

# ORIENTATION ISSUE INSIDE

uwimprint.ca

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**im**  
**print**

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RIAMARIE PANACHIKAL

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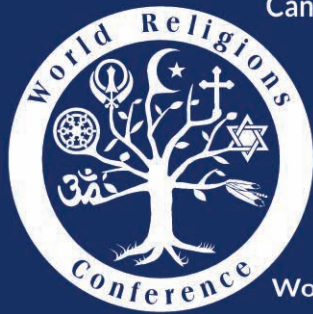
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Humanism



Sassan Sanei



## Letter from the editor

Over the next few weeks, nearly everyone you meet will have some advice to give you. A tidbit, a pro-tip, or even a Q-tip. There's a lot that's coming your way and this campus is not a quick read.

The question most of you wonder about is, 'am I ready?' There's a lot to be discovered, and it helps to have a starting point.

Before I go on a tangent about the wonders of journalism and how essential community newspapers are, let me take a moment to catch you up on the very paper you are holding. This special edition of Imprint is called, the Orientation Edition. This paper has been carefully designed to answer all of your burning questions about student life.

When I entered first year, I was frequently swept up in worries. How will I manage commuting? Will I make friends? Will I carry myself with the confidence of Fat Amy or strive for perfection like Chloe?

Admittedly, there aren't enough musical montages at UW, but there are plenty of opportunities to find friends and build a community. To get you prepped with the essential clues to solving these hair-raising mysteries, we at Imprint have composed this edition for you.

Inside you will find introductions to a variety of topics from the common conundrums of residence life to managing your finances, and even a scavenger hunt. Yes, there are prizes to be won so keep flipping.

Before I continue, I would like to thank the many volunteers who helped make this edition a reality. You are about to read the works of many campus sages, all of whom have walked in your shoes, and want nothing more than for you to succeed.

Now, naturally being the inquisitive mind that you are, I imagine you've already asked yourself, 'what is Imprint?' In a nutshell, Imprint is the official student newspaper at the University of Waterloo.

We cover all your essential need to know information in our weekly publications. If you flip through, you'll notice that the paper has seven distinct sections: news, arts and life, science and technology, sports and health, campus bulletin, opinion, and distractions.

Each paper features in-depth investigations into the nitty-gritty underbelly of student life. Penning and unraveling these grand mysteries are actually students just like yourself. We're a completely volunteer-run organization.

Our journalists gain valuable experience writing in various styles, and interview subjects from campus leaders to regional politicians and even Chris Hadfield. Our creative team features photographers, layout and graphic designers, cartoonists, and crossword engineers. As I've come to learn, there will always be a spot within Imprint to exercise

new curiosities.

Through Imprint, our volunteers interact with various organizations on and off campus. You'll interview and engage with leaders from a variety of disciplines including politics, engineering and science, social activism, academia, and the fine arts. As you've probably come to know, networking is one of the hot topics on our campus, and what better way to meet leaders in your discipline than to say you are a journalist moved by their contributions?

What's more, Imprint also features information about positions on campus, including paid positions you can find within this very organization. Behind the printed magic in front of you, is a dedicated sales and marketing team who regularly hire each term. There are also paid leadership roles within our editorial board.

Now, I should clarify, Imprint deals with campus news and tackles the topics that define the student experience. I imagine some of you reading this might fancy yourself as a different kind of writer. Perhaps you spent your youth between the stacks of local libraries, writing poetry in cursive, and peddling fan fiction and favorite ships into the mischievous world of Tumblr. That's okay, we actually have a spot for your unique voice and questionable imagination.

Within the Imprint Publications family is Quetzal. This creative online magazine features poetry, prose and photography. We accept submissions all term long. Plus, you will gain an opportunity to build your portfolio and declare yourself a bonafide published author on LinkedIn.

Our newest venture is the Waterloo Journal of Environmental Science. Published on a termly basis, this magazine tackles vital issues facing our environment through unique perspectives. Authors discuss topics related to the environment from innovations in engineering to social movements to historical happenings, and artistic endeavours. Submissions are also peer-reviewed by professionals and professors within the discipline of the article submitted. This magazine will provide undergraduate students an opportunity to publish their academic research and essays in order to broaden the discussion around environmental well-being on campus.

On this note, I hope to see you stop by the Imprint Office one day. If an event on campus catches your eye, don't wait for the citizen of the noble grapevine to take action. Do it yourself, spread the word by volunteering with us.

Riamarie Panachikal  
Orientation Editor



Riamarie Panachikal, Orientation Editor

## Interested in volunteering with Imprint?



Feel free to email our Executive Editor or drop by the office when you get a chance:

- Office: SLC 0137, located in the basement
- Office hours: 9 a.m. to 4 p.m.
- Executive Editor: Victoria Gray
- Contact: editor@uwimprint.ca

### IMPRINT POSITIONS

Editorial Staff: News Editor, Assistant News Editor, Arts and Life Editor, Opinion Editor, Science and Technology Editor, Distractions Editor, Sports Editor, Satellite Campus Editor, Head Designer, Assistant Head Designer, Photo Editor, Assistant Photo Editor, Graphics Editor, Assistant Graphic Editor, Copy Editor, Assistant Copy Editor, Video Editor

### QUETZAL POSITIONS

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Editor positions: Photography Editor, Fine Arts Editor, Poetry and Prose Editor

### WATERLOO JOURNAL OF ENVIRONMENTAL SCIENCE POSITIONS

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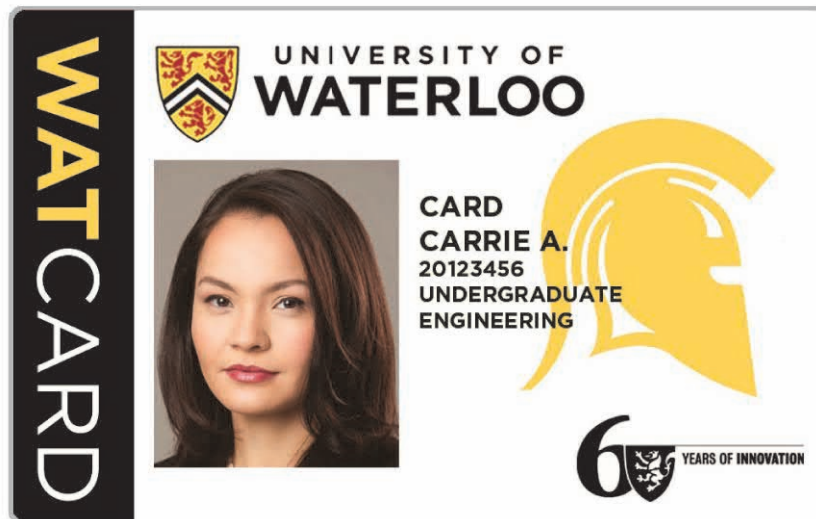


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<https://uwaterloo.ca/watcard>



# Letter from the President



COURTESY OF THE UNIVERSITY OF WATERLOO

Dr. Feridun Hamdullahpur, President and Vice-Chancellor

The start of every term at the University of Waterloo is special. The start of Fall term is even more unique. There is a new energy in the air and spirit of excitement and discovery.

This week we welcome a whole new class of Warriors to campus and with them, limitless opportunities to learn, grow and explore what is possible. Whether this is your first Fall term or fourth, know that there is so much that can be achieved in four short months.

The University knows that to support you in your journey it is important we offer a positive experience in and out of the classroom. These efforts can be seen across campus, including the SLC-PAC expansion and the North Campus Field House that are currently under construction and when completed will enhance the student experience in many ways.

We have also made tremendous strides over the past 18 months to support the mental health needs of our students. The journey started with the formation of the President's Advisory Committee on Student Mental Health (PAC-SMH) in early 2017. After extensive consultations with our entire University community the PAC-SMH

published its findings and 36 recommendations in a report in March 2018.

Over the past six months the Committee on Student Mental Health (CoSMH) was formed with a focus on reviewing, prioritizing and implementing their recommendations.

The CoSMH with committee Chair, Dr. John Hirdes, have already implemented

*Your ideas, creativity and courage are the lifeblood of our University.*

DR. FERIDUN HAMDULLAHPUR, PRESIDENT AND VICE-CHANCELLOR

several of the recommendations, including the hiring of seven new members of the Campus Wellness team. These additions include mental health nurses, care managers, counsellors and psychologists. With the added support from these new staff members we have met the Committee's report recommendation of one mental health support worker for every 1000 students.

There is still more work to be done and

we know this. I encourage you to follow the progress of the CoSMH's implementation process over the term and as we make new strides over the next year.

I am also excited to have a new University chancellor in global business leader Dominic Barton. I am pleased to also welcome Dr. Jim Rush, former Dean of Applied Health Studies, who started in his new role as Vice-President Academic and Provost on July 1. And, we are progressing through a detailed Strategic Planning process that will have a profound impact on the future of our University.

Amid all this change and progress our entire community remains committed to your education and growth in and out of the classroom.

Your ideas, creativity and courage are the lifeblood of our University and we cannot wait to see what you achieve this term.

On behalf of the entire University of Waterloo community, welcome to the start of another outstanding term. We wish you only the best.

Dr. Feridun Hamdullahpur  
President and Vice-Chancellor of the University of Waterloo

## What to expect from O-Week

Lubaba Houque

On the case of orientation disorientation

For many first-year students, Orientation Week is a big deal.

It's their first taste of being a UW student. It goes by pretty fast and I'm sure many of you might be determined to make this the perfect first week. Realistically, in the next seven days you'll walk away with a heavy sunburn and a dozens of mosquito bites. There's a fair chance that you might even find your future best friend, study buddy, or realistically, drinking buddy. While O-Week will undoubtedly be amazing, there's a few things to keep in mind.

When coming to O-Week, it's important to bring the necessities and ditch the rest. One of the first things to do when you arrive on campus is to get your WatCard. This the most important ID to carry during O-Week and for the rest of your university career. Your WatCard will help you access busses, borrow books from the library and food if you live on campus. It's essential to student life.

It is also good to carry your phone and

money for emergencies. Who knows what shenanigans you might get up to.

In all honesty, you might not end up attending every event. As great as they are, we all need down time. For the entirety of your university career, O-Week will be the most relaxed period.

Take this extra time to treat yourself to some sight-seeing and shopping. Although, it would be useful to pencil in a half hour to look over your class schedule and consider a few clubs you might be interested in joining. Reach out to your dons, they can probably help connect you with some great campus organizations.

Due to the weather uncertainties, make sure to bring layered clothing such as a jacket that you can put on if it gets colder. Waterloo weather is notoriously unforgiving.

No matter what the weather, bring a reusable water bottle to stay hydrated. Although food is provided during lunch, if you're someone who gets

hangry very quickly, bring snacks to munch on.

Avoid bringing heavy unnecessary items as they will make walking around much harder. Any class specific items will be of no use until classes actually start, but, if you want to be a keener, bringing a small folder to put in pamphlets or informational posters can help you be organized.

When you step onto the campus for O-Week, expect to meet lots of people. With the people you will meet, there will be a lot of exchanging phone numbers with promises to text each other. Half way through the week, chances are you'll have gained dozens of new Instagram followers and made plenty of #tbt memories.

In reality, don't be surprised if you're not best friends with everyone you meet at O-week or text

them regularly during your first term. This is pretty normal, but you will meet plenty of people all throughout your university career who you'll be friends with, so don't fret.

I sure hope you didn't chuck out your old gym shoes because when you come to O-Week, be prepared for walking, and lots and lots of it. Your orientation leaders will take you all around the campus. You'll be running around doing scavenger hunts, solving puzzles, and dancing. Suffice to say, you will be on your feet for most of the day, so don't kill your feet by wearing uncomfortable shoes.

O-Week could also be called pep week because there are a lot of choreographed dances throughout the day. Every faculty does a huge flash mob dance with new students. There are a lot of team activities that take place for you to get to know the people in your faculty.

To cap things off, Welcome Week ends with Black and Gold Day, which is the ultimate school pride football game. You can wear head to toe black and gold and cheer for the University of Waterloo.





# Goose ate your homework?

## Campus services to know

**Riamarie Panachikal**

*On the case of strategic survival*

Student life can be hectic and there will be plenty of times when you need a little extra support to get through your day. Luckily, for most of the problems you'll run into, there are services on campus that can help you out. Here are some of the most useful ones.

### Counselling Services

First year can be a drastic change for a lot of students and in case you need someone to talk to, Counselling Services is here to support you along your journey. Through Counselling Services, students can access one-on-one appointments, coping skills workshops, and therapy groups.

*Location:* Needles Hall North, 2401

### Health Services

If you find yourself feeling a bit woozy, your best option is to head to Health Services. There, you can access mental health services and book appointments to speak with a doctor or nutritionist. Plus, on the off chance you catch a nasty stomach bug right before a major assignment or exam, Health Services can hook you up with a doctor's note.

*Location:* Across the bridge from the Student Life Centre

### Information Systems and Technology (IST)

IST is here to help students with their tech-related concerns, give tech support in research, teaching, and administrative needs, and generally make sure your academic experience is as bug-free as possible. If you find yourself needing a projector or camcorder, IST offers a variety of equipment for students to rent.

*Location(s):* DP Library, DC Library, CMH, and Village 1

### Writing Centre

For those that need an extra set of eyes on your paper, the Writing and Communication Centre is here. The Centre can guide you with tips for writing reports and essays, help you develop an ePortfolio, and even help you plan presentations. Whether you need writing tips or just want help developing your professional voice, the Centre has you covered.

*Location:* South Campus Hall

### Student Success Office

The Student Success Office (SSO) works with campus partners to help students achieve success throughout their university career. SSO offers

resources for international students, academic and personal development services, and opportunities for student exchanges and studying abroad.

*Location:* Second floor of South Campus Hall

### Centre for Career Action (CECA)

CECA is the career resource hub on campus. Here, students can meet with career advisors and staff to learn about higher education options. Among its many services, staff can help you find jobs and internships, and review your resumes and cover letters. As co-op students will come to learn, most co-op job interviews take place in CECA's interview offices.

*Location:* Tatham Centre

### Retail Services

At the Bookstore, students can purchase a variety of materials for classes including textbooks, stationery supplies, lab coats, math-approved calculators, course kits, and other items such as iClickers. Here's a clue: if you want to avoid the long line up at the start of term, you can also order supplies online.

Opposite the Bookstore is your hub for campus swag. In it, you can find everything from faculty specific hoodies and backpacks to geese (stuffed, not plucked).

*Location:* South Campus Hall, 117

### Student Awards and Financial Services

Student awards and financial aids services provide information about financial aid options including scholarships, academic grants, bursaries and awards. OSAP and Work Study Program applications will be processed here.

*Location:* Needles Hall, second floor.

### Media.Doc

This service provides students and staff with a variety of printing options including general printing needs for projects, reports and essays, and 3-D printing. Media.Doc's offices at SLC and MC can also assist with taking passport photos.

*Locations:* DC, DP, EIT, MC and the SLC

### Turnkey Desk

This is probably one

of the most useful services on campus. Here, you will be able to purchase GO Transit or Greyhound bus tickets, movie tickets at special student pricing, book study lounges or lounges for group meetings and activities. You can also ask any questions about campus concerns or ask for directions. And in case you're a night owl, the Turnkey Desk is open 24/7.

*Location:* SLC

### The Bike Centre

For all the Tour de France enthusiasts and environmental activists on our campus, you'll be pleased to know that it's possible to rent and repair bikes at the Feds Bike Centre. Bikes can be borrowed for the entire term for \$100 or at \$45 per month, in addition to a \$250 damage deposit.

*Location:* SLC, 0101

### Feds Used Books

In Feds Used Books you'll find thousands of textbooks at a discounted price and be able to sell your old textbooks.

*Location:* SLC, 1102

### Campus Tech

In case the unspeakable happens and your desktop or laptop crashes, the staff at Campus Tech are trained to diagnose and help you. Campus Tech specializes in Apple, Dell, Fujitsu, Lenovo, and Toshiba products. If you need to have your tech assessed, you can email or drop in and speak with a technician directly.

*Location:* SLC, 0131

### The Glow Centre

Glow is UW's LGBTQ\* centre on campus and the first student organization of its kind in Canada. Glow promotes greater inclusivity and actively works to create safe spaces. They offer peer support with trained staff, have an in-facility library stacked with great resources, and host various events.

*Location:* SLC, 2102

### The Women's Centre

This service advocates for issues facing women and trans\* folk on campus and in the community. They offer peer support with trained staff and frequently tackle issues concerning women and trans\* folks health and sexuality from an anti-colonial and intersectional background. The Women's Centre carries a variety of resources, including a library, and is also stocked with female hygiene products.

*Location:* SLC, 2101





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# Bus upon a time in Waterloo

Lubaba Hoque  
On the case of commuting conundrums

Whether you are leaving your beloved car with your parents, are new to KW bussing or haven't been on a bus before, fear not grasshopper because I'm about to lay out the 411 on life as a bussing student.

## The basics

First of all, the transit system in Waterloo is called, Grand River Transit, more commonly known as the GRT.

It also links the 'Loo, Kitchener and Cambridge together. In order to access any GRT bus, you'll need to tap your WatCard as you enter.

Aside from this, I find that having a set of earbuds or headphones handy make the commute to campus a lot nicer.

It's the perfect tool to kill time, block out unnecessarily loud neighbours, and avoid socializing.

In case you're a keener, bus rides are actually a great space to catch up on course readings.

Not all busses run as often, or run late into the evening hours or weekends. Routes can also change during holidays or storms.

If you ever feel uncertain about your commute, you can check the GRT app or Google Maps. On the, 'off' chance you're at a bus stop and been stuck waiting for too long, you can text the bus stop number (located on the bus stop sign in the bottom corner) to 57555 or call 519-575-7555 to find out the times for bus departures.

Bus drivers are very understanding and great resources.

Ask them questions if you ever need any help. They are also invested in your safety, if you're bussing at night and need to be dropped off closer to home, let your driver know, they'll try their best to accommodate.

Between all the construction that occurs in city of Waterloo and on campus, these

bus routes will change frequently.

Usually if this happens, you will find a poster taped to your bus sign indicating to you where the bus stop has been relocated.

If you're a bit more of a risk taker and hoping to explore the city before classes start, the best tip I have for you is to participate in some spontaneous bussing.

With your WatCard handy, you can travel a long way. If you have the time, hop on a random route and see where it takes you.

## GRT bus trickery is real kids, you're not imagining it

While it might feel overwhelming at first to know the difference between 7, 7A, 7B, 7C, 7D, 7E, and 7F, once you've mastered these buses you have officially achieved super saiyan status.

It's worth noting, the 7D and the 7E will travel into campus. 7E travels by the Optometry building and Matthews Hall before dropping you off at DC. While the 7D stops will pass by both Environment 3 and Needles Hall before dropping you off by Columbia near the Optometry building.

## Late night?

If you are on campus late and need a safe way to get home, see if you can take route 91. Starting in September, the 91 bus, also known as the Late Night Loop will be available between 12:30 a.m. until 3 a.m. every Thursday, Friday and Saturday.

This bus travels through UW and Laurier neighbourhoods and can take you as far as Charles Street Terminal.

## iXpress

In case you're trying to shave some time off your commute, the iXpress buses are usually your best bet. On campus, you can find the 200, 201 and 202.

Eventually all of these can take you to Conestoga Mall.

These busses allow you travel throughout KW and Cambridge by passing through major destinations. The bus stops for the iXpress will also feature real-time digital projectors.



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# Campus commuting 101

**Riamarie Panachkal**

*On the case of the toasty tunneler*

As you'll soon learn, UW is more or less stuck in a constant state of construction. Upper-year students are no doubt used to the detours and blocked off areas across campus, but it can be a bit disorienting to newcomers. On top of that, when winter hits, I guarantee you'll want to stay indoors as much as possible.

With that said, here's a guide to explain the current construction projects on campus, and a quick map of the tunnels and overpasses you can use to stay toasty.

## SLC/PAC

As you have probably noticed, there is an ongoing SLC/PAC expansion project. Construction for the project began in May 2017 and is expected to wrap up in spring 2019.

"This project will help us provide more for more social, study, dining, and recreation space, which this project accommodates," Matthew Grant, the director of media relations at the University of Waterloo, said.

The total cost of the project is estimated to be \$41 million, and it is being paid in part by student tuition and by the university. From

your tuition, this project accounts for \$18 per term fee for the cost of construction.

As a result of the construction, the backend of the SLC has been blocked off. The only entryways into the SLC have been marked. Students trying to walk to Dana Porter Library can opt to travel through the pathway created behind the SLC, past the construction site.

## Student Service Centre Project

The Centre will bring together various services existing on campus into one building. These existing services include Graduate Studies and Postdoctoral Affairs (GSPA), the Student Success Office (SSO), the Registrar's Office (RO), and Student Awards and Financial Aid (SAFA). Students can also expect smaller offices like Student Financial Services to be included. The facility will also provide temporary locations to the WatCard Office and Parking Services at the start of terms. The Centre will be found on the first floor of Needles Hall.

"[It] will provide a space for students to accomplish tasks, get advice, and receive information quickly and efficiently," Grant said. "It will include self-service stations, wickets, consultation rooms, a waiting area/study space, and a case management queuing system that will improve student wait

times and their overall experience."

By centralizing essential student services, the Centre will make accessing these departments more convenient.

"The Centre was created to address the challenges students face when navigating services across campus," Grant said. "This single point of entry to multiple services will decrease the need for students to go to various places across campus for similar tasks."

The Centre will be available to students later in the fall 2018 term.

## Field House Project

This project is aimed at improving athletic and recreational space on campus. It will be located north of Warrior Field and will continue to the west side of the Columbia Icefield building.

"The field house is our first step of enhancing the student athletic and recreation experience as we look to expand and build more for our campus community," Grant said.

The University is in the process of determining other potential designs for expanding this project with input from alumni, community members and organizations.

The cost of this project is \$16.5 million and will feature a multi-activity field-turf building.

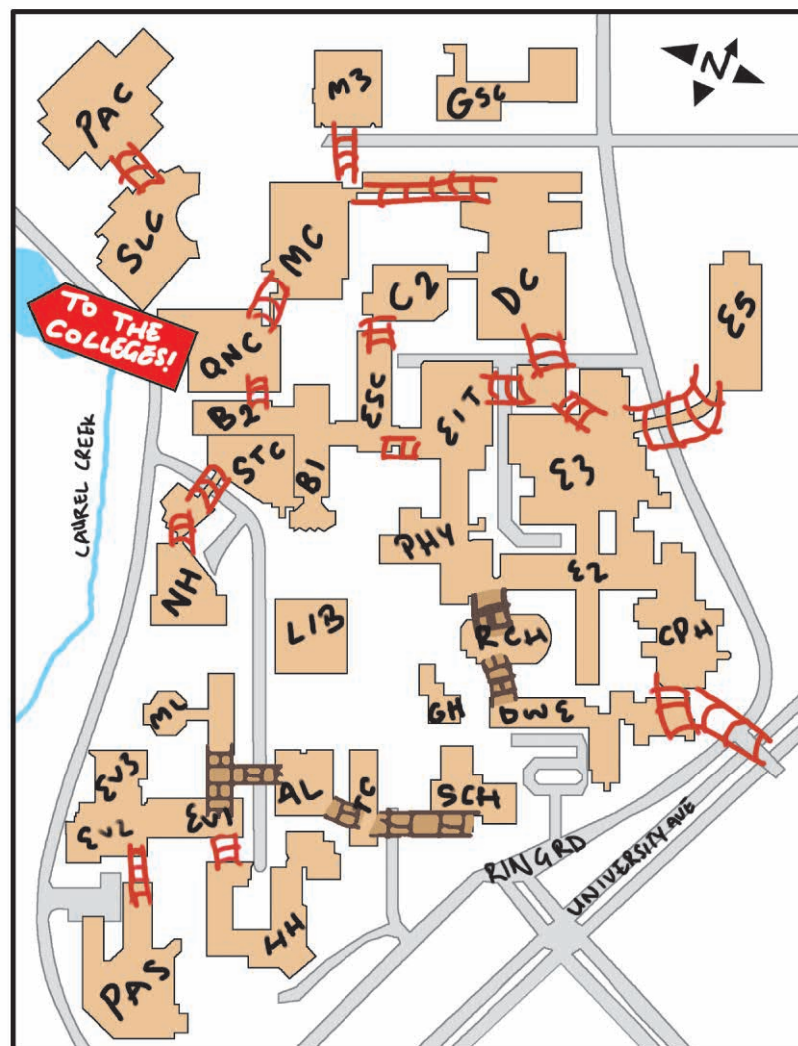
"The space includes over 60,000 square feet of turf space that can be broken up into three fields of play for a variety of field sports," Grant said. "The focus of the field house will be for programmatic (intramurals and instructional programming), drop in recreation use, and will also be a space for varsity field teams to train and practice."

The project is expected to be completed by the end of fall 2018 and students will gain full access to the facility in January 2019.

## Keeping warm and commuting smart

Some of you might notice that your lectures are back to back and in different rooms. While the powers that be might believe you're capable of travelling across campus at extraordinary speeds, in reality making it on time to classes comes down to a delicate commuting artform.

Don't worry, there are a few reliable tricks us campus sages have been using for ages and I'm here to let you in on those secrets. Below is a map of the campus's major tunnels and overpasses. These routes can seriously cut down time on your commute and could probably save you a toe or two in winter.



## LEGEND

- Water
- Building
- Roads
- Overhead Bridges
- Tunnels

## BUILDING CODES

- AL - Arts Lecture Hall
- B1 - Biology 1
- B2 - Biology 2
- C2 - Chemistry 2
- CPH - Carl A. Pollocks Hall
- DC - William G. Davis Computer Research Centre
- DWE - Douglas Wright Engineering Building
- E2 - Engineering 2
- E3 - Engineering 3
- E5 - Engineering 5
- EIT - Centre for Environmental & Information Technology
- EV1 - Environment 1
- EV2 - Environment 2
- EV3 - Environment 3
- ESC - Earth Sciences & Chemistry
- GH - Graduate House
- GSC - General Services Complex
- HH - J.G. Hagey Hall of the Humanities
- LB - Dana Porter Library
- M3 - Mathematics 3
- MC - Mathematics & Computer Building
- ML - Modern Languages
- NH - Ira G. Needles Hall
- PAC - Physical Activities Complex
- PAS - Psychology, Anthropology, Sociology
- PHY - Physics
- RCH - J.R. Coult's Engineering Lecture Hall
- QNC - Mike & Ophelia Lazaridis Quantum-Nano Centre
- SCH - South Campus Hall
- SLC - Student Life Centre
- STC - Student Teaching Complex
- TC - William M. Tatham Centre for Co-operative Education & Career Action



# Alternative ways to get around

**Sunny Fleming**  
On the case of the missed bus

You might think that without a car, getting anywhere is going to be a challenge. You are right in some regards, taking public transit and using other methods of transport, is certainly something to get used to. I have been taking all sorts of transit for the past four years, and it does get easier. Soon, you will be a pro-public-transit-taker, and you'll save a bit of money by doing so. You have lots of options to make life without a car more bearable.

## Greyhound/Megabus

You can't get much more basic than the Greyhound. It takes you where you need to go, and it's one of the cheaper ways to get there. The low price tag comes with the chance that it will take longer or the bus will be late, but the Greyhound has been generally reliable for me. The Greyhound finally got a bus tracker on their website, and it shows you where your bus is and when it is expected to get to any stop. To get a Greyhound ticket, you can go to Turnkey, Charles Street Terminal, or buy the ticket online. Greyhound can take you pretty much anywhere in Ontario and Quebec, but check their website as they will be cancelling a few routes at the end of October.

Megabus runs from Charles Street Terminal in Kitchener and goes to Hamilton, Niagara Falls, and St. Catharines. It is also inexpensive, but it doesn't go to as many places as Greyhound.

## GO Transit

If you live within the GTA, or just want to get somewhere in the GTA, the GO services are the best bet, with buses and trains to transport you all over. They take you anywhere from Hamilton to Peterborough, with stops in Brampton, Mississauga, North York, Toronto, Oshawa, Newmarket, and more.

You can either buy tickets or use a Presto card. The Presto card is super handy because you just load money onto it, tap when you get on the transit, and tap when you get off. That way you are only charged for how far you go. Just make sure you do tap when you get off before the end of the route, or you will end up paying more than you needed to. You also get a cheaper fare when you use Presto.

You can catch GO transit on campus by the Davis Centre, at Charles Street Terminal, at the Kitchener train station, and at Ainslie Street Terminal in Cambridge.

## The Feds Bus

If you want a cheap way to get to several central hubs, then the Feds Bus is for you. It is a school bus, so it's best if you don't have a

lot of luggage, and it meets you in a central location in a larger city. The Feds Bus goes between campus and the following stations: McCowan Station, Toronto; Richmond Hill 407 Express; CF Markville 407 Express; York Mills Station, Toronto; CF Masonville Place, London; and Jackson Square, Aldershot GO. Tickets range between \$9 and \$14 one way depending on your destination.

## VIA Rail

If you have a little more money to spare, or you are worried about traffic and travel times, VIA is your friend. It has helped me a lot when I have been living in Ottawa, but the rides from Kitchener are just as smooth. Tickets are usually \$30+ depending on where you're going and when you buy the ticket. Tuesdays are discount day and you can usually get a pretty good deal on tickets. You get wifi and plugs, and there's more legroom than on a bus if you care about that sort of thing. The tickets can be shown on your phone as well, so that is an added convenience. VIA can go pretty much anywhere you can think of, including Vancouver, Halifax, Quebec City, Ottawa, Windsor, and of course Toronto.

## Transit within Waterloo

Of course we have the GRT, but there are several other services that make transit around KW a little easier. There is the on and off-campus shuttles, free shuttle service that runs from 7 p.m. - 2 a.m. The on-campus

shuttle takes you from the further residences, such as UWP and CLV, onto Ring Road. The off-campus shuttle can take you to your place off campus within reason.

If you live in residence, you can take advantage of the grocery shuttle. It picks you up from Minota Hagey, UWP, or CLV and takes you to the Bridgeport Plaza to do some grocery shopping. This makes it easier to get to and from the grocery store — I speak from experience when I say that carrying groceries on the bus is the worst.

## Uber/Taxi

If you are out late and need a ride, have no fear. Both Uber and taxi services reach throughout the KW region to take you wherever you need to go. One of the best taxi lines is Waterloo Taxi, and they even have an app and online booking if you're into that.

With Uber, you can see your driver, their car, and their license plate before they arrive. It is generally cheaper than a taxi, but sometimes fare surges can happen and it can get expensive.

## FB Rideshare

Of course there are those of us students lucky enough to have a car, and sometimes they are nice enough to offer rides to those of us without cars. They post their offers in the Facebook rideshare group. Depending on how far the trip is, it can cost you between \$10 and \$50.

RIAMARIE PANACHIKAL

# Tips from a former first-year

**Kristine Clarin**  
On the case of recently promoted

My first year of university was definitely a challenge, but also extremely rewarding. I learned so much about myself, the school, and what matters the most to me. If I could go back in time, I would tell my first year self these five things:

## Stop comparing yourself to other people

When I started university, I thought that everybody would be starting from the ground up, just like me. Little did I know that there were people around my age that have already had serious internships, ran personal businesses and did pretty much everything I didn't even know 17- to 18-year-olds were allowed to. Honestly, this had me feeling like I was 10 steps behind everyone else when school just barely started. Throughout the year, I frantically tried to catch up and quickly realized that the definition of success varies in each individual. Understanding that will help you focus on yourself, your own aspirations and help you move forward at your own pace. Don't feel like you have to get ahead because really, what's the rush?

## If you're not satisfied with something, change it as soon as you can

I'm going into my 2A term coming from a different university. I realized that my program was not what I expected

it to be and overall, I just didn't enjoy what I was learning. Making the decision to change schools and programs was not easy, but I met people who have transferred right before graduating and told me that they wished they could have done it sooner. I asked myself, 'Why would I want to stick with something for four to five years knowing how I feel about it now?' This doesn't just apply to school, but in lifestyle as well. I realized that I was eating out all the time, too lazy to cook and that took a toll on my health and energy overall. If you're not satisfied, invest your time and energy into creating healthy habits in your life that will help you in the long run.

## Use your resources

Some of every first year's biggest worries is that they'll do poorly in their classes, or that there is no one to help them if they're ever stuck. Make use of your professors' and TA's office hours and ask them questions. If you can't make it to their office hours, their email is always available. The university also offers a variety of services that I wish I discovered sooner. The Writing Centre located at the South Campus Hall (SCH) helps students improve their papers, presentations and even portfolios. Speak regularly with academic advisors and peer mentors, they are there for you. Facebook group pages and group chats are also great ways to connect and study with students in the same classes or program as you. There are also tutoring services if you learn better with one-on-one interaction. Overall,

the university has so many resources to help you succeed in your courses and for you to take advantage of.

## Do the things you've always been scared to do

University is a chance to start over and try new things. No one is here to judge you for what you want to try. I've always wanted to try a dance class, but knowing how awkward I am, I was always terrified of doing anything remotely related to dancing. One day, I decided to sign up for a beginner hip hop class and although I was uncomfortable at first, I had such a fun experience and met some great people. It was one of the best decisions I made in first year. The university offers so many opportunities for all kinds of people with different interests, so whether you consider yourself a cheese connoisseur or want to sing in front of an audience, there are clubs and events suited for everyone.

## Contact your loved ones regularly

Like most students, I lived away from my hometown. This meant that I would rarely see my parents and friends. First year is definitely one of the busiest years because on top of taking university-level courses, you need to adjust to being in a whole new environment. Sometimes everything feels so unfamiliar and it can get lonely, so it's important to keep in contact with the people that mean the most to you. A quick phone call or even a couple of text messages with your family and friends could go a long way. Not only will it make you feel better but it shows that you miss them just as much as they do.



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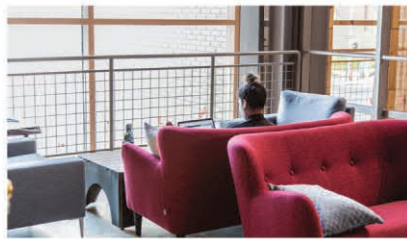
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- SEPT 28: Final Fridays • Explore the exciting arts, culture and cuisine of UpTown Waterloo!
- SEPT 29: Lumen • Discover light based new media, media art, and projection based installations in this free art festival.
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# Campus cannabis

**Riamarie Panachikal**

*On the case of the wake and bake bandit*

**B**eat it narcs. Cannabis will be legal across Ontario Oct. 17 2018.

Cannabis legalization presents a new slate of changes to residence life.

At UW, residences will approach the recreational use of cannabis similarly to recreational use of alcohol — only those who are of legal age (19-years-old) may partake.

“If the individuals are of age, they’ll be able to possess or consume,” Alex Pitticco, assistant director of Student Development and Residence Life from the Waterloo Residence department, said.

Unlike alcohol, which may be consumed in public or in common spaces, students in residence can only consume or use cannabis within private spaces, like suite-style residences.

“In a traditional residence, in which there is like a common lounge or a common kitchen, you would not be able to cook with cannabis,” Pitticco said.

There are additional restrictions students should be mindful of.

Cannabis can only be consumed in legal quantities.

As much as 30 grams may be purchased and stored on residence at once.

Students may cook cannabis and only consume cannabis in the form of edibles.

This includes brownies, gummies, and tea.

Any consumption that poses a fire hazard will not be allowed, this includes vapes, bongs, e-cigarettes and smoking.

Those caught sharing or selling cannabis to anyone under the legal age will be penalized.

Likewise, anyone below the legal age caught preparing cannabis edibles would face repercussions as determined by the discretion of residence staff.

For those of you living in residence, you’ll mostly likely catch the scent of skunk wafting around your floor at least once during the fall term. Second-hand cannabis smell may be of concern to some of you.

Residence policy thus far is to monitor for excessive odour on a case-by-case instance.

“We’re going to have to be paying attention to individuals cooking with cannabis and what odour that might create and how that may or may not impact other individuals especially within that private suite setting,” Pitticco said.

As residences are shared spaces, staff will have to consider the needs of all occupants when handling issues around odour.

“We never approach situations, solely with consideration to the individual,” Pitticco said. “It’s always with consideration to the individual, with consideration to the environment they live in because of course, residences are high-density living environments. One person’s rights don’t [outweigh] the rights of somebody else.”



RIAMARIE PANACHIKAL

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# 99 Problems but a bill ain't one

## Tips for balancing your budget

**Victoria Gray**

*On the case of drowning in debt, but its cool*

When I was in my 20's I was terrible with money. Now, in my mid-30's I still feel the same as I did in my 20's. I don't feel like an adult. I feel like I should be an adultier-adult, but I'm not there yet. I'm still pretty unsteady in the financial waters.

I'm no expert, but I think I'm in an all right place and despite crippling student debt; I have achieved living within my means, for the most part.

People who have it all figured out seem to spend a lot of time and effort tracking this stuff and I just feel like that's crazy. If you can strive to attain that perfection, please do, but I find that kind of tracking overwhelming and it makes me avoid the issue because, I can't even.

So, here are some tips and tricks I've picked up along the way to make budgeting and staying within your budget feel a bit more practical.

Make a rough budget — it's not easy, but try to stick to it and overestimate how much you will need, so you're pleasantly surprised at the end of the month.

Make sure you incorporate savings and really try to save. As much as I struggle with this, future you will really appreciate an extra \$50 a month. On tight months you've got a built-in safety net. You need money because you lost your textbook and need to photocopy a friend's? No sweat. You planned to save \$50 anyway. If you save regularly and it's budgeted, your savings may not grow that month, but they won't shrink either, and that is a solid win in my books.

Download a banking app and set up all your bills and your landlord or building management company on it. You can check your balance regularly or on the fly. You can also pay bills wherever you are, which helps when you're at the bar at 11 p.m. or in class at 8:30 a.m. and you realize you forgot to pay your hydro bill that is past due.

Anticipate your bills. Overestimate and pay all your bills when you pay your rent. If your phone bill is normally \$67 a month, pay \$70. The money accumulates, so you don't have to pay as much on tight months. You also know exactly how

much money you have to spend for the rest of the month on things like clothing, entertainment and savings. (PS: the actual adultier-adults in my life don't support this method because I should have some kind of ongoing Excel spreadsheet of every bill and the date it was paid. Ain't nobody got time for that.)

Get a credit card to build credit, but like every pro-adult will tell you, don't ever carry a balance... I'm still not exactly sure what good credit can do for you, but I'm told it's super important for effective adulting. I have good credit; I haven't found a great use for it yet because, as a millennial, I don't make enough money to get a mortgage, so, maybe it's good for... getting more credit... or financing a car...? I'm unclear on this; go ask your dad. Dads know sh\*t.

### How to stay within your budget

Buy a travel mug and make coffee/tea at home to bring with you. Pro tip: if you are the kind of person who likes an afternoon coffee/tea, get two travel mugs. Boil water and let it sit in your afternoon mug for five minutes. Empty it. Fill with coffee. It will be still be piping hot at 2-4 p.m.

Make your lunch at home. It's tedious and annoying. If you're like me, you will often forget and end up wasting money on lunch, even though you'll tell yourself that you won't eat. A hungry student is not a happy student. On the days you do remember, you'll be glad and way less hangry.

If you want to buy something, try to find it on Kijiji first. When I was a student I got a couch for \$100. My old roomie's mom still uses that couch (10 years later).

Join Facebook swap, trade and buy groups because other students are graduating and they don't want to take their rice

cooker. Trust me, you need a rice cooker because rice is easy, cheap, and it will contribute to your lunches, and who doesn't love tasty, tasty carbs?

Also, you can benefit from people who haven't figured out how to adult like a boss, like you. Maybe Ashley bought a Coach purse last month, but now she needs to sell it cheap to pay her phone bill. It's opportunistic and I feel bad for Ashley, but check out my new bag!



TIMI BELLO

## WIN PRIZES!

### Selfie Scavenger Hunt

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Spot all of the following locations and you could win a set of Tiesto k167 headphones! All you need to do is take quick selfies with all 10 UW landmarks and send us a message on Facebook ([www.facebook.com/UWImprint/](http://www.facebook.com/UWImprint/)) for a chance to win. Don't forget to follow us for future contests!

1. The canoe
2. Yellow bench
3. Egg fountain
4. Early morning dream sculpture
5. Teaching tree
6. Totem pole
7. Porcellino
8. "Walking girl in Pokémon" statue
9. Rock Garden archway
10. Largest dinosaur on campus

RIAMARIE PANACHIKAL



# Vegan Vendors in Waterloo

**Sarah-Louise Ruder**  
On the case of vegging out

Going to university can be a challenging transition — adjusting to academics, new city, making friends.

It is also an exciting chance to become independent and try new things. This newfound freedom is a great opportunity to leave behind habits that don't feel in line with how you see yourself. If you have ever considered trying to avoid meat and animal products in your diet, this could be the perfect opportunity to make the leap.

To all vegan, vegetarian, pescatarian, flexitarian, climatarian, and all other plant-based foodies, K-W

**Jane Bond:** This vegetarian restaurant and bar has a delicious menu where everything is made from scratch. With live music and events, this can be a great place for weekly drinks with friends or a vegan first date.

**For when you have to compromise**

There are also many great places to eat with vegan options on a diverse menu. Keep these in mind if you are looking to go out for dinner with omnivorous friends.

**Seven Shores:** You will experience a sense of community around local food at this cooperative café. There is a diverse menu, though their fresh spring rolls and vegan baked goods are irresistible.

**Famoso Neapolitan Pizzeria:** This

and opinions. A great place to start is the UW Animal Rights Society, where you can find information on veganism, volunteer for animal rights events, and meet some great humans. You can also find food and friends at Vegetation: UW's

Vegetarian and Vegan Club.

For many vegans in the community, the K-W Vegan Society on Facebook is a lifeline. This non-profit organization brings together plant-based dieters with community events, but also hosts

an online forum for all things vegan, from where to find cheap produce to reviews on local restaurants. There are many local organizations to check out, like Food Not Bombs and Kitchener-Waterloo Climate Save.

*K-W is a welcoming place to live and explore communities of compassionate living.*

SARAH-LOUISE RUDER

is a welcoming place to live and explore communities of compassionate living. Regardless of whether you make dietary choices for health, ethics, justice, the environment, culture, or spiritual reasons, you can find like-minded individuals on and off campus. Despite being a smaller city, there is no shortage of vegan and vegan friendly places to eat, chat, study, and unwind.

If you venture off campus, you'll be amazed at the variety of vegan and vegan-friendly establishments.

**For the herbivores:**

**Copper Branch:** A newer addition to KW, this vegan restaurant has an exciting and trendy menu. Even skeptical omnivores will be impressed with their poutine and brownies.

**Fresh Grounds and Café Pyrus:** These two cafés in downtown Kitchener serve amazing wholesome vegan meals at student-friendly prices. Their vegan burgers are omnivore-approved. Take the bus down for lunch and stay to catch up with a friend or catch up on some readings.

is a great option for a sit-down dinner or when your family is town. The staff are very accommodating to make adjustments and their fire toasted vegan pizzas are guaranteed to please.

**Taco Farm:** Supporting local farmers, you can enjoy taco night with options for you and your friends. This option is also gluten-free and celiac safe.

**Right here on campus**

When you're studying and getting hungry, it's important to have some options for quick vegan food. A couple vegan favourites are the falafel from South Side Marketplace in South Campus Hall and the samosas from the Environment Student Coffee Shop (only \$1.25 on Mondays). FRSH in Applied Health Sciences has some options that you can make vegan. You can get vegan sushi from Wasabi Sushi in the Student Life Centre or Browsers Café in Dana Porter Library.

**Organizations and Resources**

Whether you are a seasoned vegan or just trying things out, it really helps to surround yourself with people who support similar values

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# The young and the rez-less

Things you should know about living off-campus



**Lubaba Hoque**  
*On the case of the tenancy trials*

Starting school in a new place is always daunting.

For those of you who are living the anti-rez life, camping out in some off-campus corner for the term or planning to for a future term, you might feel a bit overwhelmed by all the housing jargon, the prospect of finding roommates, or navigating legal issues. Living by yourself is tricky, but staying afloat isn't impossible.

"Being aware of your rights is the first step to feeling empowered in the process," Allison Keyes a Housing Services advisor at UW's Off-campus Housing Office, said.

In a nutshell, the Off-Campus Housing Office helps on and off campus students find the right accommodations for their needs. Students can speak with staff to better understand their rights as

tenants, seek consultations for housing concerns and have their leases reviewed.

"We work to help students feel empowered in the choices that they make off-campus, leading up to finding a place to live, we help them sort of navigate our off campus housing listing service," Keyes said.

A lot of times, students may go their entire undergrad without fully understanding what tenant rights are. Common everyday requests or practices from landlords might actually violate your rights. Key deposits are one of the first things students are asked to pay when they move in and the prices for those deposits can cost hundreds.

"Key deposits are something that landlords can legally ask for," Keyes said. "But sometimes they will try to jack up the price of those deposits. So [if] a landlord charges \$200, for example, for a key deposit, that deposit should be a reflection of how much it costs to replace that key."

Keyes added that sometimes hearing from other off campus stu-

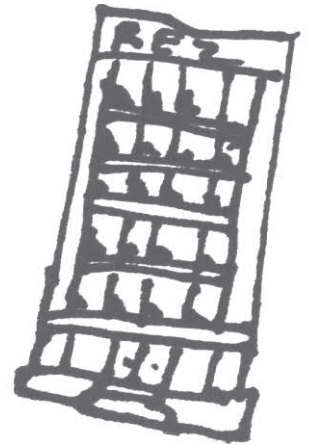
dents, is the best and most honest way to review a place.

Keyes emphasized the importance of off-campus students being aware of their rights as tenants.

"Know your rights. Do your research and don't find anything or put money down before you can fully commit and agree with and understand all of your rights," Keyes said.

Keyes also said that students with questions about landlord-tenant dynamics could seek help at the Off-Campus Housing Office.

"You do have rights as a student, even though it may not feel that way," Keyes said. "You still have basic rights as a person to navigate these sorts of new waters. You should be able to do so comfortably and if that takes referring to the resources that were mentioned, that's perfectly normal. Being aware of your rights is the first step to feeling empowered in the process."



## Common concerns

**Lubaba Hoque**  
*On the case of the reluctant renter*

House hunting is a tedious process for students, and at times, it might feel a little impossible to find that one perfect accommodation.

"[Students] can't find a place that suits their needs. For others it might be, 'I can't find anything within my price point' or 'I can't find anything with other people' or 'I can't find people to live with.'" Allison Keyes, a Housing Services advisor at UW Off-campus Housing Office said.

Fortunately, many of those worries or questions can be answered simply by visiting the University of Waterloo Off Campus Housing website which can direct students to a classified listing.

Through these listings, students can learn more about residences and how to find roommates.

Maintaining and repairing damages is, in part, both the tenant's responsibility and the landlords.

"If it's something that

you or your guest did, that would be up to you and it would be your responsibility to cover the cost of replacing or repairing it," Keyes said.

Tenants don't have to take responsibility for any damages caused by natural circumstances. In those situations, it would be up to the landlord to repair the damages. For tenants that deal with cases such as mold, cockroaches or bedbugs, Keyes specified that it is still the landlord's responsibility to fix it regardless of whether or not the tenant signed the lease being aware of the issue.

Students should be aware that as of April 30, 2018, all leases must be based off of a standardized lease provided by the Ontario government. This new document includes mandatory information which clarifies the names of the landlord and tenant, the tenancy term, rent amount and services included. It also provides information on common concerns such as ending a tenancy, subletting, illegal charges, pets, guests, and landlord entry. This and other information regarding leases can be found on the Government of Ontario's website.



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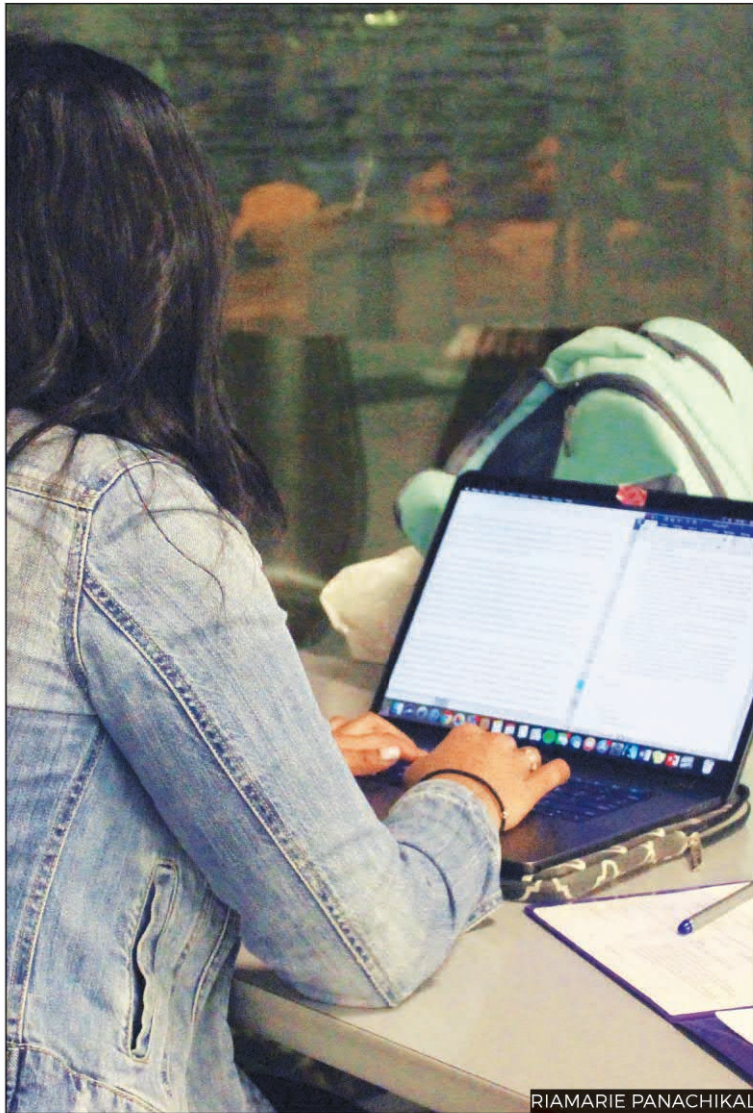
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# 10 Best places to study on campus



RIAMARIE PANACHIKAL

**Ruobing Yu**  
*On the case of the silent study*

Over the span of your first week, you will most likely be handed a syllabus or two filled with information about your course assignments, readings, and dreaded due dates. Don't fret yet, you'll have plenty of time to tackle all of that. The only trick is finding the perfect spot to get all that studying done. To help you get started, we've compiled a list of our top campus locations to get focused.

**Velocity Start Lounge (SCH)**

Located on the second floor of SCH (turn left when you go up the stairs), this well-lit, modern, space is a great spot for both group meetings and solo studying. Bonus: it is attached to the South Side Marketplace, which features shawarma, pizza, sushi, ramen and pho.

**Student Life Centre (SLC)**

The options are endless at SLC. You can study in the cafeteria, at group tables in the basement or the second floor, in the Great Hall, or in the silent study area on the third floor. If you're feeling hungry or thirsty, then you could pop by the Bombshelter Pub or Tim Hortons. On the off chance you're spending late nights on campus and need — well, anything — it's

a fair bet that International News will carry it.

**Science Teaching Complex (STC)**

STC is home to one of the two Starbucks on campus, and there's no shortage of study spots in the building, between the cafe area, the couches and stools on the main floor, and the tables scattered throughout the building. This is a perfect spot for those of us who need quietness, but not pin-drop silence.

**Hagey Hall Hub (HH)**

Hagey Hub is another great spot for group meetings, with its numerous round tables and great lighting. It offers couches, a few long workspace counters, a quiet study area on the second floor, and a couple of cafes in the building: H3 Cafe and Liquid Assets.

**Quantum Nano Centre (QNC)**

QNC offers a number of tables for two and whiteboards lining its inside walls. If, after hours of finding proofs and cracking codes, you need some time with nature, peer through the ceiling high window lining the exterior walls. Right outside is the Rock Garden. In the basement is another hall filled with additional study space and whiteboards.

**Applied Health Science Expansion (AHS)**

The AHS expansion building

houses beautiful white walls and floors, as well as tons of big windows. Not only are there couches and tables available for open study throughout the building, but there's also a Starbucks to fulfill all of your caffeine needs.

**Modern Languages Diner and Patio**

This little-known basement nook is the perfect place to study if you're craving diner food, like soup, burgers, or milkshakes. If the weather's nice, you can even grab a seat outside on the patio.

**Dana Porter (DP)**

DP Library has a variety of different study environments, with floors designated towards silent, quiet, or group study. For those really craving a low-key day, there's also the basement. This dimly lit space features couches and tables, and is an excellent spot for group study. Pro tip: there's nothing better than when you can nab a window seat, especially on the tenth floor.

**Davis Centre (DC)**

For those days when you really need to focus, DC's silent study has got you covered.

This colourful library is lined with desks, generally pin-drop silent and features ceiling-high windows. When you want to study with friends, there is DC's cafeteria area or study rooms for booking.

## Get a job on campus

**Riamarie Panachikal**  
*On the case of broke life*

As many of us are living the struggling student life, finding employment is a vital element of making it through each term. Right on campus there are plenty of departments that hire regularly. With a few clicks of your keyboard and some Google-fu, the list below will be able to help you get connected to positions right here on campus.

**Leads Uwaterloo:** Using your Learn login, this website will provide you with information on most jobs and volunteering positions on campus.

**UW Athletics:** If you're a Warrior at heart and want to spread school spirit, UW Athletics is a great way to get involved. They hire regularly for referees, scorekeepers, instructors and more.

**UW Food Services:** In nearly every building, you can find a touch of UW Food Services. From campus cafeterias to mini-cafes and residences, Food Services relies on student staff to keep their operations

running. It's a pretty good bet that they will always be hiring.

**Feds Website:** If you're an artist, an activist, or dream of supporting your fellow students, this is the perfect spot for you. In addition to multiple support services, nearly every club at UW is facilitated through Feds and they are always looking for talented students to keep their services afloat.

**Imprint:** Nudge. Nudge. We hire students per term to assist with our editorial boards, board of execs and our sales team. Stop by the office (SLC 0137) any time if you'd like to learn more about how to get involved.

**Libraries:** Check in with your main campus and college campus librarians, they hire student library assistants per term.

**Network:** There are plenty of positions on campus and plenty of ways to get them. Ask your dons, your classmates, your friends, your profs, your TAs.

**Pro-tip:** This might be a bit old school, but posters and bulletin boards are all over campus and usually pinned with a couple of job listings.

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# Cruising over to Kitchener

**Injeong Yang**

*On the case of pharmaceutical fiasco*

It's been a decade since the University of Waterloo's School of Pharmacy was developed, and the surrounding region has certainly been refreshed.

A walk through downtown Kitchener shows its growth spurt, from the ever-evolving Communitech, recent condominium additions, latest transit hub, to the new Google office.

## The School of Pharmacy

Honing in on the School of Pharmacy, the building is a welcoming sight. It was designed by Siamak Hariri, a University of Waterloo graduate, who envisioned glass panels of medicinal plants on the exterior, allowing for plenty of natural light to shine through. Another architectural feature is the irregular and out of the box shape of the building, representing an innovative, holistic, and collaborative pharmacy school.

In 2010, McMaster University's Michael G. DeGroot School of Medicine opened next door, integrating both programs as part of the Kitchener Health Sciences Campus. The addition of the School of Optometry's satellite teaching clinic and Centre for Contact Lens Research further provided opportunities for interprofessional learning.

As the latest Canadian pharmacy school, its faculty, graduates, and students have already made a huge positive impact for healthcare development. The School of Pharmacy is the only co-op pharmacy program, allowing students to have over 1,650 hours of practical experience, in addition to fourth year clinical rotations. Students are exposed to a wide variety of employment opportunities, from community pharmacy to government to the pharmaceutical industry. There are also many integrated healthcare learning opportunities with the school's neighbours, Wilfrid Laurier University's Faculty of

Social Work, and Conestoga College's many health-related programs. The School of Pharmacy takes pride in its research initiatives, especially among faculty members and graduate students. Some examples include finding better treatment alternatives for Alzheimer's disease and nanotechnology for delivering gene therapy.

## Student Life in Kitchener

Though separated from the main hustle and bustle of student life, pharmacy students have plenty of entertainment in Kitchener. Within the school walls, a plethora of clubs and committees advocate for both pharmacy students and the profession itself. Some examples include the Society of Pharmacy Students, the Paediatric Pharmacy Advocacy Group, and Community Action Now. Other student-run initiatives are geared towards social and sport-related activities, such as beach days, intramural sports, trips to see the Raptors play, and open mic nights. Ontario Pharmacists' Association Cup, a big annual event, is a hockey match between pharmacy faculty and the University of Toronto's.

Beyond the school, local eateries do tend to close their doors earlier than in Waterloo, but there are a few choice spots to go. Students looking to stretch their legs and grab some caffeine often head to Balzac's Coffee Roasters or Settlement Co. across the road. Further down King Street West are some classic spots. Kinkaku Izakaya is the place to indulge in all-you-can-eat sushi, while Rainbow Caribbean Cuisine has some comfort food for everyone. If you're looking for drinks, head down to Abe Erb for great local beer, or Grand Trunk Saloon for some fine cocktails. Every Saturday morning, the Kitchener Farmers' Market is open with fresh and well-priced produce. You can also grab breakfast from a host of international vendors, from Mexican to Greek. While only a few choice spots to eat were mentioned here, downtown Kitchener has its own special array of food and hangouts for students in the area.



There are plenty of places to have fun in Kitchener – if you know where to look.

## Keeping things fun in Kitchener

**Sunny Fleming**

*On the case of kicking it in Kitchener*

### Oktoberfest

This year, from October 5-13, you can partake in the Oktober festivities. They have everything from parades, to hockey games, and the main events in the Festhalten. They have dances, food, and of course beer.

### Victoria Park

This park is the perfect spot for anyone trying to enjoy some nature. It features a basketball court to shoot hoops, a horse-shoe pit, a playground, and access to the Iron Horse hiking trail. The Victoria Park Gallery is also open until October, and a

restaurant called the Boathouse sits along the lake.

### Adventurers Guild Game Cafe

This cafe has hundreds of board games, tabletop roleplaying games, and video games for you to choose from. The best part? It's only \$5 to play all day. Plus, they also serve some tasty food and drinks.

### Axe Throwing

Do you ever get so fired up you just want to throw an axe? At Bad Axe Throwing, you can learn how to fling an axe with precision. If you go during their walk-in hours, it's \$20 per hour, per person. Costs may increase if you book a larger event. Each visit starts with a brief orientation on how to throw the axe without getting injured.

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# Welcome Warriors!



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# What does Feds do for you?

**Riamarie Panachikal**  
On the case of essential execs

By this point, you've undoubtedly walked into the Student Life Centre (SLC) at least once. This expansive building is home to a variety of essential services and the hub of our undergraduate student government — the Federation of Students. At least once during your first year, you'll probably pop by International News for a

late night snack, stand in-line for a Go bus ticket at the Turnkey Desk, wait for hours to attend Bomber Wednesday, or pick up discounted textbooks from Feds Used Books. These services (and many more) are all facilitated by Feds.

From co-ordinators to executive directors and volunteers, Feds clubs and services functions because of the remarkable dedication of passionate students. If you have ever been interested in politics or social activism, the student government is a perfect spot to learn more about creating social change internally. Imprint sat down with the Feds executive team to help you learn a bit more about the massive campus organ that is Feds.

## Meet your Feds executive team

### Richard Wu, Feds President



**Can you describe what your role is on campus for new undergrads?**

Essentially [Feds] are here to help you solve problems and that can be pretty much anything. We provide a lot of services that have traditionally been student issues. For example: we helped negotiate the bus pass/ the U-Pass with the city; we provide twelve services for students ... we provide the groundwork for many, many clubs on campus. Pretty much anything interesting that you can think of, there's probably a club for it.

**What are some Feds projects students should know about this year?**

A: With specific reference to my portfolio, I'm working on what my predecessors started, in terms of sexual violence, response

and prevention. I just went to a conference on Monday about a particular bystander prevention program which I think is incredibly useful. And we're in talks with different departments in the university: the student success office, housing, we're talking to Amanda Cook our sexual violence response coordinator to see where and how we could implement this, whether it should be through student leaders, whether it be through students directly. We're still in talks with that and that's one of my major projects this year.

I'd like to assist with student engagement and student mental health. That last one particularly is ... something that's always been on my mind and it's something that I've wanted to help address at the university. I'm still looking into solutions for that. So far I've been sitting on a committee for student mental health, and that's been in-

credibly fruitful ... We're going to be implementing the recommendations and I think it's going to go really well.

**Do you have any parting thoughts to share with first-years?**

A: This is the time to ask questions, this is the time to make mistakes. This is the time to explore. I would say, do as much as you can. Obviously your schooling is the priority when you're at the university, but I would say, take the time to do things that you've never done before. Maybe explore the city. Now is the time to figure out what you want. And getting involved is one really good way to make friends, to make lasting relationships, to build valuable skills. It's incredibly useful and you definitely have a ton of opportunities at Feds.

### Matthew Gerrits, Vice President of Education



**Can you describe what your role is on campus for new undergrads?**

My role is Vice President of Education. I am responsible for advocating for students both to the university and the government. Recently, I've just taken to breaking down my job into two main things, and that's building relationships and using those relationships, to make sure that the policies that are brought in — either on the side of the university or on the side of the government — are good for students.

**What is your goal for your position?**

I've started recognizing that there's been some internal stuff I want to be building within this department. I want to be making sure that our policy process is a little bit more robust. So we're making sure we have research and consultations with students so

that we can get good policies on the books and so that we can advocate for issues that students care about.

Another part of the job that will be big is dealing with the new provincial government. New governments mean new opportunities, new things to partner on, different priorities. And I'm looking forward to seeing where we could take that and how it could help students. Maybe not so useful for an Orientation Issue, but generally something I'm excited for.

**What is something undergrads should do in their first year?**

It's not related to Feds at all, but I think people should explore the region. It's something I kind of neglected to do. Use your Watcard to use GRT and get out to Kitchener and experience Kitchener. Go to St. Jacobs. There's so much interesting

stuff that goes on in Waterloo region and I really hope people take the chance to go and experience not only the great community in the university, but also the community beyond. If you want another piece of advice, volunteer. The Volunteer Centre here at Feds is a great opportunity for people to see the opportunities that are out there. And there are always organizations that are looking for people to help out.

**What are the worst and best study tips you've heard?**

Best study tip is use the Pomodoro technique, which is work for 20 minutes, then have a set five minute break and you come back and you space stuff out. That's sort of the tip I find works for most people. The worst study tip is 'due tomorrow, do tomorrow.' It doesn't work.



# Meet your Feds executive team

## Kurt MacMillan, Vice President of Operations and Finance



**Can you describe what your role is on campus for new undergrads?**

With my role as Vice President of Finance I oversee the financial aspects. So for example, student fees that we pay towards Feds. I make sure that gets allocated properly throughout the organization, for example, for our clubs and services, for our staff, for our marketing. And then on top of that, with the operations side of it, so the commercial operations we have, for example: iNews, which is a 24 hour convenience store [and] the Bombshelter Pub, you know, a nice restaurant for everyone to hang out, get together, there's bar night's as well, or even for students to book events for their clubs; and also the Feds Used Bookstore for textbooks for students.

**What sort of specific dilemmas can you assist students with?**

Under my profile as well, the health and dental plan from student care. So if students need help with opting out, let's say they already had insurance through their family's coverage, or even opting in because they opted out, or there was a mistake in the school terms and they didn't have coverage. I can help them out and get them back on to the plan. Another thing that falls under me is GRT. So, a lot of students lately, because of the new tap function on the WatCard for the buses, they've been having a lot of issues to get on. I've been dealing with GRT to try and create an opt-in option for the fall. I've created this grace period for students as well, so I try to help out with that and beginning of the term, it was just a lot of

people wondering, 'how can I get on the bus?'

**What's the strangest rumour you've heard about the UW campus?**

The strangest rumour I've definitely heard and also the one I continue letting students know, it's how Dana Porter is so filled with so many books that it's sinking. That's the rumour I was told in my first year, and I've been telling a bunch of people too. All the guys in the football team, when they say they need to study at DP, I was like, 'Yeah, I've heard like it's starting to sink because all the books until the tenth floor, the sugar cube is going down.' So that's definitely the strangest one I've heard. I don't know if it's true or not, but it was a fun one for my undergrad.

## Savannah Richardson, Vice President of Social Life



**What sort of dilemmas can you assist students with?**

A lot of work I do is with student groups and how to engage with student groups. For example, in student societies, we do a lot of work on Waterloo needs, high priority areas and that's [a lot of] the position. Really, I like to think that I like to listen, that student comes forward with a problem ... They have this idea, but they really don't know how to implement it, then I might help them, give them directions on, 'hey you could look down this avenue, or this avenue.'

I think a big focus is that engagement is key to getting involved, and so, do you like to volunteer? There are part time opportunities at Feds, and so a lot of it is, 'You want to start your own club? We can help you with that.' I think we have so many clubs, but of course there are so many interests. And so, if that's what you want to do, start new clubs, that's awesome, get help with services.

**What is your goal for this position?**

Well there's a few goals that I think I'm interested in covering. One of them is about student wellness. Recently we launched our

wellness days in partnership with athletics and recreation and the health education program. We're looking to prioritize wellness throughout the year and not just in a week of events or a couple ideas. I think one of my priorities is wellness and student wellness and how we can continue to improve student experience in that way... I'm really looking for opportunities to engage with our satellite campuses. Again, not exactly sure what that looks like right now, but that could be ... bringing events to them, potentially bringing services to them depending of the needs of the students there.

We're in the process of writing our action plans and so those will be released in the next couple of months for students to look over and to see where we're guiding or trying to taking our year. But I think those are two of the major priorities on the list. As well, we will constantly advocate for student space and abilities for our clubs and services and societies to have space on campus to operate.

**Why should students get involved with campus life clubs?**

A: I'd say clubs is part of the campus life experience. But I think balance is really

important. Doing what you love and what makes you happy is important. So, getting involved with campus life, it's a great way to meet people. It's a great way to, I think relax a little bit. I know that in any school, academics can be challenging. So, having the opportunity to take a step back and relax and do something you enjoy is really great. So, I'd say getting involved in campus life, whatever avenue you choose, is a great way to give yourself a break, I think.

**What's the strangest rumour you've heard about the UW campus?**

I think the strangest rumour is that we don't have fun, because I think we have lots of fun. I think it's a very strange rumour that UW students don't have fun because there are so many opportunities to have fun on campus [or] get involved, and there's lots of events that are really fun, like the carnival at Welcome Week. That's always a great time. There's always smiling faces. I don't know, to me smiles and fun are interrelated. So, when people say UWaterloo isn't fun, I just like to show them how we have lots of fun. And so, I'd say that's probably the strangest rumour. I think it's the most common rumour, but I still think it's strange.





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# Food for all your feelings

Your guide to good eats in K-W for whatever your munching mood may be

**Christina Kwong**  
*On the case of munching mayhem*

Are you looking for a good way to procrastinate? Are you trying to escape the geese on campus? Or are you just looking for anything besides ramen in your dorm room?

If you've answered 'yes' to any of these questions, then I have the perfect list for you.

As you might have noticed in Waterloo there are restaurants everywhere, and you might be confused as to where to start. Here is a list of student staples that you must try at some point during your time here.

**Where to eat when you're really hungry**  
**Sushi 99**

If you're looking for an all-you-can-eat sushi place, Sushi 99 is located just around the corner from Conestoga Mall and has the freshest sushi I've tried in Waterloo, so far.

**The Works**

This is a classic burger place in Uptown Waterloo known for its massive list of burger options. Not only are the burgers great, but if one person at your table orders fries as their side, you can get unlimited fries for your table, just ask for the bottomless fries, and you will surely leave stuffed.

**Where to eat when you're feeling bougie**  
**Famoso**

Now we all love pizza, especially cheap pizza, but sometimes it's nice to eat a slice

without feeling like you're drinking pizza grease. Try Famoso Neapolitan Pizzeria in Uptown Waterloo, their pizzas are definitely fit for a more bougie meal. You might not be able to pronounce some menu items, but that's because it's just that fancy.

**Beertown**

Gather your friends up for a dinner at Beertown. This place has quality food for the price of, well ... quality food. If you've been saving up some extra spending money then definitely take a look at this menu. Or have some drinks on their awesome patio in Uptown Waterloo (19+ of course) and live your best bougie life. I've heard the sticky toffee pudding is to die for.

**Where to eat when you're ballin' on a budget**  
**Pub on King**

This is one of those places that you'll probably hear everyone talk about and never know why. Well I'm here to tell you why. Everything on the menu is \$5.95. there's nothing else I need to say about that.

**Ethel's Lounge**

Close to Uptown Waterloo, this is another classic for students, especially known for their daily specials. Where else can you get an awesome burger and fries for only \$5.00 every Monday? If you think that's a steal, try Taco Tuesdays. You get four tacos for \$2.86 — this is not a typo.

**Where to eat when you're hungover**  
**Mel's Diner**

Let me just say this: if you haven't been to Mel's Diner at least once in your first



RIAMARIE PANACHIKAL

Sarah Givlin is getting her food fix in Waterloo with this guide to the local eats.

year here, then I'll have to confiscate your WatCard. Just kidding, but if you need to be revived after a long night out with your friends, they have the best menu to bring you back from the dead. If you're just looking for a hangout spot for your friends, their milkshakes are iconic and a staple in Waterloo.

**Angie's**

Angie's is a great place to go eat with your family when they come to Waterloo to visit you. But it's also a great place for brunch the day after a night out. It's a bit further away from our campus, but worth the trek for their homemade cinnamon buns.

**Where to eat when you've got a sweet tooth:**  
**Menchie's**

I'm sure you've heard of Menchie's already. It's the perfect place to go when you decide that you need ice cream at 10 p.m. and everywhere else is closed. Don't be embarrassed to walk in with your pajamas on, it happens quite often. You never know when you'll get an ice cream craving, after all.

**Sweet Dreams**

If you're looking for delicious bubble tea and desserts close to your residence, try out Sweet Dreams. Their atmosphere is super chill and everyone is always in a bubbly mood when you're in there (pun intended). You can pick out a board game from their big selection, hang out with your friends for a while, and de-stress from your studies.

## Cheat sheet to affording academia

**Alexandra Hanrath**  
*On the case of thrifty spending*

Tuition and housing are a hefty weight to shoulder, but the tools you need to succeed in university don't have to break your back.

Knowing where to go for your school supplies is as essential as knowing what you need to perform at your best. Will you be taking notes by hand or on your computer/tablet? Will you print at home or at the library or other Uprint locations?

**Gizmos Galore**

Let's start with the digital side of things.

Buying a laptop or tablet for classes is a tricky situation that requires a lot of patience. Best Buy is a good place to start, they tend to have a lot of back-to-school sales.

Amazon will also offer things for a low price, especially when it comes to memory cards, USB sticks, mice, even printer ink. Since you're now affiliated with the University of Waterloo, you'll be able to access a six month trial with Amazon

Prime, including two-day free shipping.

In person, Walmart is probably your go-to for school supplies. Unfortunately printer ink is about the same price no matter where you go. Make sure you check the prices at multiple places before you buy, it could save you a dollar or two. Although it isn't cheap, sometimes your best bet for a long lasting printer is a laser printer. You replace the ink far less often and they tend to print faster than that \$20 printer you got on sale.

**Textbooks**

Always, and I mean always, pesture your professors to see if an earlier edition will do. It can save you plenty of money and budgeting expenses. Majority of the times, editions are updated for the most benign reasons, like chapters being switched around. If it's the case that an earlier edition works, check out Feds Used Book store to see if they carry any. You might also be able to find used copies of textbooks through the UW textbook exchange Facebook group.

Check out your UW Book Look account a few weeks before classes to find out what your courseware is. Often times, old or even new editions of textbooks will be available for much

cheaper on Amazon.

There are also many regional used book stores that might carry donated textbooks. The Old Goat in Uptown Waterloo looks quaint and homely, but it's stocked with shelves of assorted materials. In case that doesn't work out for you, there's also Words Worth Books.

The most economical option for avoiding hefty textbook expenses altogether is probably the library. Most courseware can be found on the on campus libraries. If your textbooks are listed as course reserves, be warned there will be a time limit of how long you can access them. Although if you're an adrenaline junky, a time limit might actually help with your studying. My pro-tip for you is to find an older edition of your text and just borrow that for the whole semester.

**Stocked with the essentials**

No matter your budget, you can make your supplies work for you. Besides the dollar store, Walmart and Staples are usually your alternative for finding the cheapest stationary. Incase, these options fail to be the most aesthetically pleasing, there's always MINISO.



# Is UW really LGBTQ+?

**Harleen Kaur Dhillon**

*On the case of acceptance in academics*

University is the first step to the rest of your life. You will meet more diverse and interesting individuals than ever before. How does this bode for LGBTQ+ folks? Allow me to present a small guide to the LGBTQ+ community of the University of Waterloo (UW).

## LGBTQ+ life in UW

Most large universities are quite LGBTQ+ friendly, and for the most part UW is no exception. Broadly speaking, people are either accepting or indifferent to variations in gender and sexuality — they have so many other things to worry about. UW is mostly known for its scientific programs, such as Computer Science and Engineering, so it is a place for students that are immensely dedicated to their academics. Students are far more concerned with their marks than with what pronouns you use for yourself or who you like to love.

For asexual folks, even some LGBTQ+ friendly places can be unaccepting. At UW, this is not an issue. The Glow Centre for Sexual and Gender Diversity, the first point of reference for the LGBTQ+ community at UW, is openly ace-inclusive and open even to those who are not yet out and to allies.

## Resources

The Glow Centre, located in SLC 2102 would be similar to a gateway to the LGBTQ+ community at UW. Although, it's possible to still be involved in the community even if you don't join the Glow Centre. In addition to Glow, the engineering faculty hosts a branch of EngiQueers Canada, which meets weekly in the POETS room in CPH.

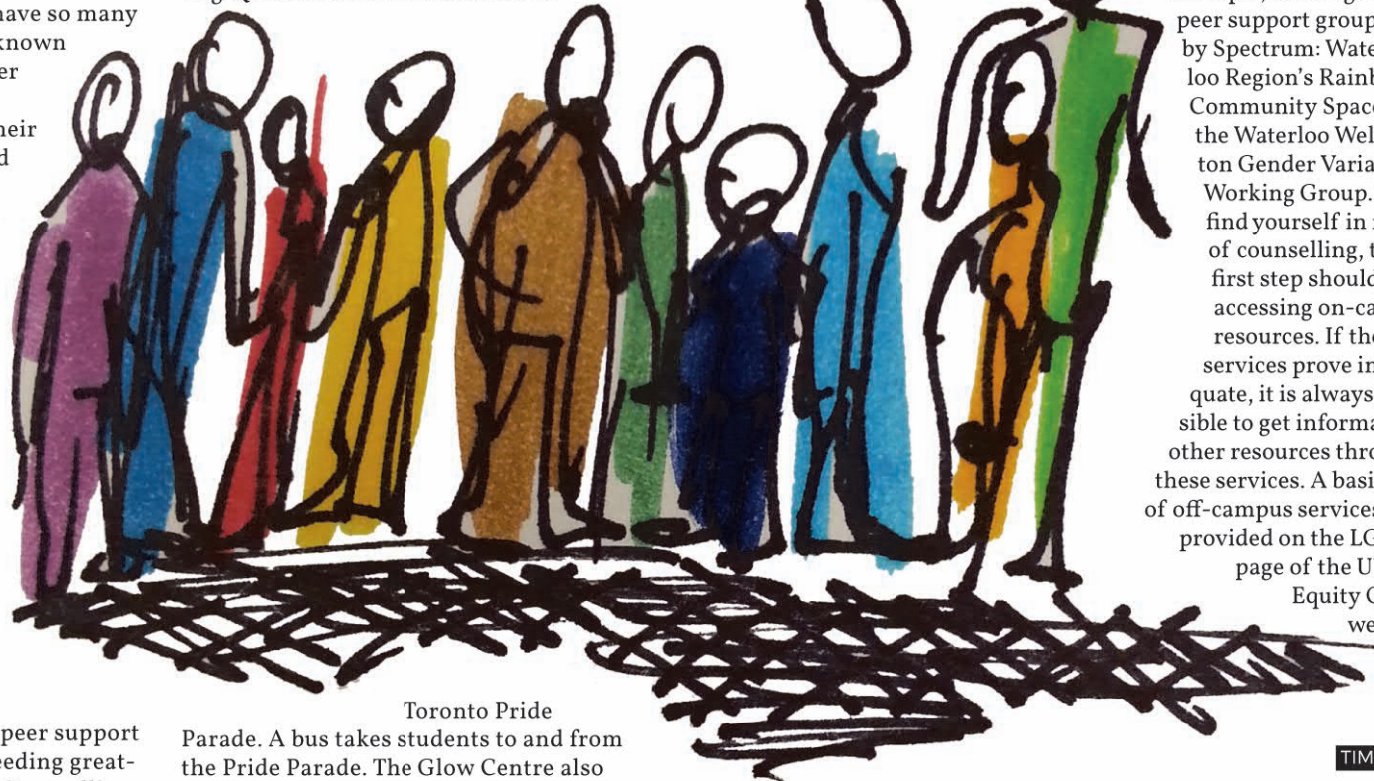
The Glow Centre also offers confidential peer support every weekday from 5 to 6 p.m. For those needing greater mental health support, they should visit Counselling

Services or Mental Health Services.

## Events

The Glow Centre hosts a multitude of events throughout the semester, the most widely known of which is Drag Me to the Bomber. Drag Me to the Bomber, which happens in conjunction with the Drag Club, takes place every semester in the Bombshelter Pub and includes Drag Kings and Queens of UW as well as some from the general KW area. The Drag Club also hosts other drag shows at different venues off-campus throughout the semester.

In addition to booths and other events, during Pride Month in the spring semester, the Glow Centre and the EngiQueers both have floats in the



Toronto Pride Parade. A bus takes students to and from the Pride Parade. The Glow Centre also participates in the Trans\* March, which hap-

pens shortly before.

## Information for transgender people

It is both unfortunate and unsurprising that UW, like many universities, is ill-equipped to meet the specific needs of the trans community. There is a lack of LGBTQ+ specific counsellors and support groups. Although the attempts of groups like Glow Centre and the Women's Centre — both of which offer peer counselling — are noble, they may fall short of the requirements of the trans community.

Despite this setback, there are some opportunities for counselling and support outside of campus — for example, a transgender peer support group run by Spectrum: Waterloo Region's Rainbow Community Space, or the Waterloo Wellington Gender Variant Working Group. If you find yourself in need of counselling, the first step should be accessing on-campus resources. If these services prove inadequate, it is always possible to get information other resources through these services. A basic list of off-campus services is provided on the LGBTQ+ page of the UW Equity Office website.

TIMI BELLO

## Community Resources

Spaces for support services, educational resources, medical or physical needs

### SHORE Centre

The Sexual Health Options, Resources and Education Centre tackles issues around sexual health, reproductive concerns and like its name sake suggests, it is also a centre for promoting health education. This space is pro-choice, sex-positive, inclusive, and accessible for those facing various physical disabilities as well as other person barriers. P: 519-743-9360. W: www.shorecentre.ca

### SPECTRUM

SPECTRUM is a community based organization which offers a safe space for LGBTQ+ community members. It is volunteer-run and

hosts a variety of social events, as well as providing educational programming. They also offer support group services for transfolk, allies and newly landed members. Drop by and hangout Fridays from 2 to 4 p.m. or 7 to 10 p.m. P: 226-779-9695. W: www.ourspectrum.com/

### ACCKWA

The AIDS Committee of Cambridge, Kitchener, Waterloo and Area assists members of the community who are impacted by HIV, hepatitis C and other sexually transmitted or blood-borne infections. ACCKWA provides a variety of support services to the communi-

ty, including support for those who are newly diagnosed and mentorship from other people living with HIV. P: 519-570-3687. W: www.acckwa.com/

### OK2BME

This organization specially aims to support LGBTQ+ youth in the KW region. This organization offers confidential counselling for families, couples and individuals. Additional social support is provided through their Youth Group. OK2BME provides educational resources on inclusivity, issues facing trans folk, human rights and social justice issues. P: 519-884-0000. W: www.ok2bme.ca

## Spots to know

### Outfest

This theatre house showcases a variety of intersectional concerns related to sexuality and identity. P: 647-967-4827. W: http://pgtertainment.com/

### Plan B Co-op KW

Plan B is a community centre that features a coffee shop, a zine library and expanding printing services. Plan B also sells a variety of sex toys that are feminist and ethically developed for diverse, queer body types. W: planbcoopkw.com

### Jane Bond

Part cafe, part bar, Jane Bond frequently hosts LGBTQ+ themed events.



# Getting your nerd fix in Waterloo

**Ben Paul**

*On the case of Detective Pikachu*

Waterloo has a reputation for being a nerdy school, and there's definitely more than enough cool activities of the geek persuasion to go around. Whether you prefer board games, video games, comics, or movies, there are a variety of local attractions that are sure to pique your interest.

## Nerdy Sports

Want to mix getting active with geeking out by indulging in some recreation that can be considered a little, well, odd? These sports might have you covered.

Quidditch, the game from the *Harry Potter* series, maintains an appearance on campus. There is a Quidditch club in the Athletics department, they run weekly open practices and also have a competitive team, the Waterloo Ridgebacks, that compete regionally and nationally. More information at [facebook.com/UWaterlooQuidditchClub/](https://facebook.com/UWaterlooQuidditchClub/)

Humans vs. Zombies is a game of tag on campus between an ever-growing horde of zombies that can tag opponents to add them to their team and an ever-shrinking group of human survivors that can defend themselves with Nerf blasters. They run a week-long game every term as well as smaller minigames on weekends. Check them out at [facebook.com/groups/uwhvz](https://facebook.com/groups/uwhvz).

## Board Game Cafes

There are three main board game cafes in the area: Crossroads, Games On Tap, and The Adventurers Guild. When visiting a board game cafe, you pay an entrance fee to stay for a certain length of time, and have unlimited use of their games during that time. They also have food and drinks, including the alcoholic variety. Frequently they host special events such as video and card game tournaments.

## Where To Borrow Board Games On Campus

Want to play board games without having to spend money? There are places on campus that can loan you some. The Turnkey desk at the Student Life Centre has board games that are rentable in exchange for a WatCard.

Some academic societies also have collections; MathSoc has a huge selection in their office.

The Dana Porter Library also has a board game collection, all of which can be taken out for three days at a time. They also occasionally have board game cafe nights with snacks and activities.

## Other Nerdy Establishments

The Watchtower Restaurant is a geek media-themed restaurant and bar with weekly trivia nights and a random drink encounter table you can order from by rolling a twenty-sided die.

Pin Up Arcade Bar is a fairly recent addition to the scene, a combination bar

and arcade where you can play on pinball machines and classic video games while enjoying drinks. They also host karaoke and live music nights.

When mentioning cool gaming spots, Ctrl-V deserves special attention. It's a virtual reality arcade, where you put on a headset and tracking technology to play a variety of games in 3-D from zombie apocalypses and alien invasions to mini-golf and music. Each booked session is an hour, but if you just want to try it out briefly without jumping in completely, you can always bring your friends and share the session among them. Note that you won't be able to play multiplayer with them this way though, and that's one of the most fun options available.

## Local Gaming

There's a very active *Pokemon Go* group in the area (KWCG, Kitchener-Waterloo-Cambridge-Guelph) that organizes raids, lure parties, and other social events. Organized mainly through the app Discord. They also have a website: [pogokwgc.com](https://pogokwgc.com).

*Magic: the Gathering* also has a very healthy fanbase on campus, with games of different formats four nights a week in the MC building. Check out [facebook.com/groups/KWmagic](https://facebook.com/groups/KWmagic) for all local events.

## Comics Stores

The main Waterloo comics store is Carry-On Comics. If they don't have

what you're looking for, you could either ask them to order it or look further afield such as Lookin' For Heroes in Kitchener. The Campus Bookstore in South Campus Hall also has a small graphic novel area.

## Other Book Stores

If you want the biggest book store in the area, it's Chapters. If you prefer to support local businesses and more obscure fare, there's Old Goat Books, with a nice mix of new and second-hand books and a comfy atmosphere, and Words Worth Books, a community staple with a history of organizing arts and literature events. Both can be found in Uptown Waterloo.

## Having fun isn't hard when you've got a library card

If you prefer to borrow instead of buy your books, besides the University of Waterloo Library, the Waterloo Public Library (WPL) is also a great resource to consider. They have three branches: the Main branch to the south of campus, McCormick to the northeast, and John M. Harper to the northwest.

To get a WPL library card, you need a piece of personal identification as well as a proof of address. Personal identification can be your passport, driver's license, or even your student ID, while proof of address can be your rental agreement or a bill. If you are in residence, this can easily be obtained from the front desk.

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# Mental health on campus

**Julie Nyugen**  
On the case of self-care

**M**ental health is always changing. Within this campus and in your time as a student, you'll encounter a variety of stressors, some which will test your limits, and some which will leave you pleasantly surprised by your own resiliency. Regardless, every so often we all just need to talk.

UW offers many on campus options for coping with mental health concerns.

## Individual counselling and the intake process

At UW Counselling Services, on the second floor of Ira Needles Hall, students can access one-on-one counselling with a counsellor or social worker. During these sessions, students can meet with professionals for an hour to unpack personal, academic and social concerns. Counsellors can also connect you with other resources on campus, like coping skills workshops, UW MATES.

Upon your first visit, you'll see an intake counsellor who can direct you to the best counsellor for your needs. After which, an appointment can be scheduled or you might be placed on a wait list for the next available appointment. You might have to wait more or less time based on how urgent your mental health needs are.

## Group Therapy

An option that most students aren't aware of is group therapy. Every semester, UW Counselling Services holds a number of one-time seminars, along with regular, weekly group therapy sessions. Topics range from coping mechanisms, preventing depression relapse, and developing a compassionate mind. Attendees go over some ground rules and expectations amongst the group, which can make students more comfortable with sharing.

Unlike in one-on-one therapy, group therapy gives students the option of not sharing.

There may be times where you'd rather not speak, and in a group session, you have the option to stay more reserved.

## Coping Skills Workshops

These are one-time workshops that allow students to get an introduction to different coping mechanisms relating to anxiety, depression, and stress, followed by a few exercises to practice such skills. Specifically these topics are discussed through four unique workshops: Challenging Thinking, Cultivating Resiliency, Managing Emotions, and Strengthening Motivation.

Workshops are usually held once a week throughout the term. Similar to group therapy, a group of 20 or so students gather and go over ground rules to create an environment where everyone feels comfortable sharing. Then, a facilitator gauges what the members of the group want to take away from the workshop so that everyone has the same expectations. By the end of class, students will have learned skills and resources to help them practice the mechanisms.

## UW MATES

This is a peer support service facilitated in partnership with Counselling Services and the Federation of students. This service typically tackles issues around mental health, co-op concerns, coping, and transitioning onto campus. Appointments can be made in advance and you can also stop in during drop-in hours.

With UW MATES, the aim is to allow students a safe space to unpack daily challenges. While UW MATES isn't a replacement for services provided by Counselling Services, it does provide an empathetic ear for students, in case you might have a lengthy wait between appointments or simply need to chat.

All the members of UW MATES are trained through Counselling Services. UW MATES is completely student- and volunteer-run, with volunteers at various stages of their academic journey. Don't worry, anything you say during your appointment will be kept confidential.



## Additional Resources

### Other on-campus contacts

- UW Police: 519-888-4567 ext. 22222 (available 24/7)
- Health Services - Student Medical Clinic - 519-888-4096

### Hospitals

- Grand River Hospital: 519-749-4300
- St. Mary's Hospital: 519-744-3311

### Other counselling offices

- KW Counselling Services: 519-884-000 (walk-in hours Thursdays 12:00 p.m. to 6:00 p.m.)
- Carizon Counselling: 519-743-6333 (walk-in hours Tuesdays 12:00 p.m. to 6:00 p.m.)
- Delton Glebe Counselling Centre: 519-884-3305

### Helplines

- Good2Talk: 1-866-925-5454
- Here 24/7: 1-844-437-3247
- Crisis Services Canada - 1-833-456-4566
- Kitchener-Waterloo Sexual Assault Support Centre - 519-741-8633







# WARRIORS FOOTBALL



- » Home Opener
- » Minor League
- » First Responders and Military Appreciation Day
- » Alumni, Staff and Faculty Day

**08/26**  
7:00 PM




- » Black and Gold Day
- » Donor Appreciation Day

**09/08**  
1:00 PM



- » Reunion Tailgate
- » Charity Lunch (240 Hagey Boulevard)

**09/20**  
11:30 AM



- » Reunion
- » FEDS Food Bank Drive
- » Warrior Tribe Zone

**09/22**  
1:00 PM



- » Think Pink
- » Senior Day

**10/13**  
1:00 PM

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## WARRIOR RECREATION REGISTRATION

### INTRAMURAL REGISTRATION

SEPT. **4** → SEPT. **17**  
12PM

### INSTRUCTIONAL AND CONDITIONING CLASSES

SEPT. **6** → SEPT. **23**  
12PM

### SHOE TAG FITNESS WEEK

SEPT. **6** → ONGOING

» Registration for shoe tags, first aid, aquatics and personal training are continuous throughout term.

» Some spots might be available for Instructional and Intramural programs past the deadline; email the coordinator for details.



## FREE RECREATIONAL PROGRAMS



**Shoe Tag Week:**  
September 10-16

**Instructional Martial Arts and Dance Week:**  
September 17-21

Try out the classes for free before you register!

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# Common fears of living on campus



**Lawrentina D'Souza**  
On the case of first-year-phobia

**A**fter much research, interviewing newly integrated first years, and reflecting on my post high-school jitters; I was able to come up with a list of the 10 biggest fears we have coming in to university — mostly around living in residence. This article is all about putting you on the right track to having the proper tools and mindset to calm your fears, prepare for the next eight months, and adjust to your undergraduate career at the University of Waterloo.

## What if I have bad roommate(s)?

Your roommate probably has the same concerns as you and the best way to get along with them is to talk things over. What's their sleeping schedule like? Do they share groceries? Should there be a chore schedule? What's their comfort level with noise or guests? These are good things to consider at the start of the year and should be referred to if there are any issues during the term. Worst comes to worst, don't forget that you have a don you could talk to that could help if you have any roommate conflicts.

## How hard will it be to make friends and fit in?

During O-Week alone there are many opportunities to meet people, talk to your res-mates, attend fun events, and explore campus with your peers. Once classes start, you'll be seeing students from your program in lectures, tutorials, or labs. There are also an endless number of clubs, intramural teams, and student groups you could join if you'd like to meet more people. The campus size and the number of people can be overwhelming at times but there's a place for everyone and a chance to get to know one another throughout the term.

## Do I have what it takes to keep up academically?

The adjustment from high school can be tough academically, but you shouldn't lose hope if you struggle with your

courses. There are in residence resources such as Science Student Help Team, Supported Learning Groups schedule review sessions and Living Learning communities. Your teaching assistants and professors have tutorials and office hours in place for one-on-one questions. If you need help with your papers, there's the Writing and Communication Centre. Take advantage of your proximity to others in residence and form study groups — there are always resources and people around to help if you need it.

## What do I do if I'm homesick or lonely?

If you're away from home for the first time, in a new country, or haven't quite made friends yet, do not fear. Try to keep a positive attitude, call home whenever you're down, immerse yourself in university experiences, and use the support services there for you like your res-mates or don.

## What's up with the meal plan and laundry situations?

**General:** WatCard money can be used for flex or meal plan dollars. Flex dollars can be used for laundry, printing, and certain restaurants or stores while meal plan dollars can only be used in residence cafeterias and specific campus restaurants like Tim Hortons.

**Meal plan:** While you're in residence, all meal plan purchases get a 50 per cent discount due to the 50 per cent service fee deduction at the start of the year. This discount won't carry forward after first year, but the funds will. Flex dollars can be refilled at Turnkey or online.

**Laundry:** All residences have washers (\$1 flex), dryers (\$1 flex), and irons to clean and press your clothes.

## Everything is so expensive, what do I do?

Finances can be a concern with tuition and residence fees being high. There's OSAP, bursaries, and awards you can apply for as well as part time Feds or LEADS job opportunities to make some extra money. Keep on top of your tuition deadlines, take advantage of student discounts, and use apps like Mint or You Need A Budget to track your expenses.

## Quick clues for living in residence

**Lawrentina D'Souza**  
On the case of the missing dorm keys

**L**iving in residence might be a big change for many students, with hurdles as small as getting locked out of your room or as large as learning how to cook. This article focuses on things we all wished we had known in first year (residence) to make our lives easier.

### Helpful staff

**Residence Life:** Residence Life is made up of a variety of full-time and student staff working in and around residence to ensure first-years have a smooth transition to residence life e.g. maintenance, community, support.

**RLC/CC:** The Residence Life Coordinator (RLC) and Community Coordinator (CC) are full-time staff that supervise the dons and provide support to residents.

**Dons:** Upper-year students who live and

work in residence to help answer questions, plan community activities, and uphold residence policies.

**FDAs:** The Front Desk Assistants (FDA) work at the front desk of all residences to help with things such as mail, printing, and questions about campus.

**Peer leaders:** Mentors for students in Living-Learning communities that host study sessions and other events for residents in their program(s).

**EIRs:** Entrepreneurs in Residence (EIR) are mentors with the Waterloo Entrepreneurship Residence Connection (WERC) that live in residence and host events for students with an interest in Waterloo's startup ecosystem.

### Tips

**Keys:** Don't forget your keys in your room. FDAs can give you a temporary key to let yourself in, but if it happens a lot, you could get fined.

**Roommates:** It's okay to talk to your

roommate about ground rules at the start of the term. UW Housing even has a contract template online to refer to.

**Scheduling:** Create a calendar as soon as syllabi and exam dates are released so you remember all your deadlines and events during the semester.

**Academic help:** Make use of the residence study sessions and workshops like Maximize Potential, Science Student Help Team that are often held at the great halls or multipurpose rooms of residences in the evenings.

**Residence Council:** Council is a good way to get involved and get to know people in your residence outside your program with themed events and socials to be a part of.

**Campus transport:** Make use of the (CLV) shuttle as it stops at BMH, DC, SCH, SLC during week days from 8:00 to 10:30 a.m. and 4:30 to 8:00 p.m.

**Money:** Make sure to keep some flex dollars on your WatCard for laundry. \$1 for

washing/drying each and for printing. The cost of printing changes by location; residences charge differently than libraries in main campus or in the colleges.

**Exam season:** While studying in residence, get some earplugs at the front desk or use the cafeteria tables or Main Hall to study.

**Tunnels:** Certain VI buildings have underground tunnels or above ground links that connect buildings to the main cafeteria. Explore your residence and never get cold again.

**Front desk sign outs:** You can sign out board games, video games, and movies from any residence front desk for up to 24 hours.

**Gym time:** There are many opportunities to work out on campus; REV and CMH have their own equipment rooms, VI is close to Physical Activities Complex, and CLV is down the the road from the Columbia Icefield.



# Itching to build a business?

**Ju Hyun Kim**  
*On the case of savy start-ups*

**W**aterloo has a huge startup culture. Whether you have an idea and want to build it up, or just want to experience what it's like to start your own venture, there are many workshops and programs you can take part in.

## **Velocity**

One startup incubator that you will hear about frequently is Velocity. Velocity hosts many events and workshops for students through Velocity Start, found on the second floor of South Campus Hall. These workshops range from how to pitch your idea to creating business models. These events can be found on their website. If you are looking for money to get your venture going, Velocity Fund \$25K and \$5K are pitch competitions where you present your idea or a chance to gain funds.

Velocity also has a live-in community called Velocity Residence, where you can live with and work with other students who are also creating or looking to create their own venture. Although some students come into this program with an idea, you don't need to come in with one yourself.

## **St. Paul's GreenHouse**

If you are interested creating social impact, St. Paul's GreenHouse program is a great place to start. In GreenHouse, you will live at St. Paul's University College with people in the same program, attending socials together and getting one-on-one mentorship. Because you will be living in St. Paul's, you also get to participate in activities related to St. Paul's such as community dinners and ping pong tournaments. You don't need to start with an idea when you enter the program, but there are a lot of resources to help you here, including your

peers. GreenHouse also offers a Social Impact Fund for students in the program, as well as Founders Forums, Discovery Labs, and the Social Impact Showcase for anyone to attend.

## **Conrad Entrepreneurship, Business, and Technology Centre**

If you want to take courses related to entrepreneurship, the Conrad Centre offers courses to teach you about business and entrepreneurship, which you can take to gain a minor in entrepreneurship. The Conrad Centre also has E-Co-op where you can spend four months working on a venture, gaining mentorship, and pitching your idea for funding.

You can even learn more about startups through Entrepreneurship Society. This society hosts events related to student entrepreneurship, as well as a startup showcase every term. Even if you aren't interested, it is a great opportunity to check out.

RIAMARIE PANACHIKAL

# Late-night food fixes

**Lawrentina D'souza**  
*On the case of the 2 a.m. munchies*

**I**magine this; it's past 12:30 a.m. and the cafeteria is closed, or you don't have enough cash to make a delivery order, or most horrific of all — you run out of meal plan money before the end of term.

We understand that not everyone has the opportunity to get food with their meal plan all the time, so instead, here's some things you could do to stretch your dollar or prepare meals when you might not have a stove (VI, REV), the time, or the experience to do so.

## **Use the grocery shuttle**

There's a weekly grocery shuttle operating on Saturday from 2 to 5 p.m. that picks up students at the Minota Hagey, CLV community centre, and Eby Hall parking lots,

dropping off at Bridgeport Plaza. This allows for easily accessible and relatively inexpensive alternatives for food purchases.

## **Make use of social media and apps**

Facebook groups: there are many groups on Facebook that advertise free food, but the Official Free Food UWaterloo group is one that makes frequent updates.

Delivery apps: quite a few restaurants have delivery specials but there's also UberEats, Skip The Dishes, Just Eat, and Munch-Time that allow for delivery, and there are often promotions and discount codes available too.

## **Use the free food coupons in your orientation packages**

The orientation kits handed out at the start of O-Week often have student coupons/discounts for places like Campus Bubble or Bombshelter. The free agenda found at Turnkey also has a page

or two dedicated to coupons.

## **Use the Flipp app to compare prices and save on groceries**

If you're trying to price match and save or find which stores nearby have sales, Flipp allows you to specify what type of groceries or stores you're looking for so you can find exactly what you need at a decent price.

## **Late night restaurants**

If the residence cafeterias are closed, there are quite a few places to still grab something to eat.

Campus Pizza is open from 10 a.m. to 5 a.m. every day of the week.

Burger King which is open 24/7. Mel's Diner is open 7 a.m. to 11 p.m. Sunday to Thursday and open 24 hours on Friday and Saturday.

Sweet Dreams is open 11 a.m. to 1 a.m. Monday to Wednesday, 11 a.m. to 2 a.m. Thursday and Friday and 12 p.m. to 1 a.m. Saturday to Sunday.

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**Day in the District** ~ Gaslight Square ~ Saturday, September 16. A launch party that promises Southworks Mall to energize the downtown core and the community with artistic expression,

musical acts and more!

**Cambridge International Festival** ~ Saturday, September 23 at Riverside Park

An event to share elements of culture and diversity of the community.

**Mayor's Night at the Movies** ~ Monday, September 25  
A unique fun night at the movies with reception, beverages, popcorn and great door prizes!

**Community Oktoberfest Luncheon** ~ TBD

Join the mayor and council for keg tapping, free sausage, Maypole raising, traditional Bavarian music and more!

**Christmas in Cambridge** ~ November 24 to December 31  
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**What Types of By-Laws Are In Place?**

Our by-law officers are available to address citizens' concerns in many areas, including:

**Noise:** Making or permitting noise that is likely to disturb the inhabitants of the City is prohibited 24 hours a day, 7 days a week.

**Public Nuisance:** Making a public nuisance in the City is not permitted, including littering, spitting and urinating in public.

**Fireworks:** There are regulations on where and when fireworks can be set off, including prohibiting certain types of fireworks.

**Open Fires:** A permit is required from the Cambridge Fire Department for open burning. For more information, please call 519-621-6001 and ask for the Fire Prevention Division.

**BBQs on Balconies:** BBQs are not permitted on balconies of buildings that contain more than 2 living units.

The City of Cambridge Bylaw Enforcement Division is responsible for all municipal bylaws except for those related to parking, which can be addressed by calling 519-623-1340, ext 4217.  
For more information: [cambridge.ca/bylaws](http://cambridge.ca/bylaws) ; 519-623-1340, ext 7907.



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# Coming down to Cambridge

**Ruobing Yu**

*On the case of cracking Cambridge*

To the 70 or so students that were accepted into the architecture program, and anyone else interested:

Congratulations! The process wasn't easy and you all worked hard to get in. There's no doubt the thought of the program being off main campus has crossed your mind at one point, but whether it caused doubt or excitement, this article will hopefully give you a good sense of what you're getting yourself into in Cambridge.

The campus was moved to Galt — the downtown core of Cambridge — in 2004 to accommodate the growing number of students, and is housed in a renovated silk mill. The move was led by Donald McKay and Rick Haldenby, both professors who taught at the school, with the latter also leading the Rome program in 4A.

The school encourages interaction between years as much as possible, they're all housed in one studio. Don't be afraid to ask upper-years questions. We've all been where you will be, and we know how difficult it is. I found the studio a great environment to have discussion, make friends, and work, but if you find yourself staying too late, there's a free taxi service that runs from 9 p.m. to 5 a.m. so you can get home safe.

When you find yourself with time to spare, there's tons of restaurants around Galt you can check out. Also it's nice to know where

to get take out when you don't want to cook. Brick and Mortar, Café Thirteen, and Bombay Sizzler's are all great options close to the school, with the rest not being much further. Be sure to check out L.A. Franks, since they close for the winter. On the topic of seasons, Galt is a beautiful historic town and be sure to take it all in before it gets too cold. Some shows have also used it as the set in a few episodes like *The Handmaid's Tale* and *Murdoch Mysteries*. If you venture outside the Galt core, there are tons of nature trails that you can bike or walk to as well.

If you're looking for things to do, BRIDGE, an architecture student-run organization, hosts numerous events during the year that are open to everyone. They're mostly hosted in their own storefront, integrated within Galt. On the off chance you have a lot of free time, while it'll seem hard to devote too much time to not working, it's not impossible to participate in events on main campus. One of the things lacking in Galt are organized intramurals due to the lack of students. That said, we do occasionally host sports events and there is a weekly rock climbing group.

I hope this has given you a thorough introduction to the town you will be studying in and the program you will be devoted to for the next five years. It's important that you maintain a healthy relationship between work and personal life and remember that school isn't everything. The examples listed off here are just a few ways you can cool off, but find what works best for you.



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## Fun things to do in Cambridge

**Sunny Fleming**

*On the case of 'Stop calling it Lamebridge already'*

You can find lots of cool things to do in Cambridge. It has your standard mall, movie theatre, and shopping complexes, but there are many more things you can look forward to exploring.

**Riverside Park:** This park is a great place to get in touch with nature and spend time walking and viewing the scenery, or even playing tennis. Keep an eye out for events run at the park, as they have a variety of days each year where they have food trucks or baseball games or even fireworks on Canada Day and Victoria Day.

**Shade's Mills conservation area:** If you love being outside and doing all things active, this is the place for you. Entry is \$7 per car when an attendant is on duty, \$14 if there isn't an attendant. They have a beach with boat rentals, hiking trails, and in the winter they have snowshoes and skis for rent. Year round fun can be had here.

**Cambridge Ice Centre:** This ice rink is open year-round, so you don't have to wait for winter to go skating! This rink is located right inside the Cambridge Centre, so when you've finished skating, you can go shopping or get something to eat in the food court. A great idea for an outing with friends or a cute date. It's \$5.75 to skate (except on Tuesdays, when it's \$3), plus \$4.50 to rent skates if you don't have any.

**Kingpin Bowling:** This fall, a new bowling alley is going to open in the Cambridge Centre. Bowling, of course, is always a fun time. Kingpin has another alley in Kitchener, and if this new one is anything like the existing one, it's a fun time.



# Religion and faith on campus

**Josh Goldschmidt**  
On the case of spiritual studenthood

University can be a trying time for the religious. Not because of ideas that create questions, and not because of experiences that offer the chance to redefine yourself, but because we get thrown into new groups of people who may not understand our needs or care for them.

It can be disorienting to try and negotiate these new friendships unless you know the full range of religious resources around you.

#### Facilities

One of the defining aspects of organized religion is that it ascribes holiness to places of prayer.

Off-campus and on-campus resources can be found on the Chaplains' section of the UWaterloo website. Small spaces on campus are valuable because they give students time to think, reflect, and pray. They have also been used for yoga and light exercise. These areas do not need to be booked and are scattered conveniently around the campuses. They include Optometry 1019, Renison 0203B, Tatham Centre 0232, and DC, on the third floor, at the end of the

hallway.

The larger spaces in the colleges tilt towards Christianity such as Notre Dame Chapel (Catholic) and St. Bede's Chapel (Anglican). Main campus spaces include the third floor of the Student Life Centre, beside the chaplains' office, and MC 2018. Both are geared towards Muslim prayers, offering ablution facilities and prayer mats, but are large enough to accommodate all forms of prayer and a couple people just sleeping. MC 2018 also features separate spaces for men and women.

For those of you living on main campus, within the UWP complex, inside Claudette Miller Hall is a multi-faith room that can be easily accessed through the front desk, just make sure to bring your Watcard.

#### Studies

Classes are offered across campus. To find out more, check out your religious affiliation on campus — e.g. Chinese Christian Fellowship, Hillel on Campus, UW Hindu Students' Association.

Chaplain's emails and phone numbers are available on the University of Waterloo website as well.

Religious literature can be found across campus libraries. Dana Porter is a good place to start, but

Renison and St. Jeromes' libraries have unique content as well. I would also recommend the rarely visited religious studies library on the bottom floor of PAS.

#### Food

While vegetarians, depending on their strictness, may have a few restaurants available on campus, halal-eaters can rely on MC, C&D, which offers halal Indian food. Alternatively, Zabihah maintains a list of halal restaurants and JustEat can be filtered to halal options if you feel like delivery. Byte 75 beside Wilfred Laurier University has offered kosher sandwiches for the past year.

#### Protections

Policies 33 and 61 guarantee religious freedoms for students, something I have needed to rely on more than once. Policy 61 provides time off for religious observances and policy 33 guarantees equal treatment and prohibits poisoned environments. A poisoned environment is an environment with frequent, but less offensive behaviours than would classify as harassment. For those of you who might prefer women's only workout times, the Physical Activity Complex offers women's only hours in the dance studio and in the swimming pool.

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# Starting in Stratford

**Ruobing Yu**

*On the case of the Stratford system*

Calling all GBDA students. If you're looking to learn more about the campus and city where you'll be spending most of your days, then look no further.

The idea of the Stratford campus first sprouted in 2006, when Mayor Dan Mathieson, the Stratford Festival, and the University of Waterloo agreed to explore the possibility of having a liberal arts college in the growing artistic hub that is the city of Stratford. However, the Stratford campus that we see today is much more than a liberal arts college — it's an extension of the most innovative university in Canada, focused on the intersection of technology, business, and art.

First opened in September 2010 under the Faculty of Arts and newly established in 2018 as the Stratford School of Interaction Design and Business, this satellite campus hosts the Bachelor of Global Business and Digital Arts (GBDA) program as well as the Master of Digital Experience Innovation (MDEI) program.

First-year students will be shuttled to and from Stratford on Fridays, spending the rest of the week taking classes on main campus — but in second, third, and fourth-year, all of your classes will be in Stratford.

So what is the Stratford campus really like? The building houses six large classrooms, two media labs fully equipped with Macs, the Engage Lab for all your digital media and 3-D printing needs, a ton of project rooms that can be booked online, and lots of open space suitable for studying or lounging. Not only is it a great environment for learning and collaborating, but it's also a great place to relax and/or socialize. Unwind on any of the dozen Fatboy® beanbags scattered around the building, play a rousing match or two of ping pong, or compete with your friends in Super Smash Bros Melee (yes, the campus has a Nintendo Switch).

For lunch, nearby small businesses such as Soup Surreal, Mone-Thai, or Fish Time Fish & Chips are not to be missed,



COURTESY UNIVERSITY OF WATERLOO

University of Waterloo's Stratford campus.

but for the more frugal-minded, you can always bring your own food and microwave it on any floor of campus. And if you ever find yourself with a bit of spare time, definitely check out local boutiques and specialty stores in Stratford's downtown core, or even take a stroll to the riverside for swan-watching. If you happen to be a Justin Bieber fan, then

you're in luck — the Justin Bieber hometown exhibit at the Stratford Perth Museum has a discounted admission rate for students and will be open until the end of 2018.

One thing's for sure: you'll never be bored when surrounded by your fellow GBDA classmates. Good luck, Stratfordians!



## Coollest things to do in Stratford

**Sunny Fleming**

*On the case of Bieber Fever*

### Stratford Festival

Perhaps what Stratford is most famous for, the Stratford Festival puts on many plays each year for you to enjoy. From musicals to Shakespeare and modern plays, there is entertainment for every genre you could think of. Each year, the selection changes, but the plays are consistently well-run and entertaining. I have seen Fiddler on the Roof, Tommy, and Hamlet at the Stratford Festival, and all three plays, though completely

different, were excellent and unforgettable performances.

### The Bieber map

If you like Justin Bieber in any capacity, then you may know that he was originally from Stratford. Stratford has taken the fame from being the hometown of Bieber and has made a map of places that he performed at, places he likes to eat, and where he went to school. Even if you do not like him, he gives a few suggestions of things to do in Stratford on this map, such as some restaurants like Madelyn's Diner and Scoopers Ice Cream.

### Art in the Park

This event runs every Wednesday,

Saturday and Sunday, from the end of May through to the end of September, so this is something you'll want to check out soon. If you are a fan of seeing new art, or want to buy some one-of-a-kind art or jewellery, this is a nice event. It is located right along the Victoria Lakefront, so you can go for a walk that gives you nature and art gallery vibes.

### Stratford Farmers Market

Supporting the local economy is one of the greater parts of being in a smaller town. The Stratford Farmers Market lets you support local vendors and get fresh food. It runs every Saturday from 7 a.m. till noon, and in the nicer weather they

expand to have some vendors outdoors. If you're looking for locally-sourced food or a neat gift for someone, check out the market.



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## STRATFORD EVENTS

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# Hidden gems in KW

**Sarah-Louis Ruder**

*On the case of Waterloo Wonders*

Studying at the University of Waterloo is an exciting opportunity to connect with a diverse and engaging academic community, but you are also a part of greater Kitchener-Waterloo. With your student bus pass, you can venture out into KW in all directions to find places to explore. When you aren't studying or spending time on campus with your friends, try some of these spots to relax and unwind.

## Markets

The St. Jacob's Market is Canada's largest farmer's market. Here, you can find a variety of fresh produce, breads, pastries, crafts, warm lunches, and much more from the hundreds of vendors at the market. If that isn't enough, we are lucky to also be near the Kitchener Market. Though smaller than St. Jacobs, there is no shortage of delicious food and other mementos. At the

Kitchener Market, you can find some of the cheapest produce from near or far. Beyond the vibrant urban centre, the Waterloo Region is home to many farmers. You can buy local food from vendors from the region's two large markets.

## Outdoor Adventures

In addition to their environmental importance, urban parks offer space for community building and recreation. There is a lot of greenspace across Kitchener-Waterloo, including Waterloo Park just South of UW campus. In its 111 acres, you can find a place to read a book, toss a frisbee, have a picnic, or just get away from the city in its winding paths. The park has gazebos, a baseball diamond, a petting zoo, playgrounds, and a skatepark.

If you are an outdoor enthusiast, try the Laurel Trail and the Iron Horse Trail near campus. Laurel Creek Conservation Area and Snyder's Flats have beautiful winding trails to explore and outdoor space for you to hang

out with friends or take in the breath of fresh air.

## Canadian Clay and Glass Gallery

If you are looking for a place to wander or take your next hipster Insta post, this is the place for you. This public art gallery is the only one of its kind in Canada. Outside of its seasonal exhibits of ceramic, glass, enamel and stained glass works of art, there is also a phenomenal gift shop to explore. Best of all, the admission is free.

## For Coffee Consumers

Finding the right coffee shop for you is a rite of passage for undergraduate students. In Uptown Waterloo, Settlement Co. and Princess Café are open late for your evening studies. Seven Shores has a wide selection of baked goods and treats to accompany your morning latte. If you are looking to go a little further, Kitchener is bursting with talented baristas at Berlin Bicycle Café, Smile Tiger Coffee Roasters, Show & Tell Coffee,

and many others to discover. You don't have to go far to find good coffee.

## Princess Twin Cinemas

This quaint independent movie theatre is a great place to plan an outing or study break. Princess Twin hosts both indie films and blockbusters alike for several weeks. As owner-operated and owner-programmed cinema, this is also an opportunity to support a local business and alternative artists. To top it off, the theatre is connected to Princess Café, another hip spot to hang out.

## Shopping and Thrifting

You don't need to go to Toronto to catch up with the trends. You can find all of your familiar brands across the city. There is a lot to choose from at Conestoga Mall and Fairview Mall. There are many smaller boutiques like Belmont Village in Kitchener, and King St in Downtown Kitchener.

## Vintage and Second Hand

If you are looking to save

some money, reduce waste, or find something unique, you might also want to check out the many thrift shops and consignment boutiques in KW. Luster & Oak is a vintage consignment store with clothing for all genders and other unique finds. It's worthwhile to check it out for the aesthetic alone. Meow! is an elegant boutique run by UW fine arts graduates. You can find clothing, purses, jewelry, and the like from the 1930's to more recently pre-loved items. Twice is Nice is a high-quality consignment store with daily arrivals. Some lesser known, but still trustworthy spots are the White Tiger, Second Hand World, The Green Door, and Thrift on Kent.

More of a book worm? Give yourself an afternoon to get lost in the vast collection of used books at Old Goat Books. Also, consider supporting Wordsworth Books, your local independent bookstore, before adding the used or new book to your cart on Amazon.

# Art havens in Waterloo

**Sarah Givlin**

*On the case of the dried paint brush*

Waterloo is infamous for its engineers, start-ups and for churning out ground breaking innovations like butter. Understandably, even the most inspired coders may need a break every so often. If you're looking to sample a bit of the finer points of Waterloo, check out these regional establishments.

## The Waterloo Region Museum

The Waterloo Region Museum is the largest community museum in Ontario, and a great spot to experience local and First Nations art. Doon Heritage Village connected with the museum is open seasonally from May to December. It is for your enjoyment and shows an accurate example of what Waterloo region was like in 1914. Located in Kitchener, this museum frequently showcases Waterloo's great history.

## Kitchener Waterloo Little Theatre

Kitchener Waterloo Little Theatre puts on small, but intimate live theatre productions. This

open audition theatre is great for those interested in flexing your acting muscles. There are open auditions for different plays each month.

## Social Art

Social Art allows you to get out there and have some fun painting with friends. All events are offered in the Kitchener studio or by local venues such as breweries and restaurants. All paintings are created uniquely and require no prior experience to participate. These events bring out the inner artist in anyone.

## Descendants Beer and Beverage Co.

Descendants Beer and Beverage Co. is great for a night out. Each night of the week features a different activity: Mondays offer beer and burger deals; Tuesdays are dedicated for TV trivia; Wednesday mixes it up with Trivial Dispute and \$5 beer; on Thursdays, they host music bingo; Fridays and Saturdays bring in the crowds with live music; and on Sundays, they host family movie trivia, often including a screening of a movie.

## Rhapsody Barrel Bar

Inviting you to share in some soul food and music, this mellow setting features coffee,

wine, food and more. Rhapsody Barrel Bar is open to your inner musician whether you come to listen or to play. They are not limited to just music, this open space is home to anyone wanting to book a place to practice their music, open mic nights, private functions, charity events, inspirational speakers, and even fashion shows.

Whether you are looking for good food or fun entertainment or even both Rhapsody Barrel Bar has you covered locally in downtown Kitchener.

## Commercial Tavern

A fully Canadian experience filled with music, food, and fun. With open stage Thursdays and guest artists on Fridays, and karaoke options on Saturdays. Share in some hommy country food and good spirits at the Commercial Tavern located in Maryhill. This beautiful historical setting specializes in classic country music. Bring your plaid and have a blast enjoying the night. Great for friends and families to have a good night out. With over 20 years in operation they allow groups of many sizes and are affordable.



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# Glow up with campus athletics

**Trevor Potts**

*On the case of the disappearing freshman 15*

So you've settled into rez, started your classes, and might be thinking: how do I stay active with such a busy schedule? In all honesty, with fries and pop at an arm's length in every meal, keeping those freshmen 15 off will be a challenge.

It'll be hard, but staying fit can have a lot of benefits and it starts with finding your right routine.

Setting aside three hours of your week for some solid gyming can help you with balancing your diet, your mood and your time. I know most of us will think that building a routine is tricky, and you're not wrong, but it helps to know what kind of gym monkey you are.

UW offers a variety of programs, drop-in classes, and facilities to build your routine with. If you're not a fan of crowded gyms, don't worry.

It's a safe bet that the gyms will be pretty empty before twelve most days. If you get motivated in a groups, a shoe-tag class might be exactly the right fit for you.

The easiest way to stay fit is knowing what's available.

Below you can find a quick run-down of some simple ways to keep off the freshman 15 and keep on the honours list.

## **Workout Facilities**

On campus there are two major gym com-

plexes: The Physical Activities Complex (PAC) and the Columbia Icefield Facility (CIF).

The PAC features full-size gyms, weight rooms, a pool, squash courts, climbing wall, and a high performance training zone.

The CIF features three gymnasiums, fitness studio, ball diamond, hockey and skating arena, playing fields, and fitness centre.

The trainers on hand are an excellent resource if you're looking to learn more about workouts, fitness, or have other questions. Pro-tip for those living on campus: there are more gyms in REV and CMH.

## **Shoe Tag Fitness Classes**

Looking to try a fitness class but aren't sure which one to pick?

Why not get a Shoe Tag? From zumba and pilates to bodyweight blast and cirque yoga, purchasing a Shoe Tag online or from the PAC office gives you unlimited access to try any of the 50 different drop-in fitness classes offered during the term.

## **Clubs**

For those looking for more social activities, UW has a huge number of clubs that you can join ranging from quidditch to jugger and a variety of niche sports including dragon boat racing, ultimate frisbee and archery.

## **Intramural Sports**

Looking to stay active with your friends? UW has a number of intramural teams including basketball, volleyball, and flag-football.

Intramural sports lets you and your friends play against other students in fun,



RIAMARIE PANACHIKAL

**Uwaterloo Athletics offers something for everyone**

competitive leagues on campus.

## **Pool**

Open everyday, four times per day, the PAC pool is open to swim some lengths or practice your high dive.

Also, for the aquatically inclined, there are plenty of options if you're looking to take swimming lessons, first aid, or aquatic leadership courses.

## **Instructional Classes**

If you're looking to try out something totally new, why not try one of the different types of dance, sports and martial arts instructional classes each term?

From Brazilian Jiu Jitsu to Salsa and TaeKwonDo, Uwaterloo Athletics has plenty of selection and exciting options for you to find your new hobby as you journey into your education.

# How to survive dating as a UW student

**Julie Nyugen**

*On the case of finding love*

The Waterloo dating culture is an incredibly complex organism to figure out. What apps are people using for hookups? Is it totally unacceptable to spend the night after going home with someone you met at Phil's? It can seem even more impossible as a UW student with the added stress of meeting people who are in co-op and leave every four months, splitting time between job-hunting and school, and falling into off-synch co-op streams.

Here are some basic rules to

follow if you're going to attempt to find love on this campus.

## **Cross that bridge when you come to it**

It is so easy to think ahead and over-analyze things. For example, you go on one date with someone in software engineering who has exclusively applied to co-op jobs in California for the next eight months. So, instead of investing any time and energy into the relationship further, you end things and quit while you're ahead, right? WRONG.

The co-op process and life in general will throw you curveballs. A lot of things may happen that you didn't know about, and work in favor of your

relationship. When you don't give someone the benefit of the doubt, you give up the chance to really get to know someone.

## **Recognize that you'll both be busy**

In true UW fashion, chances are, you'll both have a million things to do. Midterm season never ends, one of you enter into the continuous round of interviews for co-op, the other is the president of three different clubs and a faculty ambassador, the reasons are endless.

UW students always have more than one thing going on, and while it might seem easy to throw in the towel and give up when times get hard, just recognize that it's okay to have other

priorities.

## **Make the time for each other**

... And although you'll both be busy, it's very important that you try to make time for each other despite all of the craziness around you. Even if you're both slammed with midterms, try studying together, or spending study breaks with each other. Incorporate them into your workout schedule and try a shoe-tag class or be muay-thai partners. Walk to and from campus with a coffee in hand.

At the end of the day, it's the conversations and connections that you form together and they don't necessarily always have to be fancy and extravagant.

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# Green solutions to student life

## Environmental solutions for campus life

**Hanna Hett**  
*On the case of the green thumb*

The culture on campus is not one that screams eco-friendly: the current recycling program can seem disorganized and confusing, compost bins are only found in a few rooms. The composting program does not run in the winter, and the food available to purchase on campus is typically heavily packaged.

Saying that, there are some dedicated staff and students who are working hard to make our campus more sustainable. If you want to try to lessen your environmental footprint on campus, there are plenty of ways that you can contribute.

### Take the bus, bike, or walk

We already have access to Waterloo's public transit service with our WatCards, which can take you almost anywhere in the city. You can purchase budget-friendly bicycles from the Bike Centre's Bike auction in both Spring and Fall terms. If you don't want to commit to ownership, they all also rent out bikes for the term or monthly.

Finally, if you live close enough to campus, you can always walk and enjoy the sunshine.

### Avoid the packaged food items

If you're ordering a sandwich, order it from the sandwich station and skip the pre-made one that is wrapped in plastic.

Have a to-go mug with you to fill up with coffee or other drinks, instead of using disposable ones — you will also save 10 to 20 cents every time you use it.

If you are living in UWP, they have a relatively new Eco-Container program in their cafeteria, where you can borrow a reusable take-out container for your food instead of the disposable ones.

### Try to throw organic wastes in the compost bins on campus

Unfortunately, compost bins can be far and few in between on campus. Luckily, you can find them in places like the Environment Coffee Shop and in Williams in Environment 3. Keep an eye out, they're littered throughout campus.

### Make sure you properly clean your containers before you recycle them

The recycling at UW is out-

dated. There are typically two large blue bins, with one for paper and one for containers. It is important to properly clean containers to make sure they are not contaminated before recycling them, as they will often get rejected (and thus thrown in with the garbage) if they are not clean.

### Try to buy materials used or second hand

Feds Used Books is a great place to buy secondhand textbooks. There's also Value Village in St. Jacobs. The Sustainable Campus Initiative has secondhand clothing sales every term, where they sell used clothes for a great deal.

### Volunteer

UW has a long way to go before we will be fully sustainable, and to get there it needs dedicated volunteers. The Sustainable Campus Initiative, Fossil Free UW, Climate Students, or the UW Campus Market Garden are a few examples of student-run organizations working hard to make our campus a better place.



VICTOR LEE

## Comfortable living

### Your guide to accessibility services on campus

**Tanisha Meheta**  
*On the case of lightening the load*

If you're a student with a permanent disability, there's quite a few resources on campus that are invaluable to you and will make your student experience a lot smoother.

With OSAP, you can register as a student with a permanent disability — this allows you access to grants that help you pay for medical expenses and disability-associated costs. As well, you can register with AccessAbility to see how to write your midterms and finals with necessary accommodations. For example, you cannot bring food into your midterms or finals. If you are a student who has type I diabetes, it becomes absolutely necessary to have access to food or drinks. The process can seem daunting at first, but it is quite easy to get registered.

In order to register a permanent disability with OSAP, you must first register with AccessAbility — so I'll start with that process.

1. Download a disability verification form from AccessAbility services and bring it to your

doctor. It must be the specific form written by AccessAbility services filled out by your doctor, which highlights all the ways the disability may affect you, so the center is fully aware of the appropriate services to offer you, specifically. Submit this form to AccessAbility services either online, or through going into the new Needles Hall.

2. AccessAbility services will make an appointment to see you and review your application, as well as to discuss what you qualify for. It's that easy! Next, it's time to register with OSAP.
3. Once AccessAbility has approved you, you can go to your OSAP profile and self-register as a student with a permanent disability. This is only pending — the profile will only update once OSAP has confirmed with the university.
4. Go to the registrar's office in old Needle's Hall and notify them of your request to change your disability status. Inform them that you're registered with AccessAbility services, and you need the update to your OSAP profile.

That's it. It's an important task broken up into a few simple steps.

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# Gettin' lit in the 'Loo

**Julie Nyugen**  
*On the case of a night to remember*

Waterloo is home to three different post-secondary institutions and thousands of students flock to the city to pursue their education. The result? A colorful nightlife scene with student-friendly drink prices. Another quirk about catering to the student population is that students will find any excuse to drink, even if it's a weekday. It is hard to figure out the different nights at different venues that would best suit your interests, so here's a guide to some options that are sure to be a good time, from everything between grabbing a specialty cocktail in a lounge, to the cheapest shots and cover.

## Monday

Picture this: the week has just began. You've decided to take it easy on the weekend, but were slammed with homework and unexpected deadlines as soon as you returned from your break. Despite the fact that it's only Monday, you, as a responsible, age of majority student, decide that the best way to cope is with a few drinks and some comfort food.

The spot that is often seen with a lengthy line-up on Mondays is the Pub on King. Pub, as people call it for short, has \$5 dishes that include your typical pub fare, and many local and domestic beers on tap. If you want to go

for a quiet meal, start your night there before 9:30 p.m. Once it gets late, it turns into much less of a pub and more of a bar. If you want to get lit and watch the game while throwing back some shots, come later in the night.

## Tuesday

Nestled in the heart of Uptown Waterloo, Becky's Apartment has crowds flock to it on Tuesdays where there are local beers on tap, and daily specials with tallboys. There's a DJ spinning live tunes all night with a good mix between a dance floor and bar area. Like the name suggests, Becky's Apartment is casual; imagine a high-school house party as a bar.

## Wednesday

Hump day in Waterloo is truly the pride and joy of student nightlife here. Wednesdays are reserved for the trashiest, wildest nights of your university career. At Phil's Grandson's, Wednesdays are reserved for hip-hop and rap music spun by the region's infamous DJ White Gold. On any given Wednesday during peak season, the line will span for hours beginning as early as 10 p.m. Cover is a mere \$7 and drinks go for as cheap as \$2.50. It's really something that everyone should experience once because there is simply nothing like it. The club is underground and pro-tip for going to Phil's is to not look down or not look up.

There's also Bomber Wednesdays which



feature specific themes throughout the semester. The big crowd draws are the first and last Wednesday's of the term, where people begin lining up as early as 6 p.m. Specialty music nights in the past have included K-Pop Night, Drake night, EDM night, Rihanna/Beyonce/Nicki Minaj, and the list goes on. Drinks are \$3.50 and with a huge dance floor and even bigger patio to cool off.

## Thursday

On Thursdays, class it up a bit at Brixton Social. Another region favorite, DJ White-out, spins hip-hop and trap beats all night. There's a dress code and drinks are a more pricey here, but the classy decor and good music makes it a popular place before the weekend begins.

For those looking for a different pace, Morty's Pub is the place to be. With the purchase of a drink and many different domestic and premium beers on tap, wings are half priced (this happens on Mondays, too). Coined the best wings in town, Morty's boasts great food, good beer, friendly service, and the biggest game in direct eyesight in the restaurant.

## Friday

On Fridays, chances are you'll find plenty of folks decked out in their favorite cowboy hat and flannel shirt. As you might have guessed, we get a little bit country on Fridays.

Chainsaw is a karaoke bar with mixed drink specials every day. If you want to venture out a little, you can belt out your favorite country tunes with your friends at Dallas in Kitchener. Dallas features a huge dance floor and spans two levels.

Another favorite is Starlight which plays top-40 jams all night, and draws a bigger crowd beyond the university student population. There are frequently special DJ features and live music here, so keep up with them on social media to see what piques your interest.

## Saturday

School is in session. In the club district of Uptown Waterloo, Night School is a club with cheap drinks, a mix of throwbacks and top 40 hits, and a dance floor the size of a gymnasium. They even offer free cover if you message them on Facebook for VIP.

Every Saturday, Molly Blooms Pub hosts live music and kareoke, along with \$4 bar rails and specials on tallboys. They also have a \$5 late night menu to satisfy any cravings you might have.

## Sunday

To cap off your week, throw it back with retro music at Phil's. Since there's less of a crowd on Sundays, there will be a more laid-back experience and you might even be able to have room to play pool there. Tunes all the way from the 60's onwards are played all night with cheap drinks and cheap cover.

# Handy hangover cures

**Julie Nyugen**  
*On the case of morning-after regrets*

We don't encourage binge drinking in any capacity, but it is university, and sometimes, one beer turns into four tequila shots. While some may be aware of the typical methods of curing a hangover, there are certainly quirks that are local to KW region that'll have you back on your feet in no time.

## Stay ahead of the game

The key to getting over a night of hard drinking and bad decisions is to eat your

weight in carbs. Head to the nearest McDonald's, Mozy's Shawarma, or my personal favourite, Cheesus Murphy. Cheesus Murphy is a pop-up grilled cheese stand that is open from 11 p.m. to 3 a.m. on Friday's and Saturday's, specifically to cater to the late night club-going crowd. Having a heavy meal like this before you sleep will keep your hangover minimal and will soak up all of the alcohol.

## Noodles (ramen, pho, hand pulled noodles)

If you're a late riser, then maybe skip breakfast and opt for a heavy lunch. Noodle soups like ramen, pho, and lamien are loaded with nutrients and carbs, and let's be

real, who doesn't feel better after a big bowl of soup? For authentic ramen, check out Kenzo's, or Foodie Fruitie for an Asian fusion take on ramen. The regions best pho is in at Pho Dau Bo, but Ben Thanh does a house special pho that will have you feeling like a new and better person. Lamien, or Chinese hand-pulled noodles, are plentiful in the UW Plaza, but if you're willing to make the trek, my person favorite would be Song's Lamien.

## Greasy breakfast at bomber (and the hair of the dog)

Life pro-tip for early risers, 8:30 a.m. class go-ers, and those battling hangovers, the Bombshelter Pub has \$4 breakfast before

11 a.m. which includes toast, two eggs, your choice of protein (sausage, bacon, or beans) and homefries. After 11 a.m., the deal becomes \$6, which is still a steal. This breakfast is filled with all of the carbs, protein, and electrolytes to start your day right.

If you stay past 11 a.m., you've made it to the legal time frame that establishments can serve you alcohol. This means that if you're up for it, you can test the theory of using the hair of the dog that bit you. This means using the thing that's causing your suffering to recover from it, and with 14 different beers on tap, Bomber is sure to have what you're looking for.





## YOUR SEXUAL HEALTH

**Riamarie Panachikal**  
*On the case of hella hormones*

To keep sex healthy, fun and safe, sometimes you have to use your head — no, not that head. Throughout your university career, you may encounter a variety of concerns regarding your sexual health. There are multiple resources available on and off campus that assist with your unique concerns. Here are just a few to help you get started:

**University Resources**  
**Sexual Violence Response Co-ordinator (SVRC)**

This position is held by Amanda Cook at the University of Waterloo (UW). Members of the UW community impacted by sexual violence can access the SVRC for support. The SVRC works to assist those impacted by sexual violence, works in partnership with the impacted person to assess their needs, and find remedies that suit those needs. The SVRC can also support students

by connecting them with other campus and community resources. E: Amanda.cook@uwaterloo.ca. P: 519-888-4567 ext: 46869

**Health Services (HS)**

On an appointment basis, physicians can meet with students to help assess various sexual health concerns. Through HS, students can access counselling for a variety of needs including new diagnoses and health management. Physicians can administer confidential testing for sexually transmitted illnesses, provide prescriptions for birth control, and provide emergency contraception and pregnancy tests. HS physicians are also trained for assisting in LGBTQ+ specific needs. P: 519-888-4096. For free 24/7 consultation with a health professional: 1-866-797-0000.

**Counselling Services (CS)**

If you require any counselling, stop by the new Needles Hall Extension. P: 519-888-4567 ext. 32655. W: <https://uwaterloo.ca/campus-wellness/counselling-services>

**Glow Centre**

The Glow Centre for Sexual and Gender Diversity is dedicated to bringing LGBTQ+ programming and advocacy to campus and the community. The centre is stocked with a variety of sexual health resources including internal and external condoms, non-latex condoms, lube packets, and dental dams. LGBTQ+ resources. E: glow@glow.feds.ca. P: 519-888-4567 ext: 38569. Room: SLC 2102.

**Women's Centre**

The Women's Centre provides various intersectional feminist programming for the UW campus and Waterloo community. Here students can find pregnancy tests, internal and external condoms, feminine hygiene products, including pads, tampons and liners. E: women@gmail.com. P: 519-888-4567 ext: 33457. Room: 2101

**Off-campus****SHORE Centre**

The Sexual Health Options, Resources & Education Centre can assist with unplanned pregnancies, provide free pregnancy tests, sexual health products like condoms, lube, and dental dams. The facility provides a

variety of informational sessions and other resources. W: <https://www.shorecentre.ca/>. E: info@shorecentre.ca. P: 519-743-9360.

**The Sexual Assault Support Centre of Waterloo Region (SASC)**

SASC can provide students with a 24-hour support line and counselling services for both adults and women specifically. They can help advocate for clients and mediate interactions with legal bodies, police, and physicians. SASC is able to provide a variety of educational resources and practical advice regarding sexual health. W: <http://www.sascwr.org/>. P: 519-741-8633.

**The Waterloo Region Sexual Assault Treatment Centre**

Located in St. Mary's General Hospital, this team of specialized nurses and social workers can assist you with any medical needs you might have after assault.

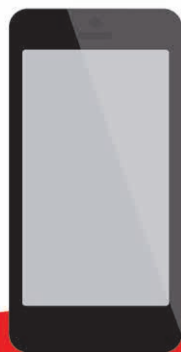
P: 519-744-3311

W: <http://www.smgh.ca/patient-care-programs/community-based-programs/waterloo-region-sexual-assault-and-domestic-violence-treatment-centre/>



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# Gettin' some... consent

**Charlotte Hings**  
*On the case of consensual coitus*

When two or more people engage in a sexual activity, all those involved must agree to what is happening.

This is known as giving consent, and this must be expressed using words and behaviour by everyone involved.

Without consent, sexual activity is considered to be sexual violence.

"Consent is essentially getting permission to engage in an activity," Amanda Cook, Sexual Violence Response Coordinator at the University of Waterloo said.

To avoid incidences of sexual violence, it is important to increase education on what consent

is, how to ensure that it is properly obtained, and how to identify situations where consent cannot be obtained.

This article will provide you with a quick guide into consent.

**What constitutes consent?**

Consent is unambiguous, multifaceted, and must be perpetual.

"It's positive, its ongoing, its enthusiastic, and it's not [like] if you consent to one act that automatically means you consent to the next act," Cook said. "It means checking in along the way and making sure that the person you are with is okay with everything."

The act of giving consent must be voluntary, meaning that consent is not valid if a person is being deceived, coerced, or forced into giving it through emotional, psy-

chological, physical, or financial threats.

In other words, consent must always be freely given and those involved in a sexual encounter must feel able to say 'yes' or 'no' or to stop the sexual activity at any point.

Before and during sexual activities, there are a few essential questions to always be mindful of.

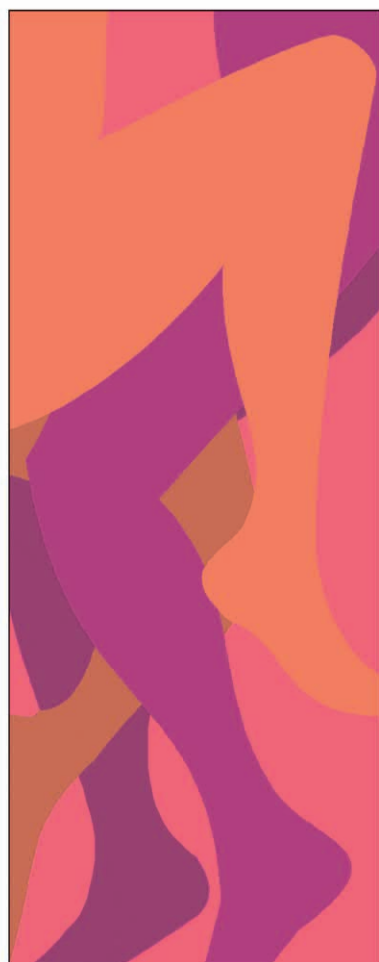
"So things like, 'is the person able to consent?'" Cook said. "Are they conscious? Are they way beyond drunk? There are limitations to when somebody could potentially consent. Is the consent given without manipulation or coercion or threat? Is there a power imbalance or the person who is seeking the behaviour have authority over the other individual? Is the person of age to consent?"

*Continued on pg. 39*



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# Gettin' some more... consent



**Charlotte Hings**  
*On the case of keeping it casual*

Continued from pg. 38

Consent is not something that can be assumed or provided by anyone else.

"Somebody can't consent for somebody else," Cook said. "Your brother or sister can't say to her friend, 'oh, yeah for sure, she'd totally be into that.' Right, that's totally inappropriate."

**Can consent be withdrawn?**

It is normal for someone to change their mind during or before a sexual encounter, for any reason. It is important to communicate with your sexual partner(s): if you wish to withdraw consent, to observe and ask about any changes in body language or behavior of your sexual partner(s) during or before the sexual act that may indicate they wish to withdraw consent, and respect your partner(s) decision when consent is withdrawn.

"Consent cannot be assumed. Yes, consent can be withdrawn," Cook said.

**What words can be used to give consent?**

Many people assume that definition of consent is that 'only no means no,' which means that unless or until you explicitly say 'no,' you are implicitly saying 'yes.'

The correct definition of consent is that someone must agree, gives permission, or explicitly says 'yes' to sexual activity with other persons. Although, Cook explained, this doesn't mean interactions need to be robotic or contractual. Often, consent is a mixture of verbal and non-verbal cues.

"[Seek] the affirmative, but then also [look] out for the non-verbal body language type cues as well," Cook said. "Giving consent can look a lot of different ways. But probably if you're not sure the clearest way is 'yes' or 'yes, I like that,' or 'for sure'. So again, that enthusiastic, really clear consent."

Without enthusiasm, it can be assumed your partner is not comfortable with what's going on.

"When you hear somebody being silent or saying 'no, I guess,' or 'maybe,' that's probably not consent and it may be enough for somebody to assume its consent because they're so focused on what they want to do to the other person," Cook said. "But those are the moments you can take to say, 'hey, it doesn't really seem like you're into this, we can try something else.'"

If you're uncertain about an experience, pursuing an act, or about your partners comfort, it's okay to ask. Consent starts with opening discussion channels between partners.

"There's a lot of misunderstanding around consent and what it all involves," Cook said. "If you're not sure, ask and opening up a line for communication and feeling comfortable to ask and make sure that the other person is okay. But on the other end, making sure the other person feels okay to say something."

**Can consent be assumed?**

Consent should never be assumed. If you are unsure that you have consent, it is always best to ask or to just not engage in, continue or initiate the sexual activity. Some common situations where consent is thought to be assumed, but cannot be assumed are:

1. Through body language, appearance, or attire: It should never be assumed by the way that someone dresses, smiles, looks, or acts that they want to have sex with you.

2. Dating, relationships, or previous sexual activity: It should never be assumed that just because you have

had a previous sexual encounter with someone, are dating them, in a relationship with them or married to them, that they consent to having sex with you. If someone consents to one sexual act, it does not mean that they consent to different sexual act or the same act on a different occasion.

3. Silence, passivity, lack of resistance, or immobility: Just because someone is not actively resisting a sexual act, does not mean that they are consenting to it. Passive participation is not an implicit 'yes' and physical resistance is a definite 'no.' Deciphering consent from body language alone leaves room for error and uncertainty, therefore, establishing consent verbally is ideal. In the case of hearing, verbally or visually impaired individuals, it is important to communicate clearly a manner that they understand and that they usually use to communicate and be aware of any changes in their body language or behavior before, during and after sex.

4. Under the influence, incapacitation, asleep or unconsciousness: If a person is under the influence of alcohol or drugs, incapacitated, asleep or unconscious, their capacity to make informed sexual decisions is impaired. They are legally incapable of giving consent and any sexual act performed with them is by default sexual assault, no matter their words or behavior.

**How can make sure that I have consent?**

It is really quite simple. Just ask. "Consent doesn't have to be complicated," said Cook, "We want sex and any kind of sexual intercourse to be pleasurable and fun and enjoyable. It's just about being respectful of your partner and just always making sure everyone's okay with what's going on."

**I feel that I may be the victim of sexual violence. What do I do?**

Sexual violence represents a wide variety of incidences.

"Sexual violence is ... any unwanted act of a sexual nature," Cook said. "It can range anywhere from an unwanted hug or like a butt grab or sharing of nude photos online of somebody, taking pictures of somebody without their consent... using sexually crude language all the way up to unwanted intercourse and rape essentially."

The most important thing to remember is that you are not alone and it is not your fault.

If you have been impacted by

sexual violence and your physical well-being has been compromised, a medical examination is advised in order to protect yourself against the possibility of sexually transmitted disease or pregnancy, or any other physical injuries.

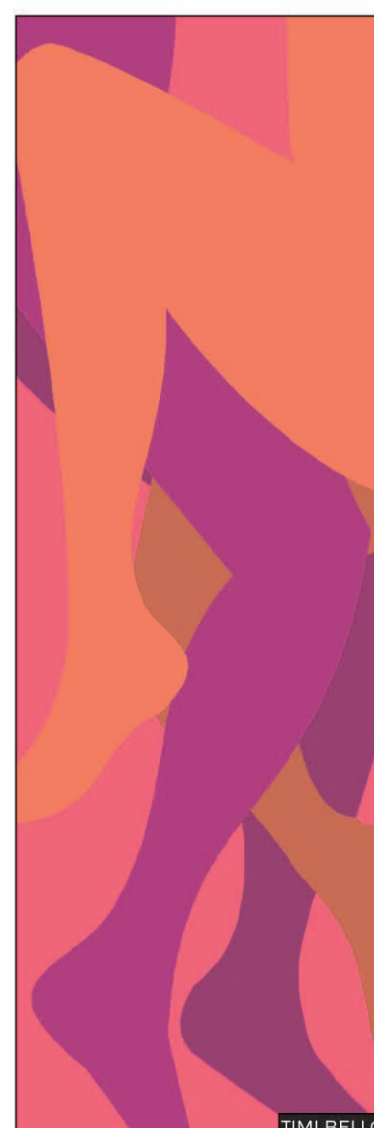
The Waterloo Region Sexual Assault Treatment Centre is located at St Mary's Hospital and has resources to assist those who have experienced sexual assault and are able to collect evidence if criminal charges are pressed.

If you feel comfortable, consider reporting the incident to campus or local police. Amanda Cook can be reached at 519-888-4567 ext. 36869 or by email at amanda.cook@uwaterloo.ca. Contacting and speaking with Amanda will not initiate an investigation without given permission. No personal information will be shared, unless that individual is in clear and serious danger.

The Waterloo Regional Police service can be reached by calling 911 (for emergencies only) or 519-653-7700.

For support, contact UW Counselling Services at 519-888-4567 ext. 32655 to schedule an appointment or call the Sexual Assault Support Centre of Waterloo Region at 519-741-8633 (24-hour support) or 519-571-0121 (office).

You can also visit: <https://uwaterloo.ca/police/campus-safety/sexual-assault> for more support services.



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# Preparing for Co-op

**Biyanka Datta**  
On the case of interview inquiry

As a first year, I remember feeling clueless and border-line terrified about my first co-op term. I had no prior work experience and competing against upper-years sounded terrifying.

Now that I'm more than three-fourths done with undergrad, I am more confident in my abilities and experience. I worked as a web-developer in my first year, and then worked in the retirement consulting and life insurance industries in my following co-op terms as an Actuarial Analyst.

Here are a few important things I learned about the co-op system here at the University of Waterloo that I wish I knew when I was preparing for my first co-op term.

**Get familiar with WaterlooWorks, co-op terminology, rules and important dates**

At the beginning of your co-op term, you will receive an email from Co-operative Education and Career Action (CECA) with important dates and key details about WaterlooWorks. Make sure through read through this email carefully — it will tell you how to set

your intention, update your skill profile and many other important instructions.

**Start working on your resume and/or cover letters ahead of application due dates**

When you apply on WaterlooWorks, you submit application packages to each employer. Each package contains a cover letter (this is required by some companies), resume, transcript and prior work term evaluations (this won't be a part of your package for your first co-op).

**Start working on your resume early.**

Working on your resumes before due dates will give you time to get it critiqued by CECA and at your faculty/major club's resume critiquing sessions.

**Do not put false information on your resume**

Don't put anything on paper that you cannot back up. It'll get you into unnecessary trouble during your interviews.

**Make a LinkedIn profile**

Employers tend to look at your LinkedIn profiles before/after interviews. There are LinkedIn headshots events at the beginning of every term, where you can get a nice display pic for your LinkedIn profile taken by a pho-

tographer at the university at no cost.

**Prepare for your interview**

Make sure you research the company you are interviewing: familiarize yourself with their products and industry of focus.

Be confident: don't worry if you don't think you have enough experience or if there are others interviewing with more experience. Employers are aware there is a mixed pool of experience when they call you in. Let your personality shine through, interviewers are trying to see if you align with their culture

Dress professionally for your interviews. It may sound shallow, but how you present yourself gives your interviewers the first impression of your personality.

Send an email to your interviewer after your interview. You don't have to do this, but sending your interviewer a thank you email is always good interview etiquette.

**On unconventional co-op placements**

Do not get disheartened if you do not get an interview from a company in your field. More often than not, students do not get a co-op position directly related to their field in their first co-op term — and that is OK. Always remember that no work experience is bad experience; you always learn new transferrable

skills. In fact, a different work experience may put you ahead of other candidates in your future co-ops. Sometimes, working in a different industry may help you realize your true calling. Co-op is about making sure you know what you are getting into, and testing if it's something you will enjoy full-time. I know people, who did computer science co-ops in their first term, even though they were in actuarial science, and realized they really enjoyed it. This resulted in them switching into computer science, and now they have worked with huge companies like Facebook, Bloomberg, and Google, to name a few.

There is also an option of doing an enterprise co-op. This is a great option if you have a start-up idea and want to work on it. University of Waterloo is the hub for innovation, and they provide you with a lot of support and resources to make your start-up dream a reality. You can find more details here: <https://uwaterloo.ca/conrad-business-entrepreneurship-technology/undergraduate/enterprise-co-op>.

At the end of the day, being in the co-op program provides you with opportunities to explore your potential. Work hard, be confident and success will follow.

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