onkwehonwe / Haudenonsaunee Creation story. For Kennedy-Kish Bell, that was the Anishinaabe Creation story.

In Kennedy-Kish Bell's speech, she

stressed the importance of an Indigenous pathway alongside the Western pathway, especially in the academy. She also talked about Indigenous languages, rituals, and spirituality.

"We are grateful that the elders kept this for us," she said.

One such ritual is smudging. This is where dried plants (cedar, sage, sweetgrass, or tobacco) are lit and then blown out, so that only smoke is left coming from the plant. People then wash the smoke over the parts of their body that they feel need it. This ritual is to cleanse people of negative energy.

Hilton King started the day on Sunday by offering a smudge to any attendee that wanted it. He also led the song and prayer before the beginning of Kennedy-Kish Bell's speech.

The conference hosted several workshops on a range of topics, but all regarding Indigenous knowledge and how people can continue to pass it on.

"Indigenous communities are now just recovering our language and history, so we hope this event is a catalyst to bring that community together to facilitate growth, healing, and understanding," Absolon-King said.

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Next scheduled post-mortem meeting:
 Wednesday, June 27, 2018; SLC 0137 at 3 p.m.

Next scheduled board of directors meeting:
 Tuesday, July 24, 2018; SLC 0137 at 6 p.m.
 Thursday, August 23, 2018; SLC 0137 at 6 p.m.

opinion

HAVE YOUR SAY

Submit your letter to the editor or your community editorial to opinion@uwimprint.ca. Find more opinions at uwimprint.ca.

Believing stereotypes is racist

I was a racist. I didn't think I was that kind of person, but as a child I believed adults when they told me Indigenous people were drunks and drug addicts because they just didn't want to work.

I believed they hated me for stealing their land, but I thought, 'hey, what's done is done right? Get over it and move on. It was hundreds of years ago. Find your place as a cog in society.'

That's just one of many stereotypes.

I grew up very close to the Six Nations of the Grand River Reservation. I watched the Haudenosaunee Chiefs Confederacy protest developments on the Haldimand Tract and was told, 'they think they own six miles on either side of the Grand River, but that's just nonsense, the city bought the land.'

The city did no such thing.

It wasn't until years later; I sat down with Ava Hill, chief of the Six Nations of the Grand River elected band council, (after several years of getting side-eye from her because she knew I was part of the problem) she explained my privilege and my adoption of systemic racism.

I call it systemic racism because, as a journalist, I am part of the mass media and had written about Indigenous issues many times before, but from a place of ignorance and misinformation.

It was my own fault. I sought out information that backed up my misguided beliefs when it was my job to leave bias behind and learn everything I could to tell stories from the Indigenous perspective as best I could.

I am not afraid to admit that I am a work in progress. As a white, cis gendered appearing woman, I do not fully understand my privilege, or what it's like to walk through this world dealing with the systemic racism Indigenous people do, but I am trying.

I am trying to understand that crime and poverty go hand in hand for every culture. I am trying to understand that neglect; physical and mental abuse and addiction also go hand in hand for everyone and that it's generational.

Indigenous people have just seen so much more of this than I can fathom.

Growing up near the rez and going to high school with Indigenous people, having Indigenous teachers, taking as many, of what were called at the time, 'native,' classes, as I could to understand more, I thought they once had a beautiful culture... that they destroyed.

It wasn't until the Truth and Reconciliation report came out in 2015 that I realized, it was the church and it was our government, that destroyed them through kidnapping, sexual, mental, physical abuse and neglect. That through having several generations of people who didn't receive love and care as children, they grew into adults who didn't know how to have healthy relationships or how to give that love to their own children because they had never experienced it or enough of it.

That people who go through trauma often form addictions to deal with posttraumatic stress.

There are so many giant issues when it

comes to trying to break down what happened, why it happened and, why some Indigenous people don't trust governments, police, doctors or everyday people.

It comes down to systemic racism. Canadians, myself included, have a long way to go to repairing the bridges our forefathers burned to the ground. We all have to go on a personal journey of understanding. We can't put the burden of explaining what happened to them and why we should care about it on them. It's exhausting and feels futile because it's a very difficult thing for people to admit that our lack of understanding and care for our fellow human is one of the reasons they don't all have clean water, access to medical care, grocery stores in their communities, safety or equal education.

If we, as Canadians demand the same standard of living for Indigenous people as we have, if we demanded the systemic racism in the medical, Children's Aid, banking, police and government systems abolished, maybe it would be.

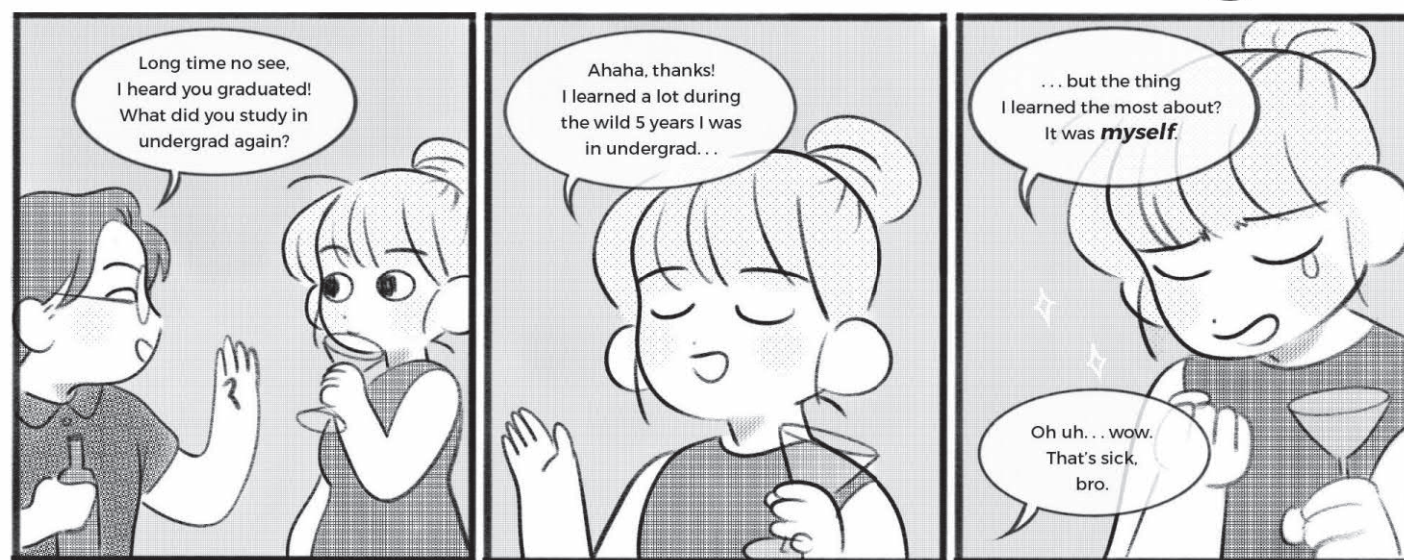
Maybe it wouldn't happen over night, but it would go a long way to rebuilding those bridges.

It's OK to admit we don't know everything, but it's not OK to know injustice is happening and not do anything about it.

As we celebrate National Indigenous People's Day let's try to help make every day better for all people.

Victoria Gray
 Executive Editor

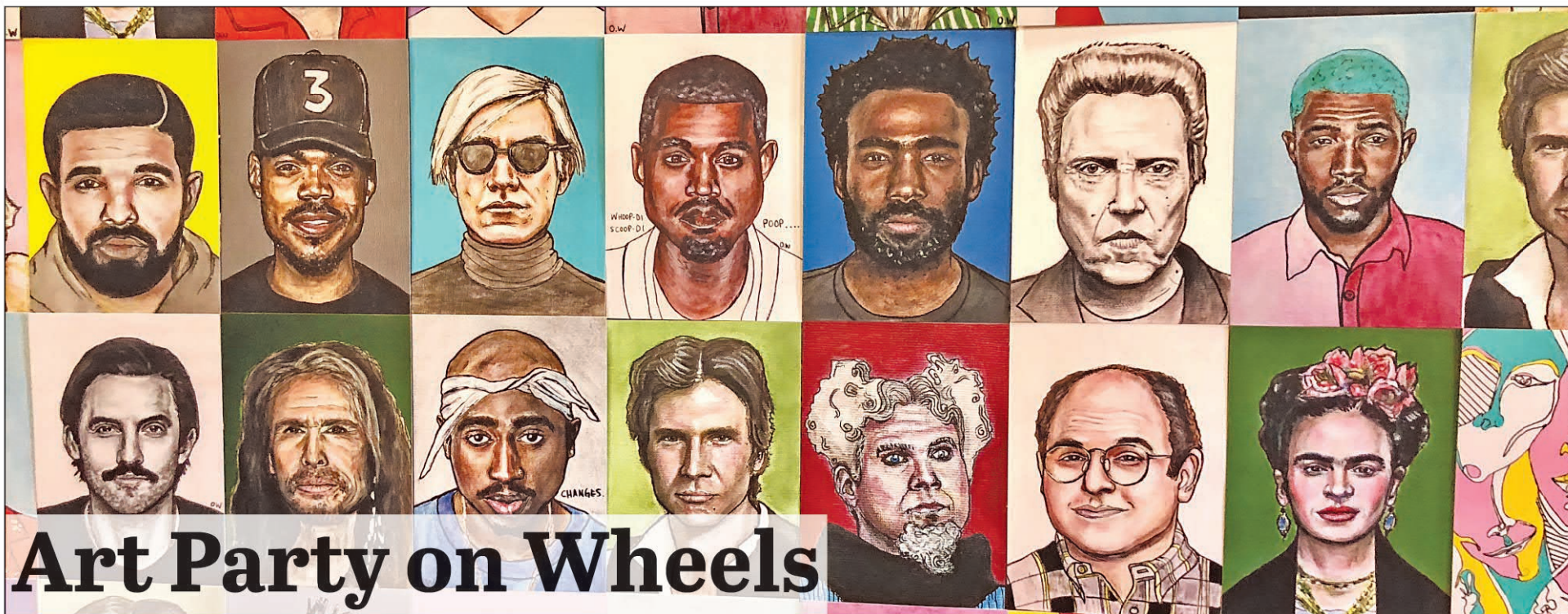
Editorial Cartoon: Soul Searching



LEA CLARIN

arts & life

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Art Party on Wheels

Julie Nguyen
Arts & Life Editor

On June 22, The Community Edition held their 9th annual Steel Rails party—a night filled with interactive art, history, music, and culture.

The Community Edition is an independent Tri-City newspaper that focuses on the unique culture of Waterloo Region. The paper is free, with editors and contributors working on a volunteer basis.

To continue providing insights into the diversity of the Waterloo Region, TCE holds Steel Rails every year.

Party patrons pay a flat price for trans-

portation, food, and entertainment that showcases food and drinks, artists, and the history of the region.

Local breweries such as Block 3, Elora Brewing Company, and Waterloo Brewery provide the libations for the evening for a true taste of Waterloo.

The train party itself is two hours long, giving patrons the ability to see art exhibits and interact with performances as each car moves and shakes.

On one car, local artist Amanda Garbe of Dreaming Muse created a stationary garden. Her installations consisted of life sized greenery made of paper, and lit up with fluorescent lights.

On another car, a small train museum was set up, highlighting the history of railroads

in Canada and in the Waterloo region. Entertainment ranged from disco drag queens, a jungle themed DJ, and a live folk band.

One of the art features in the warehouse that housed the pre-train party was a painting of several notable faces in pop culture. Artist Olivia Witzke specializes in portrait paintings and decided to put together all of the faces she's painted to create a backdrop for the vibrant event.

It was her first time at Steel Rails.

"It felt so cool to get together with a bunch of strangers and just have an amazing time celebrating music and art in the community together," she said.

She plans to return next year.

To end the night, headliners Crown Lands trekked all the way from Oshawa to perform

their jazz-rock repertoire. The duo has been involved with speaking out about Indigenous rights, with their latest music video for the song, Mountain, referencing the history of colonization, abuse, and exploitation, much at the hands of the Catholic Church and government institutions.

Cody Bowles, the vocalist and drummer of Crown Lands, finds the issue of Indigenous treatment particularly close to home, as his grandfather was forced to attend a residential school.

Steel Rails is a must-go for anyone who lives in the KW region. The Community Edition works year round to cover news in the area, but the party is an opportunity to experience the one-of-a-kind culture of Waterloo Region in one night.

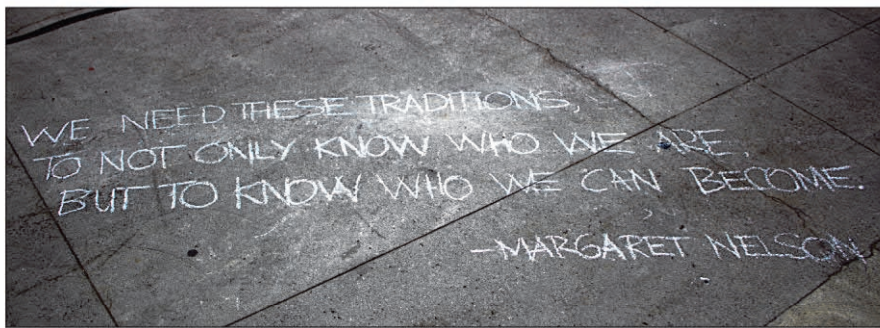


Sponsors dressed as the characters from Alice in Wonderland.



Party patrons get their tarot cards read.

PHOTOS JULIE NGUYEN



A quote from Margaret Nelson setting up the temporary art installation in Uptown Waterloo.

Celebrating National Indigenous Peoples Day with Local Artists

Julie Nguyen
Arts & Life Editor

National Indigenous Peoples Day was celebrated by members of the Waterloo Region on June 21 in Waterloo Square in Uptown.

Here, local artists Luke and August Swinson painted and chalked a temporary art installation in honour of the many different cultures and contributions of Indigenous communities in Canada.

Swinson painted a vibrant coloured turtle paired with a quote from Margaret Nelson, drawing on traditions and where they stand in present times.

In Indigenous cultures, the turtle represents Mother Earth, while the shell signifies protection and security.

Luke Swinson has more art available for viewing at lukeswinsonart.com and on his Instagram@[lukeswinsonart](https://www.instagram.com/lukeswinsonart), where he draws on ancient Indigenous art for inspiration.

His other pieces include abstract animals, vibrant colors, Canadian heritage icons, and portraits.



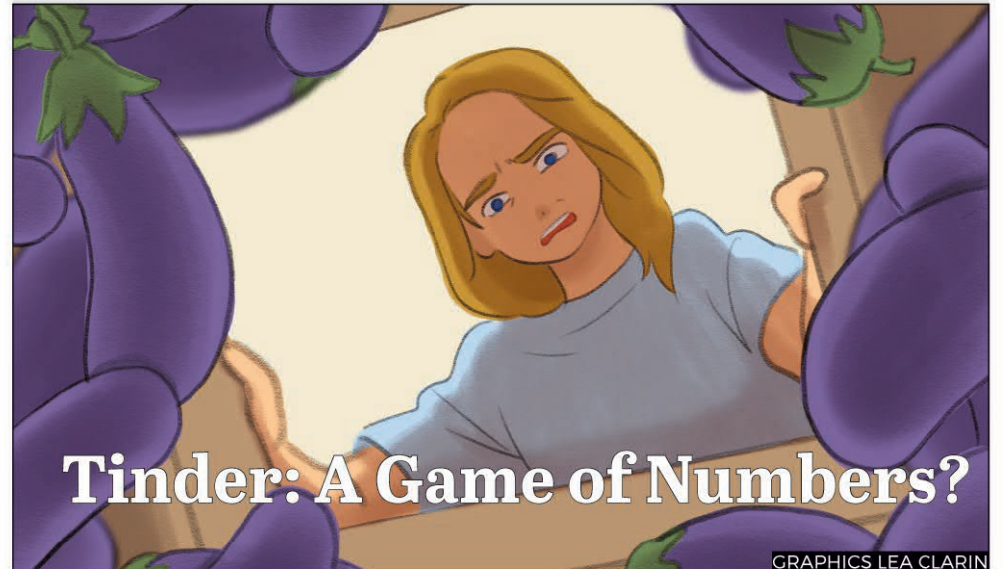
PHOTOS LEA CLARIN

A vibrant turtle painted by Luke and August Swinson Waterloo Square.

DSCI 101- Dating Structures

COLUMN

Julie Nguyen



GRAPHICS LEA CLARIN

Original rendition of this photo was featured on a Facebook group, captioned "What I imagine being a girl on Tinder is like".

Tinder, Plenty of Fish, Bumble, Grindr— in a generation that values squeezing as many things as possible into as little time as possible, we millennials have managed to gamify a concept as old as time— romance.

Apps like Tinder give you the ability to browse through people around you according to your location, age range, and gender.

This makes it easy, efficient, and frankly, fun to decide whether or not you want to pursue the person in the profile in front of you in a matter of seconds.

This has many skeptical users throwing in the towel, frustrated that dating apps are simply a game of numbers.

Many heterosexual men believe that Tinder is about racking up as many matches as possible, copy and pasting the same lines to all of those matches, and going on as many dates as possible.

This is called a "cast a wide net" that acts as a filter.

Many people are on Tinder for an ego boost and instant gratification, as opposed to using it to meet and hook-up with others.

Some won't even bother responding to messages and have no intention of pursuing a relationship.

There's also the people who will endlessly flirt, but shy away from meeting in person.

Some people also don't think that they have anything to do with the results. I'm a bit of a marketing geek, and here's a truth no one likes to hear: you have to be willing to change the product (in this case, that's you!) in order to build mar-

ket presence (or achieve whatever it is you're on Tinder to achieve).

In plain terms? You have to put in work if you want to see results.

Make an effort to ensure your profile has photos that encapsulate who you are— we'd much rather see a photo of you bouldering or smiling with your dog than a shirtless mirror photo.

Include more than what you're studying and the phrase, 'Netflix and chill?' in your bio.

Message others first! Formulate a cohesive, reasonable response to what their profile is.

When you treat dating apps or the like as a game of numbers, 'playing' for quantity and not quality, you will receive the same back.

If you want a more successful Tinder experience, you will need to invest the time and effort into actually making sure you're successful.

It also means that you have to be receptive to whatever you may experience with people on the app. Although cheesy pick-up lines may not be your style, it's definitely worth responding to, "Are you from Tennessee? Because you're the only ten I see".

By actually caring (or at least faking), you'll find that people want to feel like more than a two-second swipe decision.

I'm not saying that you have to write a Shakespearean love story every time you get a match on Tinder.

I'm saying that you get what you give— so if you want to aimlessly swipe for hours with no success and nothing of interest, than that's what others will do unto you.

science & tech

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A big appetite for Big Data

Sarah-Louise Ruder
Reporter

Worldwide, more food is being produced than ever before.

At the crux of a growing population and a growing proportion of people who are hungry, our global food systems are experiencing unprecedented pressures.

Ontario alone has an immense agrifood sector, with over 3,000 businesses, employing 100,000 people province-wide, putting Canada on the map as the fifth-largest agricultural exporter in the world.

Despite that, the UN Food and Agriculture Organization (FAO) reports that 815 million people are undernourished worldwide—that's over 300 million more than the population of North America.

Closer to home, 12 per cent of Ontarians are food insecure according to a 2014 University of Toronto report.

Data from a 2017 Region of Waterloo report suggests that about 10 per cent of households in the region are affected by food insecurity.

Clearly, food security is a complex global problem, hitting all corners of world, but what if there was a technological fix that could make sure everyone had enough to eat? Big food and agriculture corporations like Bayer, Monsanto, and John Deere propose that this food system crisis might be solved by Big Data and computers. In a time when 'Big Data' and 'data-driven' are buzzwords across markets and sectors, this kind of enthusiasm is not unexpected. However, there are concerns for the ability of new technology to address problems as complex as food security, and for the unknown consequences affecting people and the planet.

In terms of data management, Big Data requires power to search, aggregate, and cross-reference massive data sets in dimensions that go beyond the capacities of traditional computers. While the past five decades have exhibited extraordinary improvements in the speed of computing and data analysis, most computers today use the same processes developed by John Van Neumann in 1945, which meet current needs for most data storage and analysis. However, Big Data is only useful with computers that can manipulate and interpret this data. Still, the technology is advancing at a fast pace and the applications are exciting. The era of Big Data is here... whether we like it or not.

In terms of food, the application of Big Data is changing production and decision-making from field to fork, here in Ontario and all around the world, finding opportunities to increase efficiency and profits. The application of Big Data changes the way that information flows to farmers and other food actors, as well as the methods of farm management and decision-making. Big Data is also making its way into farming machinery.

For instance, one of the world's largest farm equipment manufacturers, John Deere, is leading the way by integrating sensors to collect Big Data on soil and crop conditions in all of their tractors. It is also important to note that this data is considered proprietary, so the farmers can only access the information collected from their equipment by paying John Deere. But, the presence of Big Data is much more diverse, including cellphone apps for crop management and drones that can administer pesticides according to the field sensors.

As stated by Melvin Kranzberg, "technology is neither good nor bad; nor neutral."

According to the FAO, we already produce enough food to feed between 9 and 12 billion people. Increasing production and yields will increase income and access to food for some people, but likely not the people who are not currently being served by our food systems.

Alternatively, people might use these technological advances to support a transition to a sustainable and equitable food system. Like all technology, Big Data applications will have implications beyond their technological purposes. Vissler and Spinnel caution us that our food system is gearing up to "harvest gigabytes rather than grains, prioritizing software over seeds."



SARAH-LOUISE RUDER



The science behind...

COLUMN

Charlotte Hings



Coffee and Caffeine

Coffee is a staple in today's American culture and it is the drink that many turn to to help them get through those long, busy and stressful days. Coffee contains caffeine, which is a stimulant that helps you stay awake when you are tired, but how exactly does it do this?

To understand how caffeine helps you feel less tired, you must first understand what is going on in your brain that makes you feel tired in the first place. While you are awake, a chemical called adenosine slowly accumulates in your body and binds to receptors in the brain which slow down brain activity. The more adenosine there is, the more tired you feel.

The molecular structure of caffeine is extremely similar to that of adenosine. When you drink coffee, the caffeine is digested, travels through your bloodstream and into your brain where it competes with adenosine for space to bind to the adenosine receptors. Since caffeine is not adenosine, when it binds to the adenosine receptors, it does not induce the same fatiguing effect. Because it is taking up space where adenosine should be, less adenosine can bind.

Caffeine also stimulates the production of the adrenaline hormone in your body, which is the hormone responsible for physiological "fight or flight" responses. Adrenaline increases your heart rate, gets your blood pumping and opens up your airways, making you feel energized. Lastly, caffeine helps increase dopamine levels by preventing its reabsorption in the brain, making you feel happier.

The combination of less adenosine, more adrenaline and more dopamine explains why drinking coffee makes you feel less tired and really good. It almost makes it seem like the perfect solution to coping in high-stress and demanding environments, such as university, however, there are some thorns to this rose.



RUTH STEWART-PATTERSON

Because caffeine has so many systemic effects, it is an addictive substance. Long-term use of caffeine to combat tiredness, leads the brain to develop more adenosine receptors, meaning that you will need to consume more caffeine to get the same response. This also means that if you miss your morning coffee, you may feel more tired than you would have before you ever drank coffee. This is because there is now more space for adenosine to bind, and when it does, its fatiguing effects will be strengthened. The lower adrenaline and dopamine levels in your body also contribute to the withdrawal effects, such as headaches, listlessness and lethargy due to slower blood flow to the brain and oxygen intake.

The time of day that coffee is consumed at can also influence its effectiveness. Studies have found that the hormone cortisol has a dampening effect on caffeine. Cortisol levels in your body rise by about 50 per cent when you wake up. This means drinking coffee immediately after waking, will diminish its effects, which will build up greater tolerance to caffeine in the long run.

The science behind how coffee works in your body, explains why it is important to drink coffee in moderation, consistently (if at all) and if you want to quit, then do so gradually. Drink up, and enjoy the buzz, while it lasts.

Improving energy security for remote Indigenous communities throughout Canada

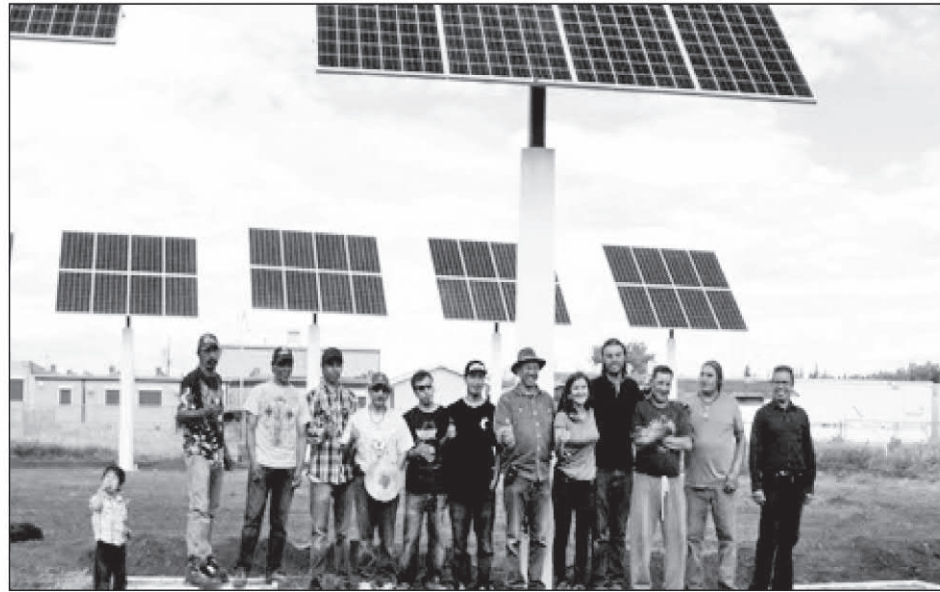
Charlotte Hings
Science & Tech Editor

Transforming energy sector in indigenous communities stimulates the economy.

A study done at the University of Waterloo, led by PhD candidate Konstantinos Karanasios, examined 71 renewable energy projects that were implemented between 1980 and 2016 in remote Indigenous communities across Canada. These community-based projects consist of various wind, solar, and hydroelectric power projects that support local transformation of the energy sector.

This study is important because for generations, many remote Indigenous, Aboriginal, and First Nations communities in Canada have relied (and still rely) on government-subsidized diesel fuel for electricity and economic development. For example, the First Nations community, Northlands Dēnesųlíné consists of 800 people, located in Northern Manitoba about 80 kilometres from the Nunavut Border. They have lived in this area for about 3,000 years and are completely isolated from the rest of Manitoba. The main way goods reach the community is by plane and sometimes by road, which is only open for six weeks during the winter. There is no local economy, only one store and a small home business. They are not connected to the main electricity grid and must get all their electricity and heat from diesel fuel that is driven in on the road a few times each year.

The main issue that the Northlands Dēnesųlíné faces is that since the deliveries of diesel are infrequent and unpredictable, the tanks are often over filled and spill. Another problem is that since people reside so close to where the large quantity of diesel is constantly burned, they are breathing toxic



Lubicon Lake Band Piitapan Solar Project and community members

fumes. This affects the health of community members, the health of the environment, and local economic and community development.

The reality of the Northlands Dēnesųlíné is unique but represents the reality of many isolated Indigenous communities throughout Canada.

The Northlands Dēnesųlíné is just one of many remote communities that have proposed and made efforts to implement a community-led green energy infrastructural plan. Karanasios' study found that these projects led to vast improvements in economic and social development as well as capacity-building throughout the study's communities.

"Electricity in communities is expensive, almost five to six times the cost of electricity in southern Ontario, and its availability is restricted by the size of the diesel genera-

tors," Karanasios said. "The introduction of renewable energy technologies into communities' diesel powered electrical systems increases electricity supply enabling the connection of new houses and businesses. Carbon emissions and fuel spills and leakages from diesel storage are reduced, while savings in electricity expenses allow communities to finance other pressing needs."

A great amount of change with regards to the introduction of renewable energy technologies has happened in the recent past and is growing more popular within isolated Indigenous, Aboriginal, and First Nations communities in Canada. According to Karanasios and his research, this is mainly due to increased community engagement in the electricity generation process, market price shifts within the energy sector, and policy initiatives that aim to provide technical and financial support to communities us-

ing renewable energy technologies. This allows communities to learn, experiment and identify solutions that fit the needs of their community. Karanasios explained that this can improve local economies and community self-reliance in terms of energy supply and reduce environmental impacts caused by diesel generated electricity.

An important player in the transformation toward renewable energy technologies within remote, Indigenous, Aboriginal and First Nations communities is Bullfrog Power. They work to provide green energy to homes, businesses and much more. In recent years, they collaborated with many Indigenous, First Nations and Aboriginal communities throughout Canada to support various community-based renewable energy projects; helping them move away from diesel, oil, and other non-renewable energy sources by inspiring and empowering the people to lead their community toward a renewably powered future.

The Lubicon Lake Band built Piitapan Solar Project in 2015 with support from Bullfrog Power. This 80-panel installation powers the community's health centre and is seen as an avenue to a more sustainable future for the community. The First Nation of Na-Cho Nyak Dun received support from the Bullfrog Power community when it built a 10-kilowatt rooftop solar photovoltaic project on the town's community-owned restaurant. The community hopes to use solar power to spearhead future renewable energy projects. In effort to move away from diesel fuel reliance, the Xeni Gwet'in First Nation expanded their solar energy generation capacity with support from Bullfrog Power.

All these projects provide cleaner energy to their respective communities and allow improvements in the areas of physical health of the community members, environmental health, and energy security and independence.



One of the Xeni Gwet'in First Nation's Solar Projects



First Nation of Na-Cho Nyak Dun Restaurant Solar Project

PHOTOS COURTESY OF BULLFROG POWER

sports & health

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PHOTOS COURTESY UNIVERSITY OF WATERLOO

Teen dieting linked with risky decision making

Trevor Potts
Sports & Health Editor

Teenage girls who diet are more likely to make risky choices.

A recent study at UWaterloo found teenage girls who were dieting were more likely to partake in risky behaviours, including smoking, binge-drinking and cutting breakfast. Among those dieting, these girls were 1.6 times more likely to smoke and cut breakfast, and 1.5 times more likely to binge-drink.

"The link between dieting and other health-compromising behaviours is worrisome since 70 per cent of girls reported dieting at some point over the three years," Amanda Raffoul, PhD candidate and study lead, said. "Post-puberty changes often lead to weight gain among girls and there is incredible pressure from social media and elsewhere to obtain and maintain the ideal body."

Raffoul and her colleagues examined data from over 3,300 high school girls in Ontario through COMPASS, a nine-year, school-based study funded by the Canadian Institutes of Health Research (CIHR) and Health Canada.

"Our findings suggest that dieting and other risky health behaviours may be related to common underlying factors, such as poor body image," Raffoul said. "Intentional weight loss is not something we should necessarily encourage. Instead, we should focus on health broadly rather than weight as an

indicator of health."

Dr. Sharon Kirkpatrick, Waterloo professor and study co-author spoke on the importance of examining health factors, such as risky behaviours and their influences, together in order to best address this issue.

"Only by understanding the complex ways in which these factors interact can we identify effective interventions, as well as predict and monitor potential unintended effects of such interventions," she said.

To explore the practical applications of this research, Waterloo Counselling services partnered with campus facilitators to begin The Body Project, an evidence-based life group where young women meet, discuss different issues, and do activities all related to body image and appearance.

Groups of up to 12 people meet together in two two-hour sessions, one week apart, and the community built through those sessions has been a huge success in encouraging healthy discussion and celebrating all body types.

"Body image is something that affects everyone, to a certain extent... it impacts our everyday life and our decisions and our relationships," Raffoul said that the key is to focus on healthy living and wellbeing, as opposed to obsessing over one's weight.

"Healthy behaviours overall rather than weight loss [is] the goal. Maybe your goal is to eat more fruits and vegetables, or walk everyday, rather than dropping 10 pounds. That focus on weight is clearly doing more harm than good, in those cases."

For more information about The Body

Project, check out the UW Campus Wellness website, or contact program organizers Lindsay Rafuse (lrafuse@uwaterloo.ca) or Sandra Gibson (sandra.gibson@uwaterloo.ca).

For those struggling with an eating disorder, schedule an appointment with a certified health professional at Health Services (519-888-4096) or Counselling Services (519-888-4567 x 32655).



Amanda Raffoul, lead researcher and PhD candidate in Public Health and Health Systems.

Novel therapy offers new hope for social anxiety

Matthew Grant
UW Director, Media Relations

People with social anxiety disorder benefit greatly from group therapy to target negative mental images of themselves and others.

A study at the University of Waterloo called imagery-enhanced cognitive behavioural therapy (CBT), the new group treatment helps relieve symptoms including social performance and interaction anxiety, depression and stress.

More than four million Canadians will develop social anxiety disorder at some point in their lives. Without treatment, the disorder can impair people's functioning at school, work and relationships.

"Research has shown that mental imagery is strongly connected to emotions, and many people living with social anxiety disorder have negative images of themselves that perpetuate their symptoms," David Moscovitch co-author and a professor of psychology at Waterloo and executive director of the University of Waterloo Centre for Mental Health Research (CMHR) said.

"The benefits we're seeing with this novel CBT group from before to after treatment are very large, with four out of every five

of our patients reporting that their social anxiety symptoms were substantially reduced and interfering much less with their ability to function in their day-to-day lives."

Researchers recruited people with a diagnosis of social anxiety disorder at the CMHR and the Centre for Clinic Interventions in Perth, Australia, where the therapy was originally developed.

The 13-session treatment used specialized exercises including video feedback and imagery rescripting, where patients are guided to reimagine the outcomes of past negative experiences and to challenge distorted images of themselves and others.

The goal was to see if the successes achieved in a pilot and open trial could be replicated in a different setting — without input from the treatment developers. The results were strikingly similar in treatment retention and symptom improvement — strongly suggesting that imagery-enhanced group CBT is effective.

The study suggests that this new group therapy may work as well as individual therapy, but costs half as much per patient.

"These initial findings are very promising, as they suggest that there's potential



COURTESY UNIVERSITY OF WATERLOO

Students attending a group therapy session held by Counselling Services.

to reduce cost and improve access to evidence-based treatments that work," Moscovitch said.

"Many Canadians don't have access to treatment they need because there aren't enough well-trained clinicians and health

care plans don't provide sufficient coverage."

The study, *Transportability of imagery-enhanced CBT for social anxiety disorder* appears in *Behaviour Research and Therapy*.

Go east, young man: Chyzowski joins Warriors

Daniel Ackerman
Reporter

After spending his entire junior hockey career adding to a family hockey legacy in his hometown, Nick Chyzowski is ready to come east and make a name for himself in Waterloo.

Chyzowski, the graduating captain of the Kamloops Blazers, has committed to the Warriors men's hockey program for the start of the 2018-19 season.

The highly-skilled forward comes to the Warriors after 343 WHL contests with the Blazers, which ranks second all-time in franchise history.

But while the Kamloops native will be suiting up away from home for the first time ever, Chyzowski thinks Waterloo is the perfect fit for the next stage of his life, both on and off the ice.

"I thought it would be really good to experience a change," Chyzowski said.

"When Waterloo approached me in October or November, I already had an interest in optometry, and had talked to some optometrists in town who went to Waterloo. It's a great school and a great hockey program."

Chyzowski had a well-earned reputation as a leader with the Blazers, but his game also has a high-end offensive component:

the 6'0" forward is coming off career-highs in goals (20), assists (26) and points (46) in 72 games last season. All told, he racked up 60 goals and 74 assists for 134 points and 128 PIM in 343 career games.

"As a staff, our discussion is always around our players earning their roles," Warriors head coach Brian Bourque said. "Nick has a tremendous work ethic and he's a talented player. We think he might be able to earn an important role for us quickly."

If the unique experience of playing at home wasn't enough, Chyzowski's dad Dave, a former NHLer and Blazers star in the late 80's, is the team's current Director of Sales and Marketing.

So while the prospects of a 4,000 kilometres move across the country might have been daunting at first, both father and son were reminded just how small the hockey world is when they found a familiar face behind the Waterloo bench.

"Mike Zettel (Warriors assistant coach) coached my Dad in Gratz (in the Austrian pro ranks)," Chyzowski said. "My Dad has a great relationship with Mike, and my parents were very supportive in the decision to go to Waterloo."

Although he won't arrive in Waterloo until the fall, Chyzowski is already preparing for his first out-of-town experience, and he's ready to make his name as known

around campus as it is in Kamloops.

"I'd say I'm an honest player who works really hard, a true two-way forward," Chyzowski said. "I want to be an impact player right away, and Brian and the staff thought I could become an Impact player at Waterloo. I'm just

going to keep training this summer, come to camp, work hard, and believe in myself."

Chyzowski will arrive in the fall when training camp opens in September. The Warriors will then kick off their regular season on October 3, when they face the Ryerson Rams.



COURTESY UW ATHLETICS

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.uptownwaterloo.ca.
Savour in Stratford - Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex ; and more! www.visitstratford.com.

July 2018

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.

Saturday, July 14

UW Choir Concert presents "The Promise of Living" at The Cedars Worship Centre, 543 Beechwood Drive, Waterloo at 7:30 p.m. For tickets/info: www.uwaterloo.ca/music/events.

Thursday, July 19

orchestra@uwaterloo presents

"Beautiful Wanderings" at 7:30 p.m. at First United Church, 16 William Street, Waterloo. Free admission. For info: music@uwaterloo.ca.

Sunday, July 22

Instrumental Chamber Ensemble Concert at 7:30 p.m. at Conrad Grebel University College Chapel, 140 Westmount Road, N., Waterloo. Free admission. Reception to follow.

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.

help needed

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workshops

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

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 regis-

ter early.

Tuesday, July 10

Master Your Job Search - 2:30 to 4 p.m., TC 1208. Note: there is a prerequisite for this workshop. Please see website chart for details.

Information Session for Graduating Students - 4 to 5 p.m., STC 0010.

Resumes, Careers and Personal Branding - Part 1 - 4:30 to 6:30 p.m., TC 2218.

2 Part Workshop - Identify the factors involved in creating a personal brand that reflects who you are and any existing career goals. Learn how to apply your self-knowledge, strengthen your existing résumé and get the job you want. Seating is limited due to demand. Bring your résumé and a job description of interest for Part 1. It is strongly recommended that you attend the "Exploring Career Pathways" workshop OR complete a values inventory in a "Career Development" appointment prior to attending this workshop in order to be prepared to build your brand.

Information Session for Graduating Students - 11:30 a.m. to 12:30 p.m., STC 0010.

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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, SLC0137.

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Hiring 2 part time employees. Sept 10 start ; Monday to Friday, \$14/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, SLC0137.



YOUR
Official University of Waterloo
Student Newspaper

UW WORK STUDY

EDITORIAL ASSISTANT

Sept 4 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, SLC0137.

VOLUNTEER COORDINATOR

Sept 4 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, SLC0137.

BOARD ASSISTANT

Sept 4 start ; Monday to Friday, 10 hours/week ; \$14.00/hour.

Assisting the Executive Editor, Advertising and Production Manager and the Board of Directors with ongoing projects such as databases, committee participation, website upkeep for Board minutes, research and other jobs as required.

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, SLC0137.

SOCIAL MEDIA ASSISTANT

Sept 4 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 social media 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, SLC0137.

SALES ASSISTANT

Sept 4 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.

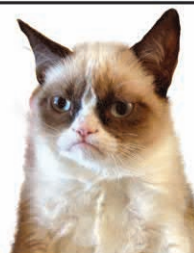
For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLC0137.

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.

distractions



Q: WHAT DID THE COWBOY SAY WHEN HE WENT TO A CAR SHOW IN GERMANY?

A: AUDI!

Sudoku

SOLVE THE SUDOKU PUZZLES BY COMPLETING THE 9x9 GRID. PLACE THE NUMBERS 1 TO 9 IN THE EMPTY SQUARES SO EACH ROW, EACH COLUMN, AND EACH 3x3 BOX CONTAINS THE SAME NUMBER ONLY ONCE.

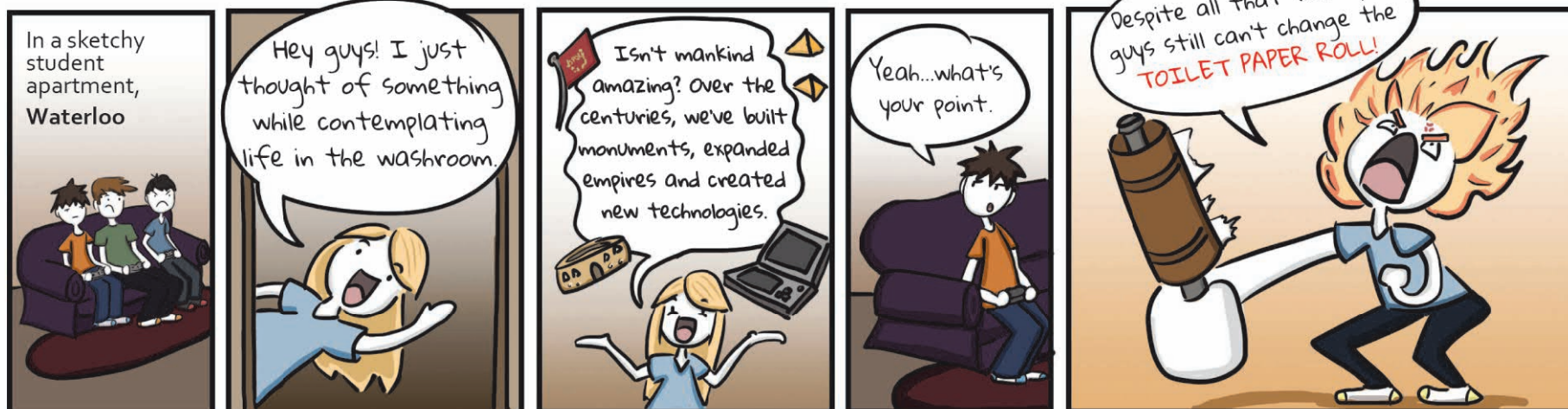
						9	6	
1			7		2	5		4
	5		9	6		3		1
	3		8					5
			2		7			
5					6		1	
3		6		7	4		2	
8		5	6		3			9
	7	2						

Easy

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

Hard

The Greatest Feats...Except



King