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#### GO TRAIN GOES THE DISTANCE

Extended GO Train service comes to the KW region thanks to the Ministry of Transportation.

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#### DON'T BE A TARGET

Human traffiking hits close to home, learn how human traffiking has impacted the Waterloo community.

A Musical Fairy-tail P6

Check out contest details to win passes to the Ever After Music Festival. KIDS ON DRUGS P10

Does J. Cole have another double platinum album with no features?

TRAIN LIKE A PRO P13

Learn from a varsity hockey player how to be in the best shape of your life.



## news

**WEB STORY ONE** 

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**WEB STORY TWO**tiaeped od eum aliqueconse peroviduci pa.

**WEB STORY THREE** 

Geniti sed que maxim ra cuptate volupta tiaeped od eum aliqueconse peroviduci pa.

## Light rail transit to be a norm in KW

Hanna Hett News Editor

Transit by rail may soon become part of a student's daily commute.

Stage 2 ION, another light rail transit (LRT) system for the Waterloo Region to run from Kitchener to Cambridge, is holding public consultations, .

"It's somewhat of an iterative process. We try to involve the public throughout, unfortunately that means that often times we don't have all the information. But that's kind of the idea, to be transparent in the process," Matthew O'Neil, Project Manager of ION, said.

At the public consultation centers (PCCs), members of the public are invited to drop in to view display boards, gather information, and talk to staff members.

"What we are hoping to get out of that is comments and feedback...what people think of the routes, if people have information about portion of the routes that we may not have, and just generally to gauge people's opinions," O'Neil said.

The project team is establishing the basic route for Stage 2 and finishing their public consultations before they go to the Waterloo regional council for endorsement. If they are endorsed, this allows them to proceed. O'Neil hopes that students will join the public consultations, either in person or by providing feedback online atwww.state2ION. ca. He thinks students will find the LRT useful once it is running because they will have more access to services.

Many people are likely familiar with the construction of Stage I ION, the LRT that will run from Waterloo to Kitchener. It's construction is complete and is in its testing commission phase.

"It is anticipated to go live...this December," O'Neil said.

The justification behind the multi-million dollar project is for economic, environmental, and social reasons.

"It's needed for several reasons.



The LRT will help reduce crowding on public buses and reduce transit times.

We need it because we can't continue expanding and developing and growing in the same way that we have in the past 40 years. And building out isn't sustainable, we need to start building up, we need to start creating greater density mixed uses in urban cores, we

need better uses of our infrastructure," O'Neil said.

"[It's] not just to transport people and move people, but also to intensify land use, to create incentives for development [and] investment in city centers."

LEA CLARIN

## Feasibility study announced on extending GO

Hanna Hett News Editor

The Region of Waterloo, the Ontario Ministry of Transportation (MTO), and the City of Cambridge have announced a feasibility study on extending the GO rail service to Cambridge.

The project team is establishing the basic route for Stage 2 and finishing their public consultations before they go to the Waterloo regional council for endorsement. If they are endorsed, this allows them to proceed.

"This is welcome news," Doug Craig, mayor of Cambridge said in a press release from the Region. "And we are committed to working with all our partners to find solutions that will ensure Cambridge is connected to the innovation corridor through a high quality passenger rail service."

The Region and MTO will be funding the study, expected to cost around \$200,000.

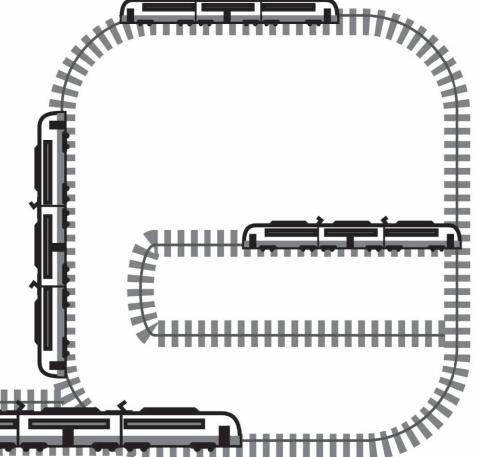
This will use the existing CN tracks along

the Fergus subdivision. The train tracks will connect Cambridge to Guelph, allowing travellers easy access to the existing GO line to Toronto.

This would connect Cambridge to the future High Speed Rail Services. The Ontario government is going forward with plans to construct a high speed rail line between Toronto and Windsor, projected to be finished by 2021

"A follow-up study to re-examine the feasibility of GO service between Cambridge and Guelph could leverage investments on the Kitchener Line, including potential future High Speed Rail," said Ken Seiling, the Regional Chair.

"A new feasibility study would also provide the opportunity to investigate the possible linking of rail service with ION BRT/LRT, which would be a benefit to long-term transit ridership."







**Hanna Hett** News Editor

The United Nations (UN) Sustainable Development Goals (SDGs) have a renewed importance at the University of Waterloo. Jeffrey Sachs, Professor at Columbia University, author, and Special Advisor to UN Secretary-General on the SDGs, was on campus May 7 to commensurate the launch of the Canadian chapter of the Sustainable Development Solutions Network (SDSN).

The Canadian chapter of the SDSN will be hosted in partnership with UWs Faculty of Environment and the Waterloo Global Science Initiative. The network is a way to move forward on the SDGs, which are a set of 17 goals created to tackLe world-wide problems such as hunger, climate change, and gender disparity. They were initiated in 2015 and are to last until 2030.

"We need to embrace [the SDGs] as our best hope to get something done... I can assure you, absolutely guarantee you, that they are the only global goals of this kind that we will have in this generation," Sachs said.

The SDSN launch had a full line-up of speakers, starting with Amy Smoke from the Waterloo Indigenous Student Center, who gave a traditional thanksgiving address and

Feridun Hamdullahpur, President of UW, gave an introduction as well. "This is absolutely a momentous event. Not just for Canada but for the whole world."

The network was endorsed by Prime Minister Justin Trudeau, of whom provided a letter read by Jean Andrey, the MC of the night and also the Dean of the Faculty of Environment.

"Thank you to the organizers of this wonderful event, and congratulations to the University of Waterloo's Faculty of Environment for being chosen as the Canadian host of the network," Trudeau was quoted.

The purpose of the Canadian chapter will be to facilitate research and problem solving on the SDGs, create a network of universities and civil society organizations across Canada, and to act as a bridge for Canadians to the global movement.

"[The SDGs] are framed around this idea of leaving no one behind. So they call on all of us, from the largest nation states to the smallest civil society groups amongst us, to try to work together, to make progress on each of these goals," Andrey said.

"We are in a unique time in history with individuals and groups converging in dialogue and strategy, to address pressing environmental, social, and economic issues that face humanity," she continued.

The network was officially launched after 17 students, from UW and other Canadian universities, presented each SDG. This network is the newest of 25 SDSN chapters globally.

Sachs spoke for over an hour, on topics from SDGs attainment to Canada's global role to climate change severity.

"The [SDGs]... are adopted because we're in trouble, and we're in trouble in ways that we hardly recognize, unfortunately," Sachs said. "A lot of what is happening- especially on the environmental side- is pretty insidious... we cannot get the political attention needed to get this done."

A focal point of his lecture was the need for climate action. He explained that earth's temperature has increased by 1.1 degrees Celsius since pre-industrial times. Scientists have found that the emissions built within the atmosphere will warrant another increase of 0.3 to 0.4 degree Celsius- even if all greenhouse gas emissions (GHG) were to stop immediate-

"We're on a path towards three to four degrees C. And what we need to do is quite straightforward to describe. We need to stop and then to reverse: we need to stop the emissions of greenhouse gases and we need to begin to reverse the concentration of greenhouse gases by... afforestation, reforestation, restoration of degraded land."

is not yet committed the way that it has to be to the reality of climate change."

Sachs stated that the Trans Mountain and Keystone pipelines should not be built, and Alberta oilsands should not be exported. Instead, Canada should export renewable ener-

"Export the right thing. Export hydro power, please!... But don't export stuff that's going to kill the planet," he said.

Despite that Canada sits near the top relative to other countries regarding its attainment of the SDGs, it still has areas to work on.



Jeffrey Sachs helped commensurate the launch of UW's Sustainable Network.

"What we certainly need to do, is to stop using fossil fuels... We should do it in a way that does not destroy the world economy, does not destroy development, does not destroy our prospects, does not have profound damage, and that means that we need to do it as fast as possible," Sachs said.

Although he initially complimented Canada as a "wonderful country", he provided much constructive criticism for the nation. "[Canada], despite the Prime Minister's words,

This includes high obesity, the gender wage gap, waste, a large nitrogen flux, high CO2 emissions, depleted fisheries, low official development assistance, and low institutionalization of the SDGs.

To reach the SDGs, Sachs provided six areas of change: decarbonization of the energy system, sustainable food & biodiversity, circular economy, smart infrastructure, sustainable cities, and investments in human capital.



Victoria Gray **Executive Editor** 

uman trafficking in Ontario cities looks more like an intimate relationship than many believe.

Nicky Carswell, an anti-human trafficking support worker with the Sexual Assault Support Centre (SASC) of Waterloo Region said and 69 per cent of the country's human trafficking cases happen in rural Ontario and cities along major highways, like Waterloo.

Most victims of human trafficking are recruited through the 'boyfriend or Romeo effect.'

A trafficker targets a woman, by gaining her trust and affection and then manipulates her into doing things-many times sexual actsshe's uncomfortable with.

"By the time she realizes this isn't actually a relationship, it's too late and she doesn't have a safe way to get out," Carswell said.

"A pimp gains trust because she thinks she's in love. He uses love and trust and exploits her later on in relationship."

A lot of these women who are recruited this way don't even realize they're being trafficked.

Victims of human trafficking

and their parents now have many places to turn to for help.

The Ontario government announced the launch of a new, province-wide program designed to help victims and their families with free legal support.

Students are at risk because they may have moved to the city and are isolated from friends and

In 2015, local police reported 27 cases of human trafficking in the region, 26 of those sex trafficking.

Many victims don't reach out to the criminal justice system, so the numbers are just the tip of the ice-

"University and college students are absolutely a target [for human trafficking]. They may be new to the area, might not have a lot of friends, could have a large financial debt, could be starting to go out more, meet new people, and might not be aware of the possibility of being sexual exploited," Carswell said.

"The region's proximity to the 401 makes it a target."

Carswell said women from the ages of about 14 to 25 of all ethnicities and socioeconomic backgrounds are at risk, but many victims are marginalized and isolation from friends and family makes people vulnerable.

Yasir Naqvi, Attorney General, said the program is the first of its kind in Canada and that the province is committed to victims and their family members.

"Human trafficking has a devastating impact on survivors and their families. We are committed to ensuring people in Ontario have the support and legal options they need to protect themselves as they rebuild their lives. Free legal representation is an important step in this journey for survivors to have peace of mind," he said.

The program came into effect May I making a team of specialized lawyers available to survivors of human trafficking and those at risk of human trafficking to get restraining orders by giving free legal advice, help completing applications, and free representation at application hearing in any Ontario Court of Justice.

The legal help is also provided to parents of victims.

Tessa McFadzean, chair of Hamilton Anti-Human Trafficking Coalition said the service will help people navigate a complex system in a time of emotional distress.

"Navigating the complexities of the legal system can be quite challenging particularly for survivors experiencing significant trauma and fear. Specialized legal repre-

sentation for human trafficking survivors will help reduce systemic barriers by improving access to critical services that were not previously available."

The program is available everywhere in Ontario by phone or in

To access the services, eligible individuals can call Ontario's dedicated confidential Human Trafficking Helpline at 1-833-999-9211.

Michael Coteau, minister of community and social services, said the government is trying to work with front-line workers to provide necessary supports.

"We have heard from our partners on the front-lines that traffickers often pursue survivors when they try to leave and seek safety. This new program will make an important difference in the lives of those being targeted and their families, by providing meaningful legal recourse to use against those who seek to exploit

The province has also introduced a new type of restraining order, a human trafficking-specific restraining order, created under the Anti-Human Trafficking Act. It's meant to help protect survivors and the safety of those around them. Victims are not required to notify the trafficker in advance, as was previously the

Harinder Malhi, minister of the status of women, said access to these services is essential.

"It is critical that survivors of human trafficking have access to the services and support that they need. This program ensures that individuals in every community can access free and confidential legal advice, no matter where they are in the province."

The Waterloo program offers short or long-term counselling, legal help, assistance with finding housing and safety planning to those at risk of experiencing, have experienced, or are currently experiencing sexual exploitation in the Waterloo region. The free and confidential service will also be tailored to clients' needs. Carswell said the program has operated for four months and in that time she has had 35 referrals and 16 regular

"It's definitely happening. It's much more common than we think. We just now recognizing it better," she said.

Those seeking assistance can reach the program directly during business hours at 519-571-0121 XIII, through the 24-hour hotline at 519-741-8633 or by email at ahtp@sascwr.org.





## What you need to know for June 7th

Alexandra Hanrath Managing Editor

rusterated that their vote won't make a difference in the upcoming Ontario provincial elections. While this feelingof frusteration is fair, it doesn't have to be the truth. With the upcoming provincial election in mind, here is a brief summary of the platforms and leaders for the Liberal, New Democrat, and Progressive Conservative parties in Waterloo.

**NDP**: The current Member of Provincial Parliament (MPP) for the Waterloo region, Catherine Fife (pictured above, right), is running for her third term. Her party's focus is on creating unity and support throughout the community

with improvements to all health care, parent-child programs including child care, and education.

A major part of the platform is in health care, with a push for continued improvements to mental health care for youths, increasing access to therapy practices, and more care for Alzheimers patients. Fife has been in office for six years and in that time has helped to balance a \$675M education budget that services 60,000 students and 5,500 faculty members.

**Liberal**: Dorothy McCabe (pictured above, left) promises a better sense of community within the Waterloo region. She wants to raise the minimum wage to \$15, reduce the cost of tuition, maintain the free prescriptions for people under 25, and improve public transit through GO and GRT.

McCabe is very active within the community as her previous job was chief of staff to the mayor of Waterloo and she is currently a senior executive with the KidsAbility Centre in Kitchener. McCabe's main focus is on family life where she promises to incorporate her work into her politics. She was also an advocate for all-day twoway GO train service in and out of Kitchener that has recently come into effect.

PC: Dan Weber recently won the tories vote to try and unseat the current NDP leader in Waterloo. His main focus is on the community; his resume reflects this with volunteer and work experience at St. Jerome's University, BlackBerry, Junior Achievement of the Waterloo region, and the KW Community Foundation among others.

He focuses on the financial health of the province. The Ontario government's budget seats it at a defecit of more than \$300M that will continue to be in the red for at least the next six years. A new balanced budget, tax cuts, and new spending are a priority for Weber's party.

Green: This year, Richard Walsh a member of the Laurier department of psychology, hopes to the lead his party to a riding victory. Walsh is a previous NDP member who ran for their party in the early 2000s. The Green party is focused on three main things: jobs, people, and the planet. Walsh in particular is concerned with what he knows best when it comes to people their mental health. Walsh ran for the Green party back in 2015 with similar ideations

as he has for this coming election. Of course, the Green party's major concern is the physical environment itself but Walsh believes that the environment is tied together with a lot of the party's other major areas of concern.

The Federation of Students is hosting Politics at The Pub events leading up to the election, the NDP and Liberal event has already passed but if you hope to connect with the Conservative or Green Party leaders their events are on May 22 and May 28, respectively. The events offer free food and the chance to ask burning questions to the riding leaders in an intimate setting.

Make a sound choice by being informed and voting this Jun. 7, 2018 in the provincial election.

## Volunteer with Imprint this summer!

Victoria Gray Executive Editor

Writing for a newspaper is more than reporting, it's an adrenaline rush.

Journalists are always one step ahead of the game and they know everything that is happening on campus and in the community.

Imprint Publications is looking for volunteer writers, photographers, proofreaders, videographers, graphic designers, layout designers, section editors, columnists and more to help get important information to students, faculty and staff.

 $As \, an \, Imprinter you'll \, get \, access \, to \, events, \,$ 

concerts, construction sites, labs, research facilities and more that students want to know about that aren't open to the public.

Journalists will interview people from all walks of life to tell their story to help others, to warn others and to make historic changes at the university and in the community.

If you've ever wanted to talk to a politician, a musician, a video game designer, actor, lawyer, academic, medical doctor or medical marijuana grower you can pitch your idea to editors. As long as it relates to students you can write it for the paper and the website.

If you don't know how to write for a newspaper or don't think you have the photography skills to publish your work, we'll teach

you.

As an Imprinter you'll have access to online workshops on news writing, interviewing, photography, Photoshop, InDesign and more.

Imprint also hosts in-person workshops with experienced staff, one-on-one workshops for in-depth training and with media professionals from all over Ontario.

Volunteering at Imprint will also help you gain valuable life skills like, writing active toned, tight reports; the ability to meet deadlines, work in a fast-paced environment, efficient research skills, job interviewing, time management and much more.

Imprinter volunteers who take part in production nights get free food and laughs





while they learn how a newspaper is put together and printed.

It will also help give volunteers confidence so they ask important questions, lead conversations, make connections and lasting friendships.

Imprint has a volunteer coordinator that makes sure Imprinters have fun while they work

The volunteer coordinator hosts free movie nights, pub nights, excursions and other fun activities students want to partake in.

For more information, to volunteer or submit a piece email editor@uwimprint. ca or stop by the office in the Student Life Centre in room 0137 from 10 a.m. to 3 p.m.





## Contest: Win Your Happily Ever After

### Win a pair of tickets to Ever After Music Festival 2018

Joyce Lu Reporter

or those in need of the ultimate utopian ◀ festival escape – we've got you covered. Imprint will be giving out a pair of tickets to one of Canada's most coveted electronic dance music festivals this summer, Ever After.

The highly anticipated three-day festival is happening at Bingemans, on Bingemans Centre Drive in Kitchener from June 8 to 10.

The concert features an impressive combo of established and emerging EDM artists including Datsik, Megalodon, Midnight T, Zomboy, Skism, and more

This is Ever After's fourth year hosting the event in the K-W area. The mesmerizing experience draws over 40,000 people from all over the world.

It is fantasy themed, with colours and positive energy flooding the air.

Gabriel Mattacchione, President of Be-

yond Oz Productions Inc. said this year will

"Ever After is an immersive uncompromising musical experience. This year is guaranteed to be the most memorable one yet," he

Year after year, Ever After brings an experience more grand than the one before. Aside from musicians, the festival offers an all around ordeal.

The impressive EDM line-up is accompanied by striking visual backdrops, a water park, full midway, games, food vendors, and

All ticket holders will get unlimited access to the midway and WipeOut themed obstacle

The theatrical event does not come up short when it comes to entertainment with an enchanted forest themed area, giant games zone, and bubble zone are among the interactive exhibits, but of course there is a 'chill zone, with remarkable structures to relax in.

This year brings more stages, more perfor-

mances and Ever After will even implement the most current sound technology to control the direction of the sound to saturate it in the festival area only.

The festival takes place at a great time to take a breather from midterms and will help students disconnect from the grind for a brief moment and remember to enjoy themselves and try new things. For those who have an academic term this summer, Ever After comes at a time when one most deserve an adventure.

Imprint wants to send you to Ever After! We have hidden 12 letters in this issue of Imprint, all in order. Find out what word it spells and DM it to Imprint's Instagram @uwimprint. We've given you the first six letters below! The last step: follow both @uwimprint and @everafterfest. Good luck!

You can find tickets and other information about Ever After at their website: http://www. everafterfest.com/















### print

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#### Next scheduled post-mortem meeting: Wednesday, May 16, 2018 at 3:00 p.m. Imprint Office, SLC 0137

Next scheduled board of directors meeting: Thursday, May 24, 2018 Imprint Office, SLC 0137

# opinion

#### **HAVE YOUR SAY**

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

## Start of new term keeps our university moving

ellcome back to campus. Whether you're coming back from a co-op work term or just coming off a successful exam period, spring at the University of Waterloo is a special time. When most universities take the warm months off, our students, staff and faculty are working harder than ever.

This passion and dedication is what sets us apart, however, we understand that it is not always easy to hit the ground running when so many of your counterparts at other universities are taking time off. Know that your faculty and support staff are right there alongside you, ensuring we are a supportive environment to help you stand above your peers at other institutions.

There is a lot of activity going on right now across campus, including the launch of the Sustainable Development Solutions Network (SDSN) Canada hosted right here at the University of Waterloo on May 7th. SDSN Canada is our opportunity to act as a catalyst for good in meeting Canada's Sustainable Development Goals set out by the United Nations.

Being home to Canada's SDSN is a tremendous honour and shows the dynamic university and community we are. Because of our top researchers, extraordinary student talent and our entrepreneurial spirit, Waterloo makes progress through action.

The landscape of our campus is also evolving to better serve our commu-

This includes the North Campus Field House currently under construction next to the Columbia Ice Field complex, the PAC-SLC expansion that will add 65,000 square feet of indoor space for our students and the creation of a new transit terminal.

After the thorough work of the President's Advisory Committee on Student Mental Health to release its

report and recommendations this past February, implementing the recommendations is now underway thanks to the guidance of Professor John Hirdes.

Student wellness and the overall health of our community remains a top priority. One person suffering and in need of support is one too many. We are, and will continue to, make

It is a pleasure to welcome everyone back to campus. I encourage you to make the most of your time here this term and take advantage of every opportunity to learn, explore and also have some fun with friends along the way. We are a community that stands together. Please join me to ensure we continue to strengthen that commu-

> Feridun Hamdullahpur President and Vice-Chancellor

Spring is in the air





by Lea Clarin

# arts & life

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#### NEVER MISS OUT ON THE COOL THINGS HAPPENING IN KW

Become a reporter at *Imprint* and write for Arts & Life. Email editor@uwimprint.ca.

# Movie Review: Infinity War

**Lea Clarin** Staff Reporter

t the time of writing, I've seen Avengers: *Infinity War* four times. I wouldn't mind watching it a fifth, maybe sixth time (that is if someone pays for me, I have limited funds as a student).

Before the film's North American release on April 27, the internet's favourite *Infinity War* joke hearkens to Marvel branding it as "the most ambitious crossover event in history". The hype leading up to the film was most definitely real, but now, crossing into its third week in theatres, it bears questioning—does *Avengers: Infinity War* live up to the expectations?

Going by the numbers, *Infinity* War made major bank in its opening weekend alone, smashing the box office with sales over \$257 million according to Box Office Mojo, a site that tracks film revenue. As of May 13, the film has reached a total gross of \$1 billion and counting. These ticket sales

don't seem to be slowing down any time soon either.

Infinity War's success is not by accident. It is by design, ten years in the making, since the Marvel Cinematic Universe's release

of *Iron Man* in 2008. In a feat of marketing and narrative genius, *MCU* spent the past decade perfecting a formula that retains diehard *Marvel* fans and attracts newcomers alike, with its ensemble cast of iconic heroes and villains.

The question in most people's minds prior to viewing *Infinity War* is undoubtedly "do I need to watch the eighteen previous *MCU* flicks to understand what's going on in *Infinity War*?"

A cop-out, but the answer is yes and no. *Infinity War* does an unexpectedly clean job in keeping its converging storylines coordinated. Its near three-hour runtime breezes by. Every shot engages and hooks. Not a minute feels wasted, which is key to a movie of this nature, where we are transported across the universe scene-by-scene, following each subplot.

Upfront, the film's plot is simplistic. Thanos, an alien warlord, is hellbent on a quest to obtain the Infinity Stones, which would grant him the power to enact a universe-wide genocide. It's up to the Avengers-who by this point is nothing more than a scattered group of vigilantes (acknowledged even by "former members" themselves), to put a stop to the Mad Titan Thanos.

It's the typical superhero movie plot at face value. Each sides' goals and motivations are out in the open, crystal clear.

Newcomers to the MCU can enjoy Infinity War as a self-contained story. Iron Man, Captain America, Thor, Hulk and Black Widow— all part of the original Avengers—do not need further introductions due to their status as staples in pop culture.

Being well-versed in everyone's origin

story is not a prerequisite to enjoying *Infinity War.* More than enough exposition within the movie is given to acquaint yourself to "lesser-known" characters. In fact, a lot of these characters are encountering each other for the first time too. These meetings weave into scenes naturally, and it doesn't feel like we're being subjected to a dragging roll call as the film goes on.

Infinity War isn't without its rewards for long-time fans. Even if you haven't been catching previous Marvel films in their opening weekend, opting instead to marathon them the night before seeing Infinity War, you're in for a treat. Knowing just how MCU has been building up its continuity for a decade, you get a better appreciation for what our heroes struggle against.

Whether you've been in this Marvel Cinematic Universe ride since the beginning, or just curious about what keeps people coming back for more, Infinity War will enthral, delight, and definitely shock. And once you're over that initial shock, consider yourself part of the group that needs to see it a second, third, fourth time. In my experience, every rewatch hurt me all over again, but also uncovered integral details I might've missed before. Of course, I've also pinpointed some plot holes in the process, but it hardly detracts from how wildly compelling Infinity War is.

Nothing is as satisfying than piecing together the foreshadowing and dramatic irony playing out on-screen and realizing just how high the stakes are for both Thanos and our heroes.

Well, maybe gathering all Infinity Stones comes in a close second.





**Ben Paul** Staff Reporter

ith the recent huge success of Marvel's Black Panther and Avengers: Infinity War, comic book movies are as popular as ever. But does this translate into the popularity of the comics medium as well?

It certainly appears so, when looking at the crowds filling the Toronto Reference Library this past weekend.

It was the Toronto Comic Arts Festival, or TCAF, a dizzying array of publishers, creators, exhibitors, and panels stretching over three floors of the library on Yonge Street in Toronto.

Unlike most conventions, TCAF is completely free and focused more on the inde-

pendent and alternative side of comics, although more than a few superhero creators were featured.

The festival also encompasses events on the leading edge of the industry, such as professional development workshops, academic conferences, librarian and educator events, awards ceremonies, a zine exhibition area, a section for European creators, a chamber opera with corresponding libretto, and a sprawling area of comics-game integration spanning a large section of one of the floors

Although the exhibitor hall part of the festival was only open from May 12-13, the preceding Thursday and Friday also featured scholarly and professional events.

The Canadian Society for the Study of Comics had its annual conference, with multiple panels both featuring and moderated by University of Waterloo instructors Andrew Deman and Paul M. Malone.

There was also a Librarian and Educator Day, a day of programming to help educators integrate comics into their curricula, and a professional development day for comics creators, Word Balloon Academy.

Exhibitors ran the gamut from large graphic novel publishing houses to small press mainstays, with many local Toronto cartoonists networking and hoping to catch the eye of a editor.

Available merchandise was more than just comics—enamel pins were a big hit this year, with many booths offering them alongside patches, pins, exclusive prints, and even tote bags.

This year's festival seemed to focus more on its roots in the alternative side of the industry, with the removal of the Masonic Temple venue that had been used for more mainstream authors in the past few years. Further solidifying their alternative reputation, this year featured the inclusion of the first Zineland Terrace, a zine fair where creators could exhibit their works.

Zines are self-published magazines with small print runs and a do-it-yourself ethos, usually made by photocopying. The Zineland Terrace was one floor of booths at the Cumberland Terrace, a building across the street from the main festival.

TCAF is also known for its international

Although most exhibitors are from Canada and the United States, this year's festival also featured noted manga illuminary Inio Asano from Japan and a slate of French, German, and Belgian creators. There was also a Danish Comics Pavilion, a collaboration with Danish comics festival Art Bubble that explored Danish comics through a selection of panels.



TCAF draws crowds of comic enthusiasts from all over.



The festival is supported by a dedicated group of volunteers.

## Album Review: High on KOD

Julie Nguyen Staff Reporter

. Cole's KOD was released at the end of April and, according to the North Carolina rapper, the title stands for three things: kids on drugs, king overdosed, kill our de-

We see a bit of each theme throughout the album, though they are not mutually exclusive. J. Cole raps about him and his friends smoking way too much weed for their own good and experimenting with other drugs that are highly popularized in hip-hop culture like LSD, codeine or "lean", cocaine, and of course, the selling and dealing of these

By far the most emotional track on the album is "Once an Addict- Interlude"- seriously, every single J. Cole interlude makes me wish it was the length of an entire song. It begins with a female voice, "pain is just a lack of understanding... God must feel no pain. Does this mean even our suffering pleases him?" she says in a monotonous

Throughout the album we hear this voice that acts as the drug-fueled musings of young Jermaine, and here, he's exploring

the logic and reasoning behind God and suf-

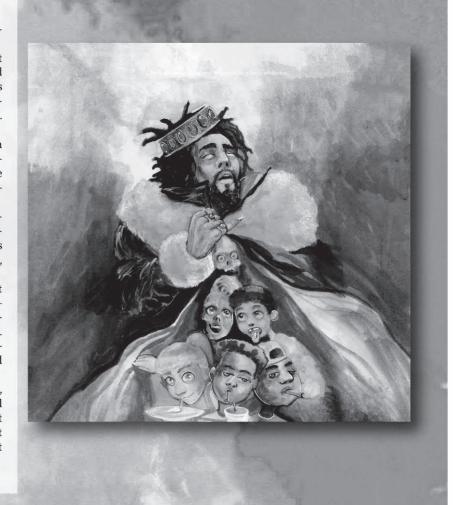
From there, he jumps into his adolescent life, riddled with recreational drug use and underaged drinking while his mother "uses him as a crutch" as she deals with alcoholism, heartbreak, and racism while raising J. Cole on her own.

Of course, it would not be a J. Cole album without some satirical, borderline offensive, musings, like in Kevin's Heart, where Jermaine pokes fun at millennial dating culture and the comedian's public infidelity.

In this track, J. Cole raps in great detail and admiration about Xanax, cannabis, and money, but all he says about his cucked-partner is that she has a diploma, and is wifey material. Very typical.

KOD is riddled with the arrogance that comes with J. Cole's taking of the thronekiLL edward is the only "feature" on the album, which is Jermaine's voice pitched up. He tries to direct his loved ones and members of rap culture to the moral high ground that he stands on.

There's a few bangers, like ATM ("big bills, big bills, I fell in love with big wheels and quick thrills" has been a club favorite), but otherwise, is almost a dense listen, in that it's highly lyrical and the production isn't





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# science & tech



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## **Evolv1** certified net-zero carbon

**Charlotte Hings** Science and Tech Editor

**T**he Evolv₁ building is the newest addition to the David Johnston Research and Technology Park and has recently been named the first building in Canada to receive a net-zero carbon building design certification. Designed by, Cora Group and Stantec Inc in partnership with EY Canada, Sustainable Waterloo Region and the Technology Park, the Evolvi office building will measure 110 000 square feet, be three storeys tall and will actually produce more energy than it consumes.

convective heat loss between panes, thus decreasing the heat flow or conductivity of the window. In addition to energy efficiency, Evolvi is also designed to be water efficient. The installation of a living wall will compose part of the building's grey water recycling system, designed to minimize the consumption of high-quality potable water throughout the building.

These features of Evolvi are so important because rising concerns over the warming planet and the exhausting of fossil fuel sources are urging renewable low-carbon energies to become the planet's main energy sources as part of a more sustainable energy framework. In Canada, energy for



Outside view of Evolv1 building in progress (May 2018)

A net-zero building represents a type of building that has a very low impact on the environment, whether it is because it has net-zero site or source energy consumption, carbon conversion, greenhouse gas (GHG) emissions or cost of energy. A net-zero carbon building is defined as a building that succeeds in compensating for all the carbon it uses and that is embedded within its construction materials and methods with the off-grid production of its own carbon-free renewable energy for heating, cooling and

To do this, Evolviwill have roof-top solar panels as well as panels on sections of the parking lot. These will supply the building with renewable solar energy. Geothermal energy will also supply the building. This is renewable heat energy that is produced underground.

Evolvi is not only producing its own energy on-site, but its design allows it to reduce the total energy that it uses for heating and cooling with the installation of triple-glazed windows (among other features). These are windows that are triple coated in a thin metal film that reflects infrared and ultraviolet light, keeping the heat inside during the winter and outside during the summer. The panes of glass are separated by an inert gas, which is a heavy gas that will decrease

the commercial and institutional sectors accounted for 12.5% of total GHG emissions in 2015. This is mainly because the energy used to fuel these sectors mainly comes from high-carbon sources such as oil and natural

In order to reduce the GHG emissions of the commercial and institutional sectors, the Pan-Canadian Framework on Clean Growth and Climate Change plans to introduce "net-zero" ready building codes that are scheduled to be implemented for new constructions and retrofitted buildings and homes by 2030. Until then, a net-zero design for new buildings is encouraged, but is ultimately an institutional decision.

Net-zero carbon buildings will drastically reduce the high-carbon energy consumption of the commercial and institutional sectors aiding in a transition toward a 100% renewable energy framework. As fossil fuels continue to deplete, renewable energy sources will increase in demand and lower in price, and this will subsequently increase the attractiveness of net-zero building options.

Evolvi should serve as a model building in the Canadian renewable energy transition, as buildings like this demonstrate that designing a building that does not rely on any fossil fuel energy and has minimal environmental impact is possible and can be done.



### The science behind...

Charlotte Hings



## **Procrastination**

ost of us know when we are procrastinating, but can't seem to kick the habit. Why do we procrastinate, and why can't we

As it turns out, the human brain is wired to procrastinate. It doesn't have anything to do with laziness, as some may think, it is purely biological. When faced with an unpleasant task that must be accomplished, a battle begins between two sections of the brain: the limbic system and the prefrontal cortex. The limbic system is responsible for our emotions (among other things). It works unconsciously to direct you to what is more pleasurable. If you put your hand on a hot surface, the limbic system will tell you to take it away. It will also unconsciously direct you toward avoiding unpleasant tasks. The prefrontal cortex controls the decisions we make; it is the logical part of the brain. It tells us that we should do that task now, because it makes sense and it needs to get done.

Unlike the limbic system, the prefrontal cortex must be consciously activated, which is why, in the battle between the two, the limbic system is often the winner, making us put off things that need to get done simply because they don't feel good or amusing to us. In other words, if you are not actively engaged in the activity, the limbic system automatically takes over, causing you to give in to doing what feels the best to you, procrastination.

Therefore, simply trying to will yourself into doing the activity, doesn't usually work. There are more useful ways to kick the procrastination habit that are incredibly simple.

Breaking up a large task into many smaller tasks is a simple, yet effective way to avoid procrastinating. It is perfectly normal to get overwhelmed by large, daunting tasks, which is why breaking it up into smaller pieces, makes it seem smaller and more do-

Working with colleagues or friends is also helpful to avoid procrastination and increase productivity. It is easy to avoid tasks when we are the only ones held accountable for their incompletion. However, making yourself accountable to someone else can be a powerful motivation to get the task done and can potentially make the task more enjoyable. For example, going to the gym alone is a lot less pleasant than going with a friend, and disappointing your friend by not showing up can be a lot more upsetting than just avoiding the gym for one more day.

Procrastination is something we all do at some point and should not necessarily be viewed as a bad thing. However, this does not mean that we have to, or should procrastinate. Procrastination may reduce stress in the short term, but leaving things until the last minute will only increase stress levels in the long run. It is important to kick the habit if we can, but also to be gentle and kind to ourselves if we give into it. Procrastinating does not indicate character, it is just part of being human.



## Nanticoke Solar Project underway

**Charlotte Hings** Science and Tech Editor

massive solar farm will take the place a major polluter in 2019. In its time, the coal power plant, Nanticoke Generation Station, was the largest air polluter in North America. It was shut down in December of 2013 when Ontario officially eliminated coal as a form of electricity generation for the province. On February 28, 2018, the Nanticoke Generation Station was officially demolished by Ontario Power Generation (OPG), a provincial energy provider. This was done to make room for a 44MW solar power plant referred to as the Nanticoke Solar Project developed by OPG and the Six Nations of the Grand River Development Corp. The project is still in the approval phase, but is scheduled for completion by the end of 2019. The project requires over 200 000 solar panels to deliver the 44MW capacity.

Coal burning power plants are extremely harmful to both humans and the environment. Burning coal releases harmful toxins and pollutants into the air as well as large amounts of greenhouse gases, which are largely responsible for human-induced climate change.

The elimination of coal as an electricity source for Ontario, made it the first jurisdiction in North America to do so and has since become one of the cleanest electricity jurisdictions in the world

Ontario owes this title to its use of nuclear energy, a non-renewable energy. It is formed by splitting large atoms of Uranium or Plutonium by hitting them with neutrons, creating a chain reaction of sustained energy release in the form of heat, which are then transformed into electricity. Although this type of energy is high density and virtually emission-free, it produces radioactive waste that is extremely harmful if not disposed of properly. Nuclear accidents are rare, but they can be extremely devastating. The Fukushima Daiichi and Chernobyl nuclear disasters in 2011 and 1986 respectively caused many deaths and left many extremely ill. The high risk of nuclear power and its limited supply has caused a growing movement to phase it out.

Solar power carries minimal risk, is practically emission-free and is renewable, meaning that its supply is unlimited. Currently, solar power in Ontario only comprises a tiny sliver of total electricity generation because there are very few solar power plants in Ontario.

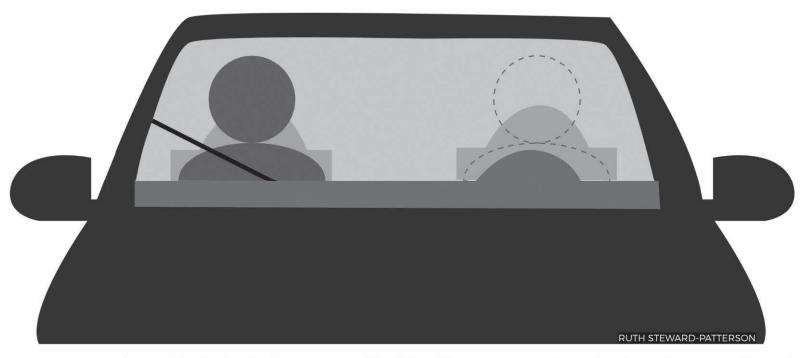
Solar power has a lot of potential to be a major source of clean energy, not just for Ontario, but for all of Canada.

Increasing the capacity of solar power is an extremely important contribution to the movement to phase out nuclear energy in Ontario and the phasing out of fossil fuel use throughout Canada.

The conversion of the Nanticoke site from a coal burning power plant to solar power plant not only supports the renewable energy transformation of Ontario's electricity, but perfectly mirrors it. More importantly, the choice of solar over nuclear power demonstrates the commitment of OPG, the Six Nations of the Grand River Development Corp. and other collaborators to the Canadian renewable energy transforma-

## No driver, <del>no</del> problem

Can driverless vehicle accidents ever be 100 percent preventable?



**Andy Zhou** Reporter

49-year-old woman was Akilled by a self-driving Volvo SUV while walking across the street with her bike in Tempe, Arizona. Uber, a popular ridesharing company tested the car at the time of her death in March.

Shortly after this death, the driver of a Tesla Model X was killed when his vehicle was in autopilot mode, a feature that permits the onboard software to control

the car while allowing the driver to take their hands off the steering wheel. The car collided with a highway barrier on Highway 101 near Mountain View, California.

These recent tragedies, call for tougher regulations on driverless and self-driving vehicles.

After the Tesla autopilot accident, the vice president of the National Safety Council, Kelly Nantel, urged carmakers to be more careful in conveying what their technology can and cannot do at this time.

"We have to be very careful how

we name things," she said.

"Calling something 'Autopilot' sends a message to the lay consumer that the system is capable of something it isn't."

In 2016, the US Department of Transportation's National Highway Safety Administration reported that 94 per cent of all traffic accidents are caused, at least in part, by human error.

An ongoing project at Waterloo Autonomous Vehicles Laboratory (WAVE) is a self-driving Lincoln MKZ SUV that is being dubbed the "Autonomoose." Their goal is

to pave the way for a future where traffic accidents can be reduced.

The Autonomoose, works by gathering data through various sensors like radar, multiple cameras, GPS, inertial sensors, and running that data through a non-linear optimization algorithm to determine the best path for the car to take to avoid obstacles while following traffic rules.

Some challenges that the team is currently working to overcome include adjusting the algorithm to better handle extreme weather conditions and more accurately measuring moving objects around around the vehicle.

The senior research team members at WAVE recognize the potential of driverless technology. They believe that increased use of driverless cars can significantly reduce traffic and improve safety for everyone. In its mission, WAVE states that their research goal is to "create the next generation of reliable, autonomous robotic ve-

Students at the WAVE strongly believe developing this technology further is worthwhile.

# sports & health



#### **G**ET YOUR HEAD IN THE GAME

Imprint is looking for a sports & health editor! Email managingeditor@uwimprint.ca for more info



**Alexandra Hanrath** Managing Editor

t's time. The apocalypse is now. You can take one backpack worth of stuff with you but you have to be prepared for the rough physically and mentally challenging landscape before you during your new life of running and hiding. Are you ready?

The question's extreme but the thought is still the same, how in shape are you?

Varsity athletes know what it means to maintain a regular and consistent work out routine. It's all about reaching peak performance and being able to go the extra mile. You don't have to be a varsity athlete to be truly athletic but you can learn a lot from their exercise routines and dedication to their craft.

Cynthia Cavanagh is an upper year student and member of the women's hockey team. She's in her third year of Arts and Business and her team is currently in their off season.

Cavanagh describes her off-season routine, "my office training consists of vari-

ous workout programs built specifically to target strength training, conditioning, explosive exercises, as well as keeping in mind mobility and

recovery." Interval exercises like sprints work great for athletes like hockey players who play their game in shifts. Not that hock things

long-dis tance cardio to keep their heart healthy.

Stretching is also important, "we do warmups as a team before workouts, stretching: static and dynamic, and rolling out," said Cavanagh.

These things are important for everyone who participates in regular physical exercise.

Cavanagh also balances all of her off-season training with her work-life, "I work

at the grounds facilities for the university with a few other girls from my team. I'm in the gym 1-1.5 hrs. Per day from monday to friday after work, starting at 3 p.m."

When it comes to being motivated everyday to go to the gym Cavanagh finds ease in relying on her teammates to keep each other motivated, "we're all on the same schedule working the same job, so it's nice we can come together for a workout. It builds relationships, unity, and strength a team."

Cavanagh also participates in on-ice training during the summer too, "once a week a few girls from the team will go to a treadmill and shooting clin-COURTESY UW ATHLETICS ic, that's optional. It's an hour each for both with a trainer assisting us with shooting/skating form and how to increase power and accuracy with shooting."

What can be learned from looking at how a varsity athlete trains? Well to start, it's important to know that varsity athletes need motivation too. Working out with your friends is a good way to keep each other motivated and healthy. While, it might sound like Cavanagh is taking on a lot in her spring term with



Easy core exercises like planks make for great additions to workouts. Try holding them for 30 seconds at a time.



Try enjoying some sun with your workouts this Summer.

a full-time job and exercising for at least an hour a day, the routine in itself is what's important. You don't have to work out five times a week, you can do whatever's comfortable for you.

Easy exercises to do depend on what's best for your body, only push the limits to the point where you don't sustain injury and always consult a doctor if something's not right.

# campus bulletin

#### WHAT'S HAPPENING AROUND TOWN

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

### upcoming events

#### May 2018

For all of UpTown Waterloo May activities visit www.uptownwaterloobia.com.

"Savour in Stratford" — Stratford Chocolate Trail; Railway Century Exhibition: Duffy Dent, A Soldiers Art and more! Discover Stratford at www. visitstratford.com.

#### Thursday, May 31

Guitar Magic — two of Canada's finest guitarists, Emma Rush (classical guitar) and James Bryan (Philosopher Kings), come together for "jazz meets pop" for a night of pure guitar magic! Doors open at 7 p.m. at Huether Hotel Jazz Room, 59 King Street, N., Waterloo. For tickets/ info, www.evenbrite.com or 905-807-

#### Sunday, June 3

Prayer in the Park — one church assembled together, praying in unity, seeking God in Waterloo Region, from 1:30 to 4:30 p.m., Victoria Park, Kitchener at the Clock Tower. Bring a chair/ blanket to sit on. Kitchener parking lots are free on Sundays. For more info www.prayerinthepark.ca or FaithFM 93.7 radio.

### **Volunteering**

Bereaved Families of Ontario - Midwestern Region, The Family Centre, 65 Hanson Ave., Suite 1042, Kitchener. We currently have a number of exciting volunteer opportunities available at BFO-MR, contribute directly to helping us achieve our mission to provide an empathetic community of peer support and education for individuals and families who are grieving. For more info, jaime@bfomidwest.org or 519-603-

### 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.

#### Wednesday, May 16

Resumes, Career and Personal Branding -Part 2 - 5 to 7 p.m., TC 2218. Note: sign up two days in advance. Learn how to apply your self-knowledge, strengthen your existing résumé and get the job you want. Seating is limited due to demand.

#### Thursday, May 17

Career Interest Assessment (Strong Interest Inventory) – 10 a.m. to 12:30 p.m., TC 1112. Note: sign up 2 days in advance. There is a student materials charge of \$15 payable at the Centre for Career Action prior to the session; Alumni fee is \$16. Once you have registered and paid, you will be given information on how to complete the Strong Interest Inventory online. The assessment must be completed at least 2 business days

before the workshop date. Tuesday, May 22

Get a Job Using LinkedIn - 10:30 a.m. to 12 p.m., TC 1208. Note: limited seating so register early.

#### Wednesday, May 23

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.

## classified

#### **HELP WANTED /** HOUSING AVAILABLE

#### Attention Mandarin speakers -

FREE apartment for Mandarin speaker in exchange for teaching my 2 year old Mandarin, plus some child care and light household duties. Offering full private apartment.

Contact Melanie.Blass@gmail.com.

## **SPRING TERM 2018 JOBS**

#### UW WORK STUDY

### SALES ASSISTANT

#### May I start; Monday to Friday, parttime: \$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.

### **EDITORIAL** ASSISTANT

#### May I start; Monday to Friday, parttime; \$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

#### 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 coldcall 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, SLC0137.

Canada Summer Jobs position — finances pending.

#### **VOLUNTEERING**

### **SECTION EDITORS** for Arts & Sports.

Other positions available: Head Designer, Graphics Editor, Video Editor, and Satellite Campus Editor.

Apply to editor@uwimprint.ca with cover letter/resume/portfolio samples.

# distractions



#### Q: WHY IS VLADIMIR PUTIN **CONSTANTLY IN A HURRY?**

A: HE'S ALWAYS RUSSIAN



## "is it really spring"-word

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#### CROSSWORD MADE BY BEN PAUL

#### Across

- 1. Cleaning froth
- 8. Ceremonial weapon that symbolizes the power of the monarch in Canadian legislatures
- 11. Ke e: memento or object of sentimental value
- 12. Video game company with the exclusive license for Star Wars games
- 13. Zone in Ukraine's Donbass region under control of pro-Russian separatists
- Shastra: Sanksrit treatise on ancient Hindu performing arts
- 15. Air mass rotating around a lowpressure centre
- 18. Removed from the running due to breaking rules or qualifications (abbr.)

- 19. British colonist who supported Britain during the American Revolution
- 20. A radiant or intangible quality surrounding a person or object
- 21. Anger
- 22. Postal abbr. of Iowa
- 23. African country with capital Nairobi
- 25. Author of fantasy series *The* Belgariad
- 26. Annual Finnish film industry award
- 28. Casual term for tetanus
- 32. With "humbug", a Scrooge catchphrase
- 36. Psychic Pokémon with final evolution Alakazam
- Conference: post-37. San WWI meeting that divided the

- Ottoman lands of Syria, Palestine, and Mesopotamia between the colonial powers
- 39. Gree : world's largest island
- 41. Negative internet reaction to the length of a piece of text: \_\_;dr
- 43. Donations for the poor
- 44. Skyrim's player character
- 47. Mothers
- 48. On a highway that charges tolls (three words)
- 50. Acronym for motor vehicle theft
- 51. Disregarded a regulation or treaty

#### Down

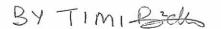
- 1. Where the Wild Things Are illustrator
- 2. Of a material that doesn't allow light to pass
- 3. Behind a ship
- 4. Date of earnings being transferred
- 5. Music genre originating in Jamaica that was the precursor to reggae
- 6. Art : visual design movement of the 1920s featuring luxury and modernism
- 7. Islamic honorific for descendants of the prophet Muhammad, modern use being specifically for those of his grandson Husayn
- 8. Largest middle ear bones, named after the Latin word for hammers
- 9. C command converting a string to an integer

- 10. Inextricably commit to
- 16. American rapper with recent album Invasion of Privacy
- 17. Los Z: Mexican drug cartel that became larger and broke away from the Gulf Cartel
- 24. Band whose name formerly referenced an American president and an Arabic term
- 25. New name that Swaziland is adopting for its 50th anniversary of independence
- 27. Domain suffix for Ukraine
- 28. Han Solo's friend, rival, and administrator of Cloud City
- 29. Elongated rectangle or oval
- 30. Neckband in male fashion
- 31. Iroquois word for "village" or "land", basis for the country's
- 33. Southern constellation "The Altar"
- 34. Protective headgear
- 35. National intelligence agency of
- 38. Ga rays: radiation created by the radioactive decay of atomic nuclei
- 40. Hea nter: Corporate recruiter who coaxes staff from other institutions
- 42. Cosmetic surgery removing fat from the human body
- 45. Chemical symbol for Krypton
- + Roman numeral for five
- 46. Zero
- 49. Unit equal to a thousand of the base SI unit of electric current

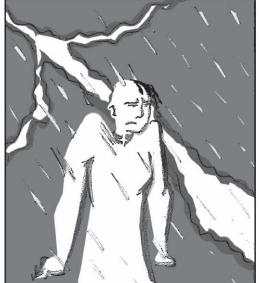


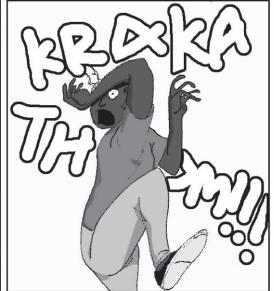
Solutions to last term's crosswords are available on our website, uw imprint.ca

#### A DAY IN THE SPRING!









MAYDEN ET AL BY PETER NEATHWAY

> (LOOSELY BASED ON TRUE STORIES)







### Nesting Season







\* Cue epic music with heavy drums

