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CLIMATE CHANGE

The UN released a report urging governments to take action before climate change destroys the world.



IS VAPING HARMFUL?

Vaping could cause athletes problems in the future P17.

REFERENDUM RESULTS P2

Fall Break Trial Period comes to an end, students give their opinion.

DRAG AT THE BOMBER P9

See this semesters drag stars hit the stage and strut their stuff.

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Foreign nationals are posing as UW international students to get into Canada.

Mary Jane just got a pardon

Find out where you can hangout with her on campus on P4



VICTORIA GRAY

Fall break referendum results

Harleen Kaur Dhillon
Staff Reporter

Full Break is a time for people to go home to their families, celebrate, and also catch up on school work. Soon, the trial period for the break will end, and the University will decide whether or not to keep it.

On Oct. 3 and 4, students had the opportunity to vote in the Feds Fall Break Referendum, which offered three choices: extend Fall Break to cover a week, keep it the way it is, or get rid of Fall Break altogether. The referendum also asked students' opinion about Orientation Week, and whether they prioritize Orientation or Fall Break. The majority of students prioritized Fall Break (85.6 per cent) and wanted it to be extended to a full week (79.9 per cent). Still, this is a voice, not a vote.

"It is just a voice, it is not decision-making, it's actually up to the higher ups," Dawn Clarke, a fourth-year Computational Mathematics student said.

Clarke started university in Fall 2014, and has experienced both having and not having a Fall Break.

"The extra time didn't reduce any stress, it was the same if not more... in some courses they actually added extra assignments because of the break," she said.

In many cases, midterms take place or assignments are due on the day after the break.

"So the problem with it being such a short break is that most people go home for the long weekend so they only have those two days to catch up [but because there is more] we are expected to get done over that break and a lot is due on that Thursday, Friday so

it causes people to be actually more stressed than if they didn't have that break," Clarke said.

Matthew Gerrits, Vice President of Education in Feds, said there are guidelines for how professors assign work for the break. "Some of the guidelines that are... actually going to be brought in are that there cannot be any due dates that happen during the break," he said.

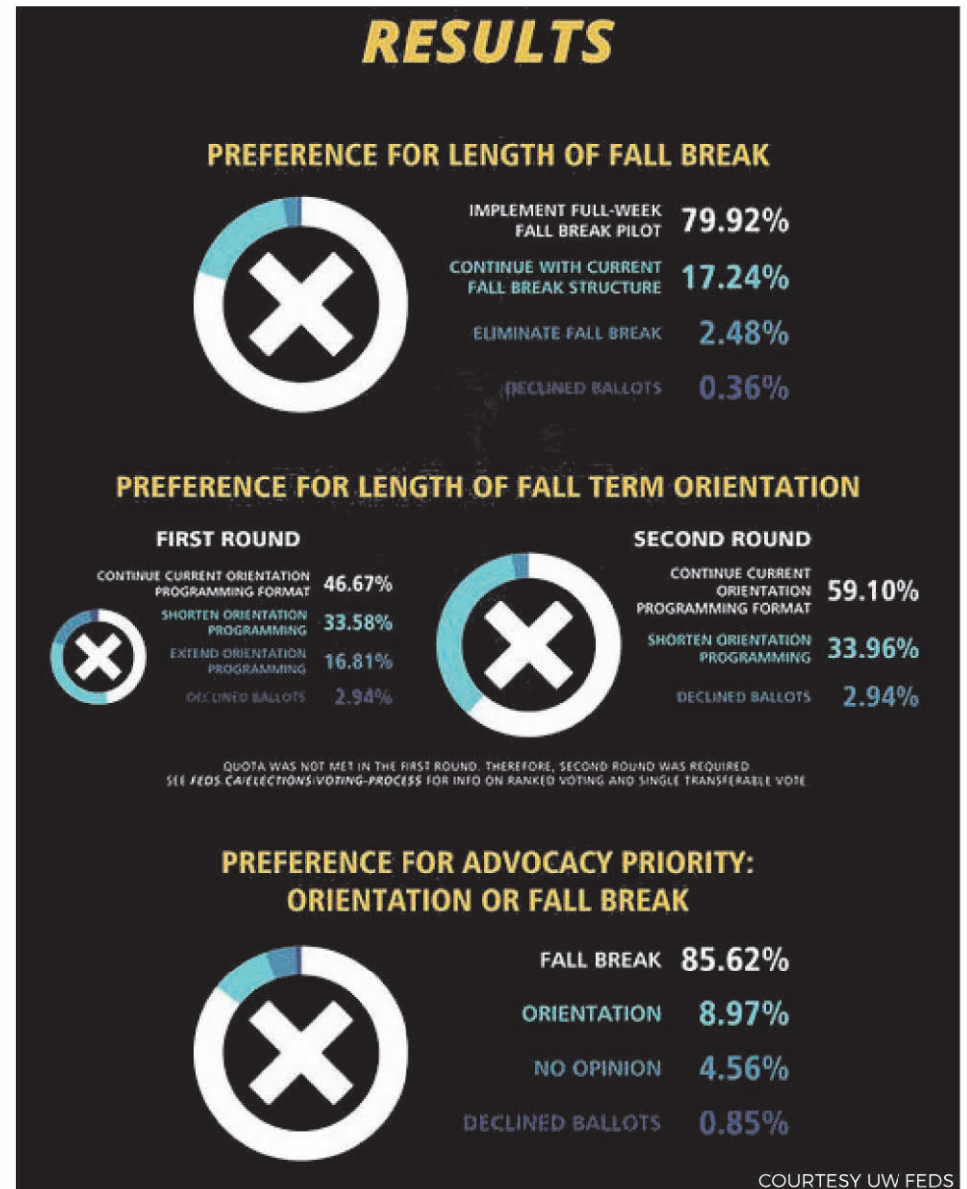
While the Student Success Office suggests engaging in recreational activities such as exploring the Fall Harvest and attending Oktoberfest, Gerrits clarifies that the Fall Break is not a time for relaxing.

"The break is not solely for students to relax, that is something that the university made clear, it is a chance for students to catch up on academic work as well, and I think that if students have caught up on their academic work and they are satisfied with it, then that is when the relaxation piece might be a part of it, [...] I just want to make clear that it is not a break as in a vacation, but it's a break as in a chance to catch up."

If Fall Break is extended, the University must compensate for two lost days.

"One way to do that is to turn a Sunday during exam period into an exam day; Sundays during exam periods are usually set aside as break days where no exams are scheduled. To make up for the other missing day, classes could be pushed to start one day earlier in the term, which would then affect Orientation programming," Gerrits wrote in an article for Feds.

Richard Wu, President of the Feds, will represent undergraduate students' opinions in the discussion with University Senate on what will happen to Fall Break.



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IPCC calls for urgent climate action



IPCC have been repeating themselves for the past two decades. When will we finally listen?

CHARLOTTE HINGS

Charlotte Hings
Managing Editor

The UN Intergovernmental Panel on Climate Change (IPCC) released a special report this past week as part of their Sixth Assessment cycle.

It reports on how global warming projections of 1.5 degrees Celsius above pre-industrial levels are no longer just projections or model estimations, but are in fact, a reality. By 2030, it is certain that the planet will have warmed an average of 1.5 degrees Celsius and will face the detrimental consequences of this which include extreme drought, wildfires, mass die-off of the Coral Reef, floods, and food shortages for hundreds of millions of people, many of which have already surfaced in many parts of the world.

The results presented in this special report are not novel. Past IPCC reports contained warnings of possible catastrophic events that could occur with the warming of the planet, along with recommendations to reduce fossil fuel emissions. Decades have passed since these first warnings, and few of the IPCC's recommendations have been taken seriously.

In the IPCC's 1995 report, carbon dioxide emissions were urged to be lowered and it was predicted that even if emissions remained at 1994 levels, atmospheric concentration of carbon dioxide would double pre-industrial levels, reaching about 500 parts-per-million (ppm) by the end of the 21st century. Given that emissions did not stay at 1994 levels and have only risen since, not even two decades into the 21st century, the atmospheric carbon dioxide concentration is already at 410 ppm from 360 ppm in 1995.

In the IPCC's 2001 report, they continued to state that greenhouse gases (GHGs) emitted by human activity were altering the stability of the Earth System. It also reported that the global average surface temperature rose by 0.6 degrees Celsius during the 20th century, which was higher than previous estimates. The 2007 IPCC Report predicted global average surface temperature to warm by 0.2 degrees Celsius per decade, while

urging governments to develop climate change mitigation and adaptation strategies and warning of drastic consequences.

With continually increasing GHG emission trends, the 2013 IPCC report conveyed more urgency than the previous reports, and called for more drastic measures to be taken.

"Limiting climate change will require substantial and sustained reductions of GHG emissions," the report states.

In the 2014 IPCC Synthesis report, in the Forward, written by Michel Jarraud, Secretary General of the World Meteorological Organization, and Achim Steiner, Executive Director of the United Nations Environmental Programme (UNEP), stated sobering findings with an urgent call-to-action. Previous reports included mere suggestions for future direction and climate change mitigation, however, the 2014 report was different. "Stabilizing temperature increase to below two degrees Celsius relative to pre-industrial levels will require an urgent and fundamental departure from business as usual," the report states. "Moreover, the longer we wait to take action, the more it will cost and the greater the technological, economic, social, and institutional challenges we will face."

Following this, the Paris Agreement was born. The countries that signed on committed to taking action to keep global warming below two degrees Celsius.

It was not enough.

Many climate activists were dissatisfied with the promises of the Paris Agreements. The Agreement is not binding and does not force any one country to commit to a contribution deemed sufficient. According to experts, the collective contributions from the countries that are part of the Agreement do not add up to what is needed to meet goals.

In 2016, UNEP stated that the world is still nowhere near on track to achieve the temperature goals adopted in the Paris Agreement, as global annual GHG emissions must be reduced by 12 billion-14 billion metric tonnes by 2030 to meet these goals.

The IPCC special report released last week offers different recommendations than it has in the past. Lowering emissions to the necessary degree will require wide-

spread political engagement, changes in energy, industry, buildings, transportation, and cities, the report states. Additionally, emissions reduction is no longer enough to prevent warming, it is time to shift focus to also undoing the damage that has already been caused. It indicates that further developing technologies to physically take carbon dioxide out of the atmosphere should be considered given the state of crisis.

The IPCC special report states that "rapid, far-reaching and unprecedented changes in all aspects of society," are needed to

avoid catastrophic consequences of climate change.

With this statement by the IPCC, nothing different is being said than in the past 20 years, it is only being said with more urgency. Many years have passed with insufficient climate action. There is little-to-no time left to make the necessary changes, to take the actions that should have been taken long ago. The risks are only increasing, and the consequences of climate change are only getting more severe with every day that passes.



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~~420~~ - 10/17 blaze it!!!

Harleen Kaur Dhillon
Staff Reporter

The Man couldn't keep Mary Jane locked up forever.

As promised by Prime Minister Justin Trudeau, the federal government has legalized cannabis throughout Canada, so you can have, buy, and grow the devil's lettuce.

As of Oct. 17th, people aged 19 and over are allowed to grow up to four cannabis plants per residence, possess up to 30 grams in public, and purchase up to 30 grams for recreational use at a time. Until April 2019 it, can only be legally purchased online on the Ontario Cannabis Store website.

"If the whole purpose of this is to say try to remove some of the black market of cannabis, the current model will have zero impact bc if you have to go online, order cannabis, wait for cannabis to come, and give the gov all your info -- that's a lot slower than someone who is already using and just calling their dealer and their drugs getting delivered right away." Scott Leatherdale, Canadian Institutes of Health Research (CIHR-PHAC) Chair in Applied Public Health Research and Associate Professor in the School of Public Health and Health Systems (SPHHS), said.

The provincial government hopes to protect and keep mari-

juana away from underaged people and drivers.

"Ontario's Government for the People will be ready with rules that keep cannabis out of the hands of children and youth, and keep our roads safe," Ontario's web page states.

David Hammond, CIHR-PHAC Chair in Applied Public Health and professor in the SPHHS said people think a new market for drugs is on the horizon, but it already exist.

"I think a lot of people feel that by legalizing, we are inventing a market. There is already a well established market. We've done work showing how we have multiple stores in the region, any UW student could go online, order up some cannabis and have it delivered to them tomorrow, even before legalization," Hammond said.

The government of Ontario has based the rules for smoking cannabis after tobacco restrictions, but regulations for edibles do not exist. "[Edibles] are not going to become available from the gov for another year primarily because they haven't figured that part out which will potentially be a huge market... That's where I think they're gonna have to spend the next 5, 10, 15 years is actually figuring out what makes sense and what doesn't make sense because there's multiple ways to consume cannabis, not always just combustible," Leatherdale said.

Legalization is a good opportunity to educate the general populace about safe methods of cannabis consumption, as well as the risks that it poses to health.

"The good news for consumers is that they will have more reliable products. The product standards will be better, the labelling will be accurate... and that's really important because there are more different kinds of cannabis than ever... And it's an opportunity to educate people on what all these products are because they are not all the same and there's a lot more difference between different cannabis products than different alcohol products, and some are likely to pose greater risk of addiction and other health effects," Hammond said. Both the federal and the provincial government are focused on harm reduction. "There's no doubt that that's the main motivation, there's a lot of sympathy. If you look at the Cannabis Act (Bill C-45), its primary goal is harm reduction and I think there's pretty well consensus with most experts in the area that we aren't doing anybody a service by throwing people in jail for using this product. So in that sense, I think there's no question that this



VICTORIA GRAY

is an improvement," Hammond said.

Trudeau tweeted that underage Canadians are affected by black market sales when Bill C-45 passed in Senate in June.

"It's been too easy for our kids to get marijuana - and for criminals to reap the profits. Today, we change that," he said.

While Hammond said harm reduction was a major motivator, Leatherdale believes financial factors played a larger role.

"I think the reasons driving the decision to legalization aren't based on what's in the best interest of public health, it's probably more done in the interest of what's fiscal decision for the federal government because now it can be a

taxed product. There's a revenue stream, there's industries that will produce jobs coming out of this, potentially some reduction in activities around police so really what was driving the decision was based on financial decisions, not necessarily public health," Leatherdale said.

Hammond does not believe that legalization will usher in major change.

"In some ways, it's not so much radical change... it's just people who have been sourcing it illegally will have a legal source for it... on the day it's legalized, we'll see some celebrations, whatever those might look like, there'll be lots of news stories, and then it will settle back into the status," he said.

Marijuana at UW

Rina Malatches
Reporter

Wednesday marked the day the Cannabis Act comes into effect. Across Canada the possession of cannabis becomes legal and there are mixed reviews about how people feel about this change.

Currently, the University of Waterloo, among other institutions, has not created a specific policy in preparation for the legalization of Marijuana. They do however have a team of people currently examining the issue.

A CTV News reporter, Annie Bergeron-Oliver, stated that for the University of Waterloo, "smoking cannabis is banned, but students in residence will be permitted to make and eat oil-infused edibles."

It will also be prohibited to have marijuana sent to dorms on campus.

The University of Waterloo's Student Health 101 Magazine talked about weed'd impact on the human body.

"What we do know is that there are some stark differences in how THC affects the body when it's consumed vs. when it's smoked," the University of Waterloo's Student Health 101 Magazine said. The effects of consuming edibles last substantially longer than smoking marijuana, this can make it difficult to know how much THC has been consumed.

The magazine's main takeaway was that, "If you plan to consume edibles, start with a very small amount and wait a couple of hours to feel the effects before deciding to take any more."

The University of Waterloo has a team of experts who are able to discuss and examine the impact that the legalization of marijuana will have on students.

"In terms of public health, there is no justification for criminaliz-

ing marijuana when you can buy cigarettes at the corner store," David Hammond, a professor from the School of Public Health and Health Systems with an expertise in drug policy said.

Michael Beazely, the chair of the Waterloo Region Integrated Drug Steering (WRIDS) Prevention Coordinating Committee and vice-chair of the WRIDS Steering Committee emphasized the impact that cannabis can have on the body of young individuals.

"Cannabis use can have significant impacts on the body and brain development, particularly in young people. Factors such as the chemical makeup of the cannabis and the method of using cannabis also alter the effects it will have on the body," Beazely said.

Kelly Grindrod is a project lead of Pharmacy5in5 which is a platform that allows for people in the field of pharmacy to self-assess knowledge on important topics in the health field such as cannabis.

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Fraudulent UW acceptance letters

Illegal immigration scandal used fake UW acceptance letters to obtain student visas

Sean Menezes
Reporter

Sarbjeet Singh immigrated to Canada with the claim he had been admitted to the University of Waterloo's engineering graduate program in August 2012.

Singh had government-issued student visa and an acceptance letter from the university, there was little reason to doubt his intentions.

For many international students attending a Canadian university, there are often feelings of excitement and accomplishment as they begin their undergraduate or post graduate education.

Recently, there has been a steadily increasing number of fraudulent study permits, all pointing to a growing problem for Canadian universities: fake acceptance letters.

Matthew Grant, Director of Media Relations for the University of Waterloo, voiced his concern on the matter of exploitation of Canada's immigration system.

"It's unfortunate that anyone would use our well-earned reputation for this kind of thing ... it's not acceptable," he said.

Several years after Singh immigrated, a probe by the Canada Border Services Agency revealed that he was among 15 people involved in an illegal immigration fraud, where a fake university acceptance letter permitted their entry to Canada.

From this probe, the Agency also discovered that these fraudulent acceptance letters allowed individuals to change their study permits into work permits, as was the case for Singh.

These 15 people involved in the immigration fraud were all traced back to Chandigarh, India.

Each of these fraudulent study permits were issued to individuals who claimed ac-



CHARLOTTE HINGS

The University of Waterloo's graduate engineering program is one of the most sought after in the world with thousands of applicants every year. This year fraudsters found a way to get into the country using fake acceptance letters.

ceptance into the same graduate program as Singh. In court, Singh pleaded ignorance.

He claimed that his father had applied to the university for him, and did not know that the acceptance letter was fake until he arrived at the University of Waterloo. However, Singh's lack of concern of the language barrier of a foreign country drew suspicion to his claims.

Provincial court judge, E.A. Johnson was especially skeptical of Singh's story, considering that Singh made no attempt to contact the university or his parents once he learned his acceptance letter was fake. Johnson cites Singh's "vagueness," in court, as well as his lack of preparation in Canada as further cause for his disbelief. Singh now awaits the outcome of his sentencing in Ed-

monton, Alberta.

During the past three years, more than 6,500 study permits were refused by Canada due to misrepresentation and these are just the cases that were caught by Immigration, Refugees and Citizenship Canada.

This highlights the growing concern from Canadian universities regarding fraudulent documents or acceptance letters.

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Lime e-scooter trial run

We tested the new e-scooters to bring you the inside scoop on how they work

Vi Shah
Creative Director

You've just missed the bus because it took decades to cross the street. Now you're stuck waiting for the next bus. When you finally get on campus, you're running to class and have missed the first five minutes.

So, what's the solution? The new Lime e-Scooters are the best way to get from one end of the campus to the next in no time.

Getting started is quite simple, and they've made their user experience quite pleasing. Start off by downloading the app on your phone, 'Lime' and making an account using your phone number or Facebook account.

Next, you can locate scooters nearby through the app's map. Once you find a scooter, you can scan the code with your phone and link it with your account. Payment is done through the app via credit/debit card, with \$1 start fee, and then \$0.30/minute.

The great thing about these scooters is

there's no specific location you must leave it, making it convenient to find at any location and you can get off right at your desired destination.

One downside to the Lime e-Scooters is the price can add up if used over a long period of time. The scooters are meant to be ridden for short distances in short periods. The good news: it's surprisingly fast. You can get to your location in no time.

If you're looking to cut down your carbon footprint, this is a great replacement for your car. Walking, biking, and scooting reduce carbon emissions. Once you've ridden one of these around Waterloo, your ride history can tell you how much carbon you've cut down on.

Lime scooters are powered through electric recharging. If you'd like to make some extra cash, becoming a Lime 'Juicer' can be an option with the right equipment.

Besides the convenience and speed, it's an extremely fun method of transportation, and I'd recommend anyone try it out. Download the app and give it a go! After riding the Lime e-Scooter, I don't think I'll be walking much anymore.



Lime app identifying nearby scooters through their map using Wi-Fi.

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uwaterloo.ca/career-action



CHARLOTTE HINGS

Feds operated a Snack Cart on Oct. 11 and 12, as part of Wellness Days to help give students a dose of healthy eating after a potentially unhealthy Thanksgiving break.

imprint

Wednesday, October 17, 2018 | Vol. 41, No. 13
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Next scheduled post-mortem meeting:
 Wednesday, Oct. 17 at 3 p.m.
 Imprint Office, SLC 0137

Next scheduled board of directors meeting:
 Thursday, Oct. 18 at 5:30 p.m.

opinion



HAVE YOUR SAY

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

How do you keep fighting?

Apathy is a hard thing to ignore. I have staunchly supported and fought for the rights of so many disenfranchised people and groups, but it feels like there is no progress and, in fact, like the world is leaping backward in time. I want to keep fighting for women, for LGBTQ+, for immigrants, for Indigenous peoples, for the environment, for education, and for anyone who feels marginalized in our world where we could so easily create equity, but I am getting so tired. Information confirmation bias is such a hard thing to fight against; it feels like I can't change anyone's mind. They are stuck believing in hate and I am stuck believing in equality and equity for all. They will say anything to keep the machine of capitalism, the system of privilege and patriarchy going, while I try to tear it down one mind at a time, but it seems people are less willing to listen to, what I call reason and, far more apt to spew racist and sexist rhetoric.

Is this because men like Donald Trump and Doug Ford run their respective governments? Are they spreading the hate or was the hate always there, just silenced by the Liberal/Democratic zeitgeist?

Were these people quietly waiting in the wings just nodding along with progress, all the

while planning a comeback? Or did something happen to these people recently to encourage them to hate women, different ethnicities, and LGBTQ+ people?

What happened and why are we so afraid of things and people or their choices that don't affect individuals?

Why is it so hard to fight hate? Why does it feel like a losing battle? Why does the privileged patriarchy fear equity? Who is creating the narratives that women, different ethnicities, immigrants and LGBTQ+ are less than CIS gendered white men?

I don't want to give up. I don't want to leap backward. I want to push forward. I want equity for all people, but I don't know how to fight the good fight anymore. I want to fight dirty. I want to stand up and scream that I, that you, that we are not less, but they'll tell me I'm emotional. They'll tell

me that a temper tantrum isn't the way to get what I want.

I am emotional, I am filled with hate for our oppressors and I feel defeated. The powers that be are winning. Don't give in to the apathy. Keep fighting the good fight. Be loud, be

proud and never let anyone, not even the voice in your head that screams, "we're losing, give up," dictate how you live, love, and fight against injustice.

Victoria Gray
 Executive Editor



COURTESY SAMANTHA SOPHIA

Feds general meeting needs more participation

Vice President Student Life Savannah Richardson on the upcoming General Meeting on October 24 in the Student Life Centre.

"Another GM already?!" Yes, another General Meeting (GM), and it's far from a bad thing! General Meetings are one of the many mechanisms for you, undergraduate students, to have your voice heard. I wish I had exercised my right to vote more when I was in my undergrad; however, I didn't attend my first GM until my 3A term.

Until 3A, I didn't understand

what a GM accomplished, I couldn't read or understand a by-law to save my life (boy has that changed!), and I didn't know that what occurred at a GM can impact my time at Waterloo. GMs also taught me more about Feds as an organization, which I'm very grateful for. I learned that there are so many opportunities to get involved, both as a volunteer and as part-time staff. I got to witness such a plethora of passionate, dedicated student leaders, which always makes me proud to be a part of this community.

I can guess what you're thinking: "Savannah, you're a Feds exec. Of course you think GMs are great." You're correct: I am a Feds exec, but that isn't why I firmly believe GMs are so important. Having your voice heard at GMs is equally as important as voting in the municipal election, and is equally as important as voting in Feds election. You are the influencers of tomorrow, but only if you take the time to have your voice heard. I know GMs can be a bit intimidating, and I know it can be difficult to parse through by-

laws, but there are so many fantastic people within Feds who can answer any questions you have.

All the Feds exec have office hours, and we'd love for students to take advantage of them and come ask us any questions or just chat with us.

Please take the time to read through the agenda packages, talk to your friends, and ask as many questions as you need. I'll see you on October 24!

Savannah Richardson
 Vice President Student Life

Six things I wish I had known before graduating

CAREER:

TAKE A DEEP BREATH. Finally no more exam stress! You are a graduate. Job-hunting is an unavoidable evil and rejection is inevitable. If you do not nail it and get the job, it is OK. Interviews provide practice; you will nail the next one. You may not find the job you want or are looking for right away. The job you find will allow you to build your experience and skill set. Things never go as planned so be prepared to make career changes along the way.

CLOSET UPGRADE:

You are not going to nail that job interview in your UW hoodie and sweatpants! You need a killer interview outfit. I suggest researching the position and company culture to see what is acceptable.

FRUGAL DAYS:

I suggest saving as much as possible. Make a budget and stick to it. I know, I know, you have student loans to pay. Do not stress about paying those off right away; you have some time before you have to start paying them off, anyways. Work. Save. Repeat.

LIVING SITUATION:

Things are a-changing, or about to anyone! You have shared a residence with a roommate or two. Now it's time to assess your living situation. Your bank account will feel it but nothing is better than having your own cozy place. Embrace the independent you.

ROUTINE CHANGES:

You will feel lost for awhile. You might have been accustomed to the "university life" routine for years, and you WILL miss it. No one tells you this because you have to make it up as you go. I suggest you do it quickly because the real world waits for no one.

AFTER UNI YOU:

Expectations for you are high. You are about to learn a ton about yourself. This is a huge transition period. Embrace it. The self-doubt will kick in. Don't undervalue yourself. Aim high in all situations. You are worth it!

Leslie Clouter
Recent Uw graduate



COURTESY OF UNSPLASH

It's not just about skipping the straw

Disclaimer: I am an environmentalist, but I am by no means a perfect example. I try my best to reduce my ecological footprint by living nearly zero-waste, following a plant-based diet, watching my water consumption, taking public transit, supporting organic, fair trade and sustainably-produced food products when my budget allows for it; but I do some things that are not great. I shop at Walmart, I use an iPhone and products with palm oil in them, I work for a newspaper, I use air transit sometimes, I buy new clothes, and I drink coffee. Coffee drinking is a staple in the fast-paced, high-stress, and demanding North American culture, and I like many, have fallen victim to it.

Coffee is bad for the environment since it has an immense water footprint, needing 140 litres of water to produce the beans required for one cup of coffee.

On top of this, the excess caffeine expelled into waste-water systems has been shown to cause various genetic mutations in aquatic animals. Even though I know that coffee drinking is a significant aspect of North American culture that makes it incredibly unsustainable, I still have multiple cups of coffee per day and bear the weight of the guilt I feel with every sip.

While I have no control over the sustainability of coffee production, I do have control over the sustainability of the consumption end, as does everyone else. A particular trend that has been brought to my attention these days is the 'skip a straw, save a turtle' slogan.

A lot of big-name fast-food corporations are using this to promote how 'environmentally responsible' they are, because they have plastic 'straw-less lids,' or don't give out straws anymore, or whatever else they are promoting. While not using a plastic straw is definitely a good thing you can do for the environment, it is not the main issue here.

The big-name companies that use slogans

like this rely mainly on our consumerist society and the pervasive concept of disposability to make money. As society grows increasingly aware of environmental issues, these companies are put at risk, so they make up lies such as 'skip a straw, save a turtle' to keep the illusion that they are actually doing good things for the environment, to keep people shopping there so they can make money. The companies' whole business models are based on the habits of society that is so far removed from the concept of where their waste is going after they put it in the trash.

By this very nature, these places are already terrible for the environment, but if disposability was removed from their business model, they will likely not make money. To keep their profits, they need to convince people (by lying to them) that their company is still doing something good.

'Skip a straw, save a turtle' allows consumers to think that using a plastic disposable lid and cup, but no straw, is somehow still good for the environment. The concept of disposability and consumerism, which are at the root of the problem, are still there and are not going away with the elimination of the straw.

Another thing that is wrong with 'skip the straw' is that companies use it to complete-



CHARLOTTE HINGS

ly absolve themselves of the responsibility to make their businesses more sustainable and environmentally responsible. 'Skip the straw' is nonsense because skipping the straw is not what is going to save the turtles. What will save the turtles is reducing our plastic consumption as a whole, not just drinking from a cup instead of a straw. Plastic-free reusable coffee mugs are all over the place and there are no excuses for not using them. If you buy six \$5 'specialty' coffees, that is more than the price of one

reusable mug. Expense is not an issue if you are already making these purchases, and on top of it, companies usually offer small discounts for bringing your own mug.

It is possible to live beyond disposability and while skipping the straw is great, this alone is not going to do the environment any good. We can always do more, we have to do more.

Charlotte Hings
Masters Candidate, Environment

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KUNDAI MARIGA

A night to remember: Drag Me to the Bomber

Kyne Santos, a student in mathematical finance, performs at the Bomber.

Harleen Dhillon
Staff Reporter

Drag is for everybody, regardless of who you are, who society thinks you are, or who you want to be up on that stage. It brings people together," Brie Treviranus, a graduate from Social Development Studies, said. They were so passionate about drag that they started the UW Drag Club to provide a platform for young drag artists in the community.

Drag me to the Bomber, a semesterly show, took place on Oct. 12th. The Glow Centre for Sexual and Gender Diversity hosted Drag me to the Bomber, which brings drag to the Bombshelter Pub and provides students with an oppor-

tunity to watch amazing performances by amazing artists from UW Drag Club members and local drag artists.

Lee Mousa, an English Major and President of the Drag Club described the importance of drag to the community.

"Drag is really special for me and from what I've heard from other people, it's a similar experience because it aims to break down a lot of limitations surrounding gender and what people expect you to look like and what people expect you to present as..." Mousa said.

Treviranus also emphasizes the confidence and community that drag builds for people that don't want to conform to rigid societal norms.

"A lot of it is how it makes us

feel about ourselves. It builds confidence. We all have these negative thoughts about ourselves, whether it be about our attractiveness level or our gender. And all of that disappears in drag. Everyone in the audience loves you and cheers for you. It makes us visible. And it makes us feel loved," they said.

"Gender identity is a really big thing for... pretty much all of us, like we have a lot of trans performers, and it's important in that sense because a lot of us just don't want to conform to what people wants us to conform to. Drag is really good for that [since] you get to be whoever you want to be and it can be part of a performance. It's a space where people might not judge you that hard," Mousa said.

Having a Drag Club on campus

provides students the opportunity to present themselves to their peers as they are.

"For us, it's one of the biggest platforms, as a student club, run for students, by students, it's a really big deal to have a show where a hundred something people show up, but it's such a huge part of the campus community. These are our peers, these are the people we see, these are people who may come up to us in class and be like you were great!" Mousa said.

Treviranus also believes in the importance of creating an accepting environment on campus that may be lacking in the mainstream drag community.

"I think that it's important to have on campus ... to combat the stereotypes of drag, and the image

that mainstream media creates of drags. It's not always just men in dresses being trans-exclusionary, and being competitive and shady with each other," they said.

The show involved performances by various artists. Drag artists danced and lip synched to sensual music, and walked into the crowd to interact with the audience. They wore colourful, expressive clothing, much of which was removed during the performances. Finally, the show ended with the announcement of support for local charities, including The Aids Committee of Cambridge, Kitchener, Waterloo, & Area.

"I love drag," Treviranus said. "I love how big the club has gotten, and how they're using it to raise funds for charity. It's so beautiful."



Shuttershock Photo Contest

Congratulations to **Navya Sharma**, a first-year student in arts and business, for winning the Shuttershock Photo Contest! Thank you for your submission!

"Everything about the campus is very beautiful. I can go on and on and still not be finished with taking pictures. I chose this photograph because it has the Canadian flag in the background with the University of Waterloo [sign]. It displays the connection of UW with the country." - Navya Sharma

Something's brewing at Balzac's

Balzac's Coffee Roasters opens its doors in Waterloo



FAITH RAHMAN

Faith Rahman
Arts & Life Editor

Tucked underneath Blair House on Phillip Street, Balzac's Coffee Roasters was bustling with a diverse crowd, bringing together coffee enthusiasts from across the Kitchener-Waterloo region. Although the cafe had its soft opening over a year ago, Oct. 4 celebrated the official grand opening.

Most notably, Mayor Jaworsky of the City of Waterloo and Mayor Vrbancovic of

the City of Kitchener joined Diana Olsen, the founder of Balzac's, in unveiling the location's unique poster art. The poster, featuring a coffee robot superimposed on an illustration of Engineering 5, was created by Alayna Paquette, an artist hailing from the United States.

Having opened the first location in Stratford, Ontario, Olsen has since then expanded to 14 locations across Ontario. Balzac's prides itself in well-sourced and sustainable products through Fair Trade Organic coffee, sugar, cocoa, and organic local dairy.

As well, every one of Olsen's coffee shops showcases the community's specialties and characteristics through a location-specific poster: "I love to collaborate with artists. That's in line with what a cafe is. It's a cultural place for people to come and see art and exchange ideas," she said.

She wants customers to come in for an authentic coffee experience, feeling inspired by art on the walls and for the space to speak to those in the community, ensuring that the cafe included its fair share of cozy study nooks for students.

"I like the idea of people from all walks

of life hanging out," she said. "Balzac's quote was 'The cafe is the people's parliament' which to me means that people from all ages, nations, genders, everything, are welcome and we try not exclude everyone."

As such, Olsen was compelled to contribute and to support the local community, presenting a donation to the University of Waterloo Robotics Team and Button Factory Arts.

"We love our students and they love us," Olsen said. "There's a good symbiotic relationship between coffee and students."

Making Waves: going against the tide at TEDxUW



COURTESY TEDxUW

Audrey Ho & Faith Rahman
Assistant Head Designer & Arts & Life Editor

Started approximately eight years ago, 2018 marks the seventh annual TEDxUW event, a conference run entirely by University of Waterloo students. The theme was "Making Waves" for the 2018 TEDxUW,

"x" meaning an independently organized TED event. The day-long event comprises of three speaker sessions, several performances, and breaks filled with networking activities.

With over 400 attendees, 25 organization executives, 25 ambassadors, and various clubs and sponsors, TEDxUW attracts a great amount of attention from the local

Kitchener-Waterloo community.

Participants are primarily University of Waterloo students but also include politicians, alumni, and even select high school students as well. Speakers typically come from the surrounding area and the GTA, but some also come from across Canada. Speakers are self-nominated or nominated by others, and the selection process differs from year to year based on which topics and speakers fit the theme best.

Daniel Kwon, one of the co-chairs for TEDxUW 2018, believes that ultimately it's the attendees that differentiates TEDxUW from other TEDx conferences.

"Waterloo has a really rich tech ecosystem. The Waterloo community and University of Waterloo students are really respected [in the tech industry]. A lot of our attendees are very professional," Kwon said.

The event features topics ranging from mental health, to technology, to nutrition, highlighting a diverse and notable group of individuals. Innovators that took it to the stage included Harleen Kaur, an ex-NASA space engineer and first female VP of Rolls-Royce, and Dillon Mendes, one of the Top

25 Environmentalists in Canada and the 18-year-old Co-Founder of PickWaste currently studying at the University of Waterloo.

The theme "making waves" was chosen for a variety of reasons. Aside from being able to directly and visually translate "making waves" for TEDxUW's branding, "making waves" can be interpreted literally and figuratively.

"TED encourages having a broad theme," Kwon said. "Literally, making waves can relate to changing tides or the new 5G technology coming out, whereas figuratively, it can translate to disruption and innovation."

Last year, TEDxUW focused on different ways of thinking and thinking unconventionally. "This year, we wanted to shift from a thought-focused event to an action-focused event," Kwon said. "It's really interesting to talk about ideas, but if they're not actionable, it's harder to make use of them."

"It creates a unique atmosphere when we hold the TEDx event because everyone is motivated to go further. Their careers don't start after university, their careers start now."

science & tech



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New state-of-the-art optometry VR lab

Charlotte Hings
Managing Editor

The University of Waterloo School of Optometry and Vision Science will soon be opening a new state-of-the-art virtual reality (VR) training lab that will provide students with an opportunity to practice diagnosing vision problems and eye diseases. The \$1.5 million (CAD) lab received an \$800,000 investment from national eye care provider FYidctors, the most substantial sponsorship ever received by the School of Optometry and Vision Science. This gave the lab its name: The FYidctors Simulation Lab. It is the first of its kind in Canada, keeping the University of Waterloo at the forefront of optometric education in North America.

The FYidctors Simulation Lab includes five Eyesi® Binocular Indirect Ophthalmoscopes (BIO), which are augmented reality simulators used to train students for retinal examinations and to practice binocular indirect ophthalmoscopy. They provide realistic 3D simulations of the structures of the eye, supplementing real-life training, which is often limited in the study of optometry. This will help teach students to recognize, identify and diagnose eye and systemic diseases more quickly and confidently in a safe environment conducive to learning.

The lab will also include Eyesi® Slit Lamp simulators that promote pattern recognition

for retinal pathologies and provide competency-based assessments. This will provide multi-tiered training and allowing students to practice corneal and retinal examinations, Gonioscopy and Tonometry more effectively.

Using the BIO and Slit Lamp specialized virtual reality simulators, students in the School of Optometry and Vision Science can learn how to examine and diagnose a wide range of clinically relevant simulated cases before encountering their first real patient. These simulated cases are based on real-life examples of many different eye conditions and diseases and were developed in cooperation with various universities and eye specialists.

The simulations, in combination with help from faculty, allow students to develop foundational skills and eventually progress to diagnostic skill development. They can practice as much as needed on the simulators to reach certain milestones in the integrated system which gradually progresses in difficulty and complexity as students go through the simulations.

Dr. Stanley Woo, Director of the School of Optometry and Vision Science at Waterloo, is enthusiastic about the opportunities the FYidctors Simulation Lab will bring to current and future optometry students at UW. "With the simulators, optometry students will now take the time they need to practice and master skills as they progress through increasingly complex training modules," Dr. Woo said. "During valuable lab time, the foundational skills will be better established en-



Trying out the new VR equipment during the FYidctors Simulation Lab. COURTESY UW

abling our faculty to take the students more efficiently from good to great."

Dr. Al Ulsifer, CEO and Chairman of FYidctors and University of Waterloo alumnus, explained that the financial investment made in the FYidctors Simulation Lab isn't just an investment in the University, but is

also an investment in the future generation of optometrists.

"Simulation technology is the future of healthcare learning and is directly aligned with FYidctors spirit of harnessing innovation to help our patients lead more fulfilling lives" Dr. Ulsifer said.

Guard-Ex: the new 420 breathalyzer

Audrey Ho
Assistant Head Designer

Starting Oct. 18, 2018, one day after the legalization of cannabis, Dragons' Den will feature Guard-Ex, a tech startup led and created by University of Waterloo student, Dastiger Khan.

"Unlike traditional methods that use saliva and breath chemicals to detect drug usage, [our product] looks at physiological indicators that change based off of how tolerant or intolerant you are to a drug," Khan said. "Typically, when you're impaired, your motor sensors, physiological indicators, and cognitive sensors are impaired [as well]."

Guard-Ex is based off of the DRE (Drug Recognition Expert) matrix, which describes how different categories of drugs affect various physiological indicators like a

change in one's pupils.

Guard-Ex's main product, the GX-420, "is a real-time and non-invasive universal impairment detection device," as stated on its website (<https://www.guard-ex.net>). It focuses on detecting consumption of cannabis, cocaine, and opiates and looks similar to a VR set. Khan mentioned that they've kept the "exterior of the VR set [and] changed the interior."

"We wanted to make it compact and simple. From your forehead to your nose, for example, you can check 6-7 different physiological indicators," Khan said.

Since Guard-Ex's creation in the beginning of 2017, Khan has received a generous amount of funding from various business incubators. They've received \$50k from AC JumpStart, "an innovative seed funding and mentorship program" (as stated on <http://acceleratorcentre.com/acjumpstart/>) for busi-

nesses in Southern Ontario, and \$3k from LaunchPad, a Wilfrid Laurier University incubator that's located in the Communitex Data Hub in Waterloo. Additionally, they have also received physical space to work in from LaunchPad.

As the CEO of Guard-Ex, Khan has a variety of short-term and long-term goals and plans for his company. He hopes that they'll be able to have a complete prototype, or ideally a "durable and lasting MVP (minimum viable product) that works really well."

"Oct. 18 is their intended deadline for patent filing, updating the new drawings and designs for the product, and for ensuring that the technical aspects are completed," Khan said.

After Oct. 18, Khan's hoping to get a Canadian certification approval, which tests if the device is safe or not before it can be sold in retail. "We'd also like to get approval from

the Attorney General of Canada so that our product can be used on roads," Khan commented. "Aside from law enforcements, we also want to focus on the private sector. [Specifically, we can] get into insurance, construction, and transportation companies [and] sell one or two devices to collect data."

"Five or six years down the road," Khan said, "we want to include machine learning into our product. [Right now], all the information is collected manually and the police analyzes it." However, often there's a lot of bias involved in analyzing such data.

As of now, Khan and his team are working with the local Waterloo police department, which is led by Chief Bryan Larkin. They hope to be able to expand to all of Canada someday and eventually target markets in the United States of America and in the Middle East.

CIBC Run for the Cure



PHOTOS COURTESY CANCER.CA

Audrey Ho
Assistant Head Designer

One thousand sixty-six runners registered bright and early at Kitchener's Running Room at approximately 8 a.m. on Sept. 30, the day of the Kitchener-Waterloo Canadian Cancer Society (CCS) CIBC Run for the Cure. At 9 a.m., the opening ceremonies began, followed by the 5 km run at 10 a.m. and the 1 km run at 10:20 a.m.

Since 1998, the Kitchener-Waterloo run has been always inspired by their cancer survivors. "Each year, women and men who have battled breast cancer wear a pink shirt, so we know they are survivors," said Ashley Atkinson, the social lead for the CCS CIBC Run for the Cure.

"The run is also important for those of us who have lost loved ones to breast cancer, who have stood by and supported the ones fighting. It's truly inspiring to watch the love, dedication, [and] support the run brings each and every year."

This year, the KW run has already raised \$244,411. Donations continue to be accepted until Oct. 30 on the KW run site (cibcrunfortheure.com). Since the inception of the KW run, the cumulative total amount raised is \$7,105,865 and there have been 35,177 participants altogether.

The run is crucial for continued breast cancer research as it raises approximately \$16.2 million, which goes directly to the Canadian Cancer Society (CCS), "Canada's largest, single day, commu-

nity driven fundraising event in support of breast cancer research. Thanks to all of the support and dedication and investments in research, since the 1980s, breast cancer survival has increased by nearly 20 per cent," Atkinson said. Though the run officially came to a close around noon when the awards and closing ceremonies ended, the run is a memorable event that will forever remain in the hearts and minds of the runners, their families, and families impacted by cancer. Next year, the run will be taking place on Sunday, Oct. 6, 2019!

If you're interested in participating, a registration form will need to be filled out online at www.cibcrunfortheure.com. Furthermore, the run is a volunteer led event and the organization committee is always looking for enthusiastic and committed individuals. If you're interested in volunteering, you can reach out online as well.



Light the Night

Blood cancer community comes together for the Leukemia and Lymphoma Society of Canada's 2nd annual Light the Night walk in Kitchener



COURTESY LLSCANAD.ORG

The annual Light the Night walk held in Toronto, Ontario.

Riely Kim
Reporter

On Oct. 19, 2018, community members and students from University of Waterloo will gather at the School of Pharmacy to take part in The Leukemia & Lymphoma Society of Canada's 2nd annual volunteer-hosted Light the Night Walk in Kitchener.

The Leukemia & Lymphoma Society of Canada (LLSC) is the single largest voluntary health agency dedicated to blood cancers in the country. The LLSC funds lifesaving blood cancer research across Canada, and provides free information and support services.

Their mission is to cure leukemia, lymphoma, Hodgkin's disease, and myeloma, and improve the quality of life of patients and their families.

Each year, teams of families, friends, and co-workers walk into the night holding illuminated lanterns to raise funds for The LLSC at the Light the Night Walks. Together, they bring help and hope to the more than 138,000 Canadians affected by blood cancers. The Walks are an inspirational and

memorable evening event that takes place in nearly 200 communities across North America each fall. There are 12 LLSC hosted Light the Night Walks and dozens of volunteer-hosted community and school walks across the country.

In 2017, over 35,000 individuals across Canada raised over \$5.8 million to help fund world-class Canadian research and provide support services at no cost to thousands of blood cancer patients, survivors, and their families.

Last year, students from the School of Pharmacy's Oncology Pharmacy Interest Group (OPhIG) organized the first walk in Kitchener and raised over \$1,400. "We hope to grow this number bigger every year and reach out to more people in the KW community," Riley Kim, one of the event organizers, said.

Many of today's fundamental treatments for various cancers, like chemotherapy and stem cell transplants, began with blood cancer research. By participating in Light the Night Walk in Kitchener on Oct. 19, participants will raise money to help save more lives.

Visit LightTheNight.ca to learn more or to register.



COURTESY LIGHTTHENIGHT.ORG



The science behind...

COLUMN
Charlotte Hings



Motion sickness

Motion sickness, also known as sea sickness or car sickness, is when you experience various unpleasant symptoms such as dizziness, sweating, nausea, and vomiting while travelling in a vehicle. About 30 per cent of the human population experiences motion sickness in general. Let's dive in to what exactly causes these symptoms and why some people don't experience motion sickness at all.

Your ears are responsible for your balance and spatial orientation. Inside the ears is fluid that moves with your body. The tiny hair cells deep within your ears detect the fluid movement and send signals to your brain in order to interpret your body's orientation and movement.

For example, if you tilt your head to the side, the fluid will move in that direction and the hair cells detect the new movement of the fluid and send a signal to the brain. Similarly, your eyes send signals to the brain about the visual stimulation they receive. Combining the visual and auditory signals, the brain can then interpret how you are moving and what is going on around you.

When the ears and eyes are sending different signals, motion sickness can occur. For example, if you are sitting in a car and reading a book, your eyes are interpreting that everything in the car is stationary, but your ears are feeling the movement of the car. The reverse can also happen. If you are watching an intense action movie at the movie theatre, your eyes detect a lot of activity and movement, while your ears detect

little to no movement. The signals being sent to your brain therefore do not match and indicate to your brain that something is wrong.

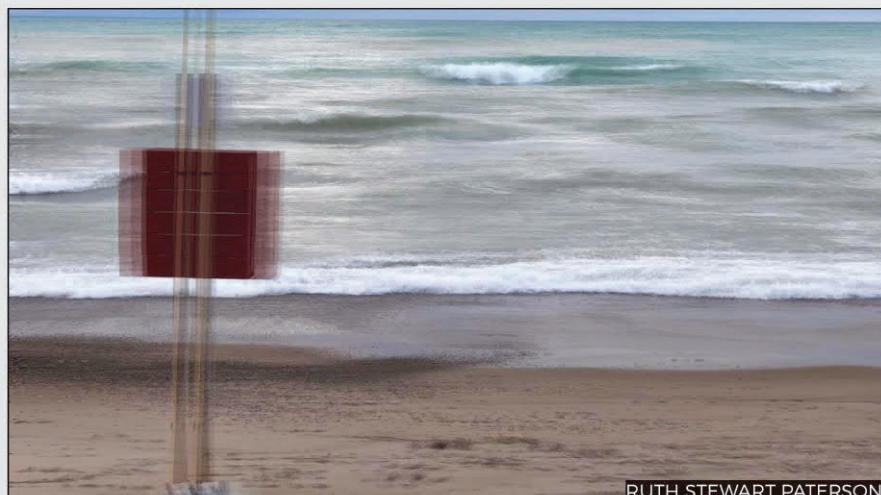
This mismatch of signals triggers a variety of motion sickness symptoms, primarily nausea and vomiting. The leading theory as to why this happens has to do with the evolution of humans over thousands of years.

Evolutionarily speaking, if the visual and auditory input signals were not matching, it was likely that a neurotoxin had been ingested. The most efficient way to eliminate this toxin from the body is through vomiting.

In more primitive human societies, before the age of technology and advanced transportation, it is easy to see how this would be a particularly advantageous and useful trait. Those who were able to effectively eliminate neurotoxins from their systems in this way had a higher chance of survival.

Following Darwin's laws of evolution and the "survival of the fittest" theory, these people were more likely to survive and pass on this trait to their offspring. As more effective methods of transportation and more advanced medical technologies were developed, the traits responsible for motion sickness have still persisted within human societies, but have since become relatively less advantageous for survival due to these advancements.

This could explain why such a low percentage of the population experiences motion sickness when this would have been such an important trait for survival in past human societies.



RUTH STEWART PATERSON

Launch failure

Failed Soyuz rocket launch delays space missions and leaves astronauts on ISS indefinitely



COURTESY USATODAY.COM

Soyuz rocket being launched from Baikonur Cosmodrome in Kazakhstan, just before the mission failure.

Nick Owens
Science and Tech Editor

On Thursday, Oct. 11, astronauts Nick Hague and Alexei Ovchinin were set for a mission to the ISS (International Space Station). Their mode of transport was a Soyuz rocket to be launched from Russia. However, due to a substantial error detected just after launch, the flight failed before reaching its destination.

With the mission aborted, the rocket carried out an emergency re-entry procedure, causing the capsule to fall back to Earth. Search and rescue parties acted immediately, and found that the crew had landed successfully and, after examination, were found to be in good condition.

The response of Ovchinin and Hague to the failed launch was one of annoyance rather than fear or concern.

Having trained for years to be part of this mission, neither was happy to learn that they would not be going to the station. Furthermore, Russia has grounded all manned aircraft until further notice, meaning that, as long as an investigation is being carried out into the launch failure, the mission will not be rescheduled any time soon.

This creates problems for the astronauts currently on the international space station. The current crew Serena M. Aunon-Chancellor, Russia's Sergei Prokopyev, and Germany's Alexander Gerst were set to return home in December of this year after spending some time training the new crew. With crewed launches suspended, their return

to Earth has also been delayed indefinitely. It is important to note that the crew is not completely stranded and that there is always a Soyuz capsule at the space station in the case that the crew must abandon their post for safety reasons.

However, abandoning the station without a crew could allow the ISS to fall into disrepair. For example, the new crew was scheduled to replace the batteries on the outside of the station.

According to NASA, their return will likely have to take place in January 2019 at the earliest, but could also be prolonged as long as feasible. But long-term exposure to the conditions in space will cause complications with the health of the crew.

Canada's own Chris Hadfield commented that the Russian Space agency and NASA should account for this in determining how much longer the ISS can remain manned. Until then, the unmanned cargo ships, currently being designed by American companies, Boeing and SpaceX, will have to be used to supply the crew for their extended stay.

NASA, as of yet, has not been able to state the exact cause of the launch failure, only that it was an error with the booster rockets and that it occurred during the separation phase.

With the full investigation being carried out, either NASA or the Russian Space Agency should eventually put together a detailed report of what occurred. However, because of the overwhelming number of variables, that may not be for another month.

sports & health



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Warriors break 15 year curse



UW men's rugby team defeated the Western Mustangs for the first time in 15 years on October 5.

COURTESY COURTNEY CAIRD

Syed Naqvi
 Sports Editor

It was a battle between two historic rivals. The stage was set in Columbia Icefield as the Waterloo Warriors men's rugby team triumphed over the Western Mustangs in style for the first time in 15 years.

The score-line was 28-20 in Warriors'

favour. This victory also testifies to the red-hot form the Warriors are in right now. This is because their victory against the Mustangs on October 5 was followed by their victory against McMaster on September 29. This means that within the span of a week the Warriors had defeated two of the top teams in the province.

"We knew the history against Western and today was a great opportunity to beat

them," said head coach Tyler Greer. "We had a great first half but had to deal with a few injuries to some key players. We showed off our depth and did enough to get a crucial win."

Mitch Voralek, who has accumulated 78 points in the season and is the current leader of OUA in terms of points, was once again the star of the match as he scored 8 points on 2 penalty goals and a conversion.

This win means that Waterloo moves to 4-2 for the season. With the Waterloo Warriors men's rugby team struggling to book a spot in the post-season for the past five seasons, this victory against their archrivals moves them ever closer to their first post-season spot in a while.

Waterloo Warriors will play the final game of the season against Toronto Varsity Blues on Sunday, October 21.

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Warriors to attend Next-Gen Tokyo 2020 Camp

Swimmers Megan Sherwin and Cameron McCuaig continue on their journey to the 2020 Paralympics

Courtesy
 UW Athletics

Warrior swimmers Megan Sherwin and Cameron McCuaig have been selected to attend the Swimming Canada NextGen Tokyo 2020 Camp to be held at the Pan Am Pool in Toronto from Oct. 21-26, 2018.

The NextGen program is designed to assist age-targeted

swimmers on their journey to qualifying for the 2020 Tokyo Paralympic Games and achieving a podium performance at the 2024 Paralympic Games.

The camp will be led by Swimming Canada's Michel Berube, NextGen and Pathways Coach for the Paralympics, and will include various integrated sports teams professionals.

McCuaig is a first-year honours mathematics student from Kitchener.

Megan Sherwin is a first-year University of Waterloo Recreation and Sport Business student is originally from Toronto. Sherwin is coming off a very successful summer where she represented Canada at the World Cerebral Palsy Games in Sant Cugat, Spain in August.

She won Gold in the S8 400m Freestyle and S8 100m Breaststroke, and Silver in the S8 100m Butterfly and S8 200m Individual Medley.



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GOWARRIORSGO.CA



#GOBLACKGOGOLD

Warriors win big against Griffins

Syed Naqvi
Sports Editor

The University of Waterloo women's basketball team epitomized the true Warrior spirit when they beat the MacEwan Griffins of MacEwan University 50-36 in their opening game of the 50th annual Naismith Classic.

The Warriors' starting line-up comprised of Kaitlyn Overeem, Sydney Wilson, Mackenzie Obermayer, Aphia Ward, and Megan Goar. Both teams took some time to get into their stride, as everyone in the crowd witnessed a host of missed chances in the opening minutes of the game.

Obermayer, however, had other ideas when she opened the scoring with a free throw to give the Warriors the lead. Overeem, taking advantage of the Griffins' profligacy in front of the basket, quickly compounded their misery by scoring five points in the space of a few seconds. However, the Griffins responded and Anna Mbuyi, coming from the bench, started the scoring for them. However, it was too late by then and the first period of the game came to an end, with Warriors leading Griffins 13-6. Warriors' Kaitlyn Overeem scored a game and quarter high eight points in the first quarter.

The Griffins started the second period with a bang as Rachel Hare commenced the scoring for the second period with a 3 pointer. The Warriors quickly responded with Kaitlyn Overeem again proving to be instrumental in both the defence and attack. However, before the Warriors could gain the upper hand, MacEwan Griffins' coach called for a timeout.

That timeout, however, proved to be in the Warriors' favour as they came back and started to dominate the period. It wouldn't be wrong to call the second period a period of timeouts' the audience witnessed a total of three timeouts. As a result of these timeouts neither Warriors nor Griffins was able to really overpower the other one and the period ended 13-12 in the Warriors' favour. At the end of the first half the scoreboard read 26-18 with the Warriors leading by eight points.

The third period of the game was a question and answer session with both teams. It was end-to-end basketball at its best. With the Griffins realising that time was not on their side, they adopted various approaches to break the steadfast defense of the Warriors. Thus, the third period ended 10-9 in the Griffins' favour. The cumulative score on the board read 35-28, with the Warriors leading by seven points.

The first few minutes of the fourth period can be best described as a barrage of successful attacks from the Warriors. Obermayer, who was relatively quiet throughout the first three periods, came to life in the fourth and started scoring for the Warriors.

Soon after, Overeem and Hughes joined her leading a blitzkrieg against the Griffins. The fourth period was accompanied by loud chants from the audience as the trio from the Warriors laid waste to the whole team from MacEwan.

With the game seemingly out of their reach, players from MacEwan brought in a more physical approach to the game and thus the fourth period was littered with fouls from the Griffins' side.

Warriors also lost Sydney Wilson, who injured her right knee, in this period of excessive fouls. When the game finished, the scoreboard read 50-36 in favour of the Warriors and there was a huge round of applause from the home fans for their beloved team.

Kaitlyn Overeem, of the Warriors, was head and shoulders above all the players, with 17 points, 5 assists, and 7 rebounds.

The Waterloo Warriors will now face the Mount Royal Cougars and the Wilfrid Laurier Hawks in the next games of the tournament.



PHOTOS SYED NAQVI



The University of Waterloo women's basketball team beat the MacEwan Griffins of MacEwan University 50-36 in their opening game of the 50th annual Naismith Classic on October 11.

Vaping: the modern poison

Harleen Kaur Dhillon
Staff Reporter

If there was a possibility of a food being poisoned, would you still buy it? Vaping is a possible poison, the effects of which are largely unknown, yet it is an increasingly common sight in our communities.

There is a high chance that vaping causes harmful effects to the body. Health and sports researchers at UW suggest that, although vaping is safer than smoking, it is not benign.

"There's a simple concept that we've really struggled to communicate to folks, which is vaping is harmful, but less harmful than smoking. Those aren't mutually exclusive," David Hammond, Canadian Institutes of Health Research (CIHR-PHAC) Chair in Applied Public Health and Professor in the School of Public Health and Health Systems (SPHHS), said. "Vaping is not a benign activity, what you're doing is you're inhaling chemicals into your lungs and if you do it repeatedly, it's repeated exposure to some chemicals, which include some toxicants. It doesn't really come near cigarette smoking because nothing compares to cigarette smoking in terms of the number and volume of chemicals."

One of the biggest problems with vaping is that it hasn't been around long enough for effective research into its health effects.

"We don't know what the harms are yet, it takes years to figure out what the effects of products are on health and the product hasn't been around long enough to see what sort of chronic problems would be associated with it, all that we know is that it's not benign," Scott Leatherdale, CIHR-PHAC Chair in Applied Public Health Research and Associate Professor in the SPHHS, said.

Vaping is a great alternative to smoking, but non-smokers should steer clear.

"If someone's a current cigarette smoker,

and then they transition to e-cigarettes to stop smoking combustible cigarettes, that's a good harm reduction strategy," Leatherdale said. "People who are vaping but weren't smokers, that's not harm reduction, that's causing themselves because it's not a benign product, there are harms associated with it."

Lack of knowledge also leads to lack of regulation, which is dangerous when the potential harms of e-cigarettes are unknown.

"Where we are right now is that this product is out there, it's not going away, but we probably have to find a way of regulating it so that smokers have access and it's less harmful if it helps them stop smoking, but we need to do a lot more in terms of removing the appeal to youth and that's more important now than ever," Hammond said.

Leatherdale suggests increased restriction and caution when regulating e-cigarettes, especially due to the lack of information about their long-term effects.

"It's pretty much wide open with limited enforcement," Leatherdale said. "This is where I think [governments] need [to] be more cautious -- if these products are targeted to help people who are smoking quit smoking, there's benefits to having the product potentially promoted in that way because there'd be less harms," he said. "The issue is by promoting products, you are also then enticing people who aren't currently addicted to nicotine to try the products, especially youth."

Although they are not a tobacco product, e-cigarettes are still treated as such in terms of where they can be used and by whom. Still, regulations around promotion and advertisement are lax, posing a threat to younger populations.

"Most other provinces have said you can have certain promotions in vape shops, like adult-only, but you can't have that sort of advertisement and marketing in any retail... and it just so happens that that beau-



CHARLOTTE HINGS

my kids, like 3 or 4 feet off the ground," he added. "So you can be pro-harm reduction... but you can also recognize that we spent 30, 40 years trying to get cigarette displays away from the candy and now we have e-cigarette displays that have essentially replaced them."

In particular, the introduction of Juul, a discrete e-cigarette with many enticing flavours of juice, into the Canadian industry over the last month is concerning for younger populations.

"They shouldn't be available in flavours like cotton candy or unicorn horn or cereal milk," Hammond said. "Let's be clear about this, those flavours are not targeting smokers to help them save their lives and quit smoking, they're out there for 16-year-old kids."

trend is going to be with the use of vaping, and ofc with the new leg around other recreational products as well, so it's gonna be very interesting," Wade Wilson, a lecturer in the Department of Kinesiology and researcher of sports psychology, said.

For athletes, it is recommended that they don't use products such as Juuls and other vapes. Athletes must focus on their health and avoid consuming such products.

"[Athletes] just need to do their own research, ask their supports, ask professionals around those products and be able to make their most informed decisions for themselves," Wilson said. "If you're going to partake in any of those behaviours, it's best to partake in your own research and homework and know what you're potentially putting in your body."

THIS WEEK IN
ATHLETICS AND
RECREATION

im print



MEN'S RUGBY

OCTOBER 21 / 1:00 PM
VS U OF T VARSITY BLUES
CIF RUGBY FIELD

SOCCER

OCTOBER 20 / (W) 1:00 PM, (M) 3:15 PM
VS BROCK BADGERS
WARRIOR FIELD



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ATHLETES OF THE WEEK

TYLER TERNOWSKI
FOOTBALL

STEPHANIE RYALL
CROSS COUNTRY

campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

upcoming events

October 2018

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

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

Wednesday, October 17

Music Noon Hour Concerts, www.uwaterloo.ca/music, presents "The Water is Wide" with soprano Ellen McAteer and pianist Geoffrey Conquer at 12:30 p.m., Conrad Grebel Chapel.

Wednesday, October 18

KW Chamber Music Society presents October at the Music Room: "Zemlinsky String Quartet ; Dvorak: The Complete Quartets," October 18 to 27, at 57 Young Street, W., Waterloo. One of Europe's great quartets! For more info visit UW Box Office or www.TicketScene.ca/kw-cms or 519-569-1809.

Wednesday, October 24

Music Noon Hour Concerts, www.uwaterloo.ca/music, presents "Like Minds" jazz at 12:30 p.m., Conrad Grebel Chapel.

Saturday, November 3

Emiko's Mini Convention 2018 at 10 a.m. to Sunday, November 4 at 5 p.m. at The Accelerator Centre, 44 Gaukel Street, Kitchener, Ontario.

Waterloo Region's longest running fan-run Anime, Gaming and Comic Convention are getting ready for our annual event this November. Weekend passes are available online. www.go2emc.ca/face-book. Contact information: info@go2emc.ca.

Friday, November 9 & 10

Art\$Pay Member Annual Juried Art Show & Sale at 137 Glasgow Street, Kitchener. For event details visit www.artspay.org.

Sunday, November 11

Scrabble & More Christmas Bazaar at Parkminster United Church, 275 Erb Street, E., Waterloo. Enjoy shopping at our Marketplace for unique gifts, preserves, gift baskets, baking, books and puzzles. Fun games, door prizes and refreshments. All proceeds to Stephen Lewis Grandmothers to Grandmothers Campaign.

Wednesday, November 21

Walter Bean Public Lecture (free) - "On the State of Freshwater Fish and Fisheries: Finding a Future for the Forgotten," from 7 to 8:30 p.m., Humanities Theatre, Hagey Hall, with speaker Dr. Steven Cooke. Register at www.waterloo.imodules.com/tdwalterbean.

announcements

TUESDAYS - GROOVE exercise class at E7, 2nd floor pitch space from 5 to 6 p.m. For more info cindy@uwaterloo.ca.
Gamelan - join the World Music Ensemble or Community Gamelan. For more info, www.uwaterloo.ca/music/ensembles.

Chapel Choir - connect with friends, unplug from screens, sing your faith. Chapel Choir meets Mondays and Wednesdays at 4 p.m. Available for credit or an extracurricular. Contact Professor Kate Steiner at ksteiner@uwaterloo.ca or www.uwaterloo.ca/music for more details. Audition interviews begin September 10.

volunteering

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

Become a Meals On Wheels volunteer! Call 519-772-8787 or www.communitysupportconnections.org/volunteer/apply.

help needed

NOT JUST TOURISTS — We are a humanitarian organization that pack medical supplies and bring them to developing countries. We are in need of volunteers, donors and travelers. For more information, please visit www.notjusttourists.com.

workshops

UW Career Action Workshops: strobe.uwaterloo.ca.

Wednesday, October 17 Successfully Negotiating Job Offers - TC 1208, 1:30 to 3 p.m. Note: this workshop is geared toward graduating students.

Monday, October 22 Further Education Fair - SLC Great Hall, 11 a.m. to 2 p.m.

Tuesday, October 23 Business Etiquette and Professionalism - TC 1208, 1:30 to 3 p.m. NEW: Launch Your Personal Statement - Step 1 - TC 2218, 2:30 to 3 p.m.

NEW: Write an Exceptional Personal Statement - Step 2 - TC 2218, 3 to 4 p.m.

Wednesday, October 24 Resumes, Careers and Personal Branding - Part 1 - TC 2218, 2:30 to 4:30 p.m.

service directory

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distractions



Q: WHY DIDN'T THE SKELETON CROSS THE ROAD?

A: HE DIDN'T HAVE THE GUTS.

Sudoku Enter numbers into the blank spaces so that each row, column and box contains the numbers 1 to 9.

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

COURTESY WEBSUDOKU

Easy

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

COURTESY WEBSUDOKU

Hard

Halloween word scramble

Instructions: Unscramble the letters to find the Halloween words from the list below.

tnsbeomot _____

weaocsrccr _____

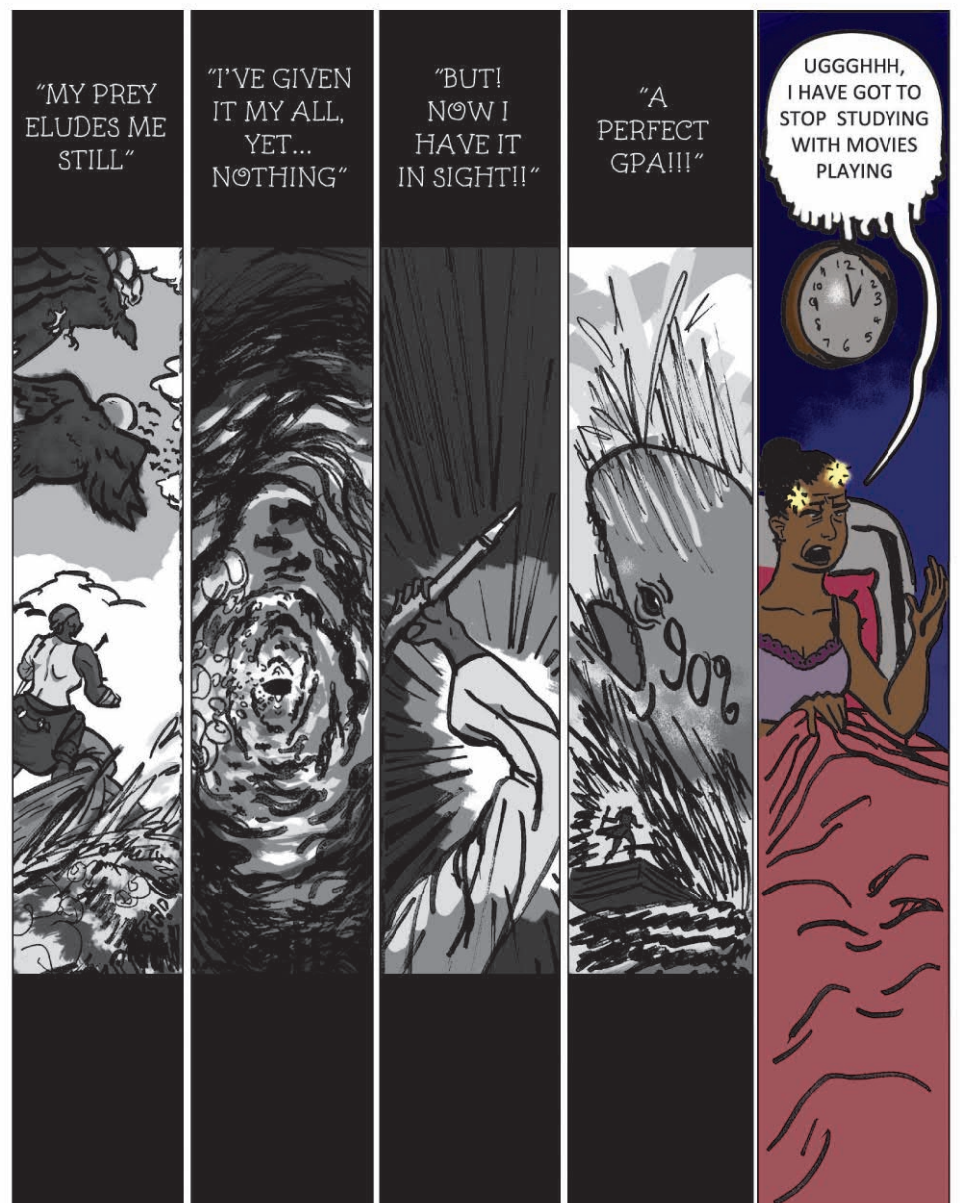
eromstn _____

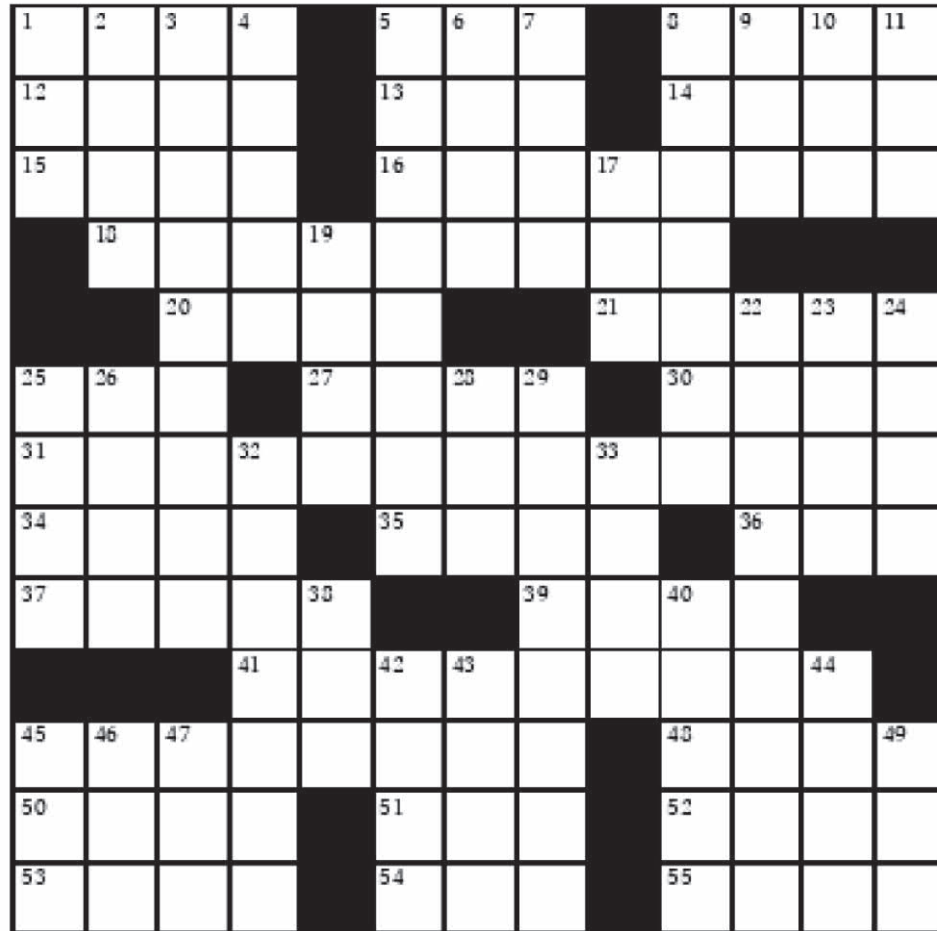
derpis _____

pstsiir _____

"HALLOWEEN'S GOT NOTHING ON MIDTERMS"

By Timi Bick





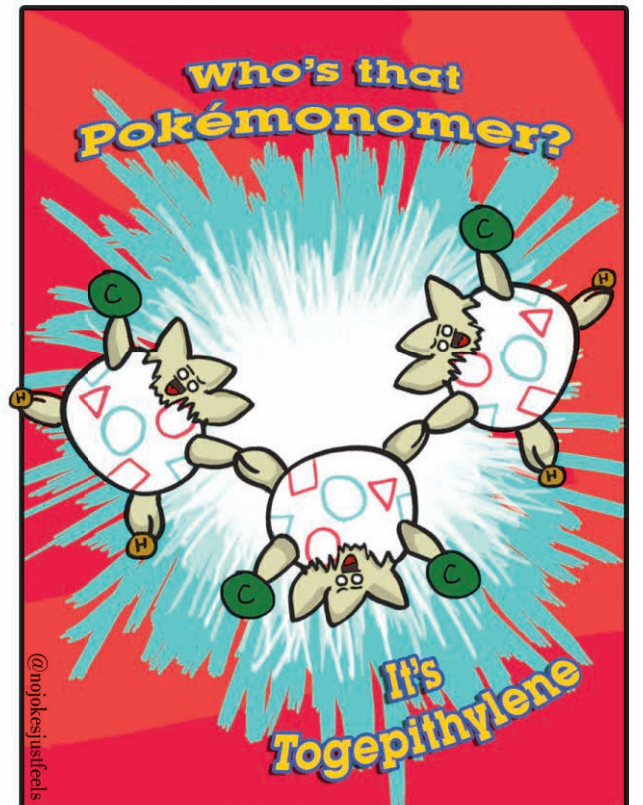
JEREMY KAREVICH

Across

- 1. Large deer
- 5. Cause for a trip?
- 8. Skier's transport
- 12. Litter littler
- 13. Key to walking on water?
- 14. "___-and-___"
- 15. Burn gel
- 16. Spot for a waltz
- 18. Imprint home
- 20. Object of worship
- 21. Star___ fruit candy
- 25. Music collection from a show or movie (abbr.)
- 27. Saunter or goldbrick
- 30. Royal apple
- 31. Individual described by 18- & 41-Across
- 34. Organize, perhaps
- 35. Hawaiian or Guamanian cuisine item
- 36. Mischief spirit
- 37. Actor Hayek
- 39. Clement
- 41. Head, oft
- 45. Make lemonade
- 48. Something the English language likes to do a lot?
- 50. Superfruit berries
- 51. Exercise eater, dubiously
- 52. Biblical brother
- 53. Communists
- 54. ___-cone
- 55. Fictive home of "The Ocho", TV channel where you can watch wacky athletic avocations.

Down

- 1. Time
- 2. Canadian yoga couturier, shortly
- 3. Windbag
- 4. Person's place
- 5. Defamatory
- 6. "The Lion King" villain
- 7. Farmer location, in song
- 8. Not a dead-end road type
- 9. Obit. component
- 10. "Much ___ About Nothing"
- 11. Sleep kind
- 17. Toss
- 19. "___ you so!"
- 22. Speed
- 23. "___ dog Millionaire" 2008 Film
- 24. Camper's cover
- 25. Wipes out
- 26. "Just do it" actor LaBeouf
- 28. Matterhorn or Mont Blanc, e.g.
- 29. Quintessential lawn ornament animal
- 32. City shared by Egypt and Tennessee
- 33. In the center of
- 38. Singer Grande nickname
- 40. Dry spot in a McClean song
- 42. Means justifiers
- 43. Doubtful deadline, with TM
- 44. Snare
- 45. Geely or Vauxhall
- 46. Small or large diamond?
- 47. Pathetic, pejoratively
- 49. Princess Leia half-do?



Based on the Pokémon franchise.

Comic by Peter Neathway

Solution to last week's crossword:

E	L	K	S	L	S	D	T	B	A	R
R	U	N	T	I	C	E	H	I	D	E
A	L	O	E	B	A	L	L	R	O	O
U	W	A	T	E	R	L	O	O		
				I	D	O	L	B	U	R
O	S	T	L	O	A	F	G	A	L	A
F	H	A	M	D	U	L	L	A	H	P
F	I	L	E	S	P	A	M	I	M	P
S	A	L	M	A	M	I	L	D		
				P	R	E	S	I	D	E
C	A	S	H	I	N	O	N	V	E	R
A	C	A	I	D	O	G	E	S	A	U
R	E	D	S	S	N	O	E	S	P	N