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DAVID YIN

news

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Sudan reaches agreement amid protest

David Yin
Reporter

Sudan's ruling military council and protest groups made an agreement to share power as a joint military and civilian council on Jul. 5. The decision came months after continuous protests and civil unrest. At least 120 people were killed and 181 others wounded from the political conflict. Over 35 of the deaths occurred when Sudanese security forces attacked a sit in on Jun. 3.

The protests began peacefully in December 2018 against the rising costs of food and oil but quickly escalated to the military overthrowing President Omar al-Bashir. The seventh president of Sudan, al-Bashir came to power in 1989 via a military coup and has ruled Sudan for over 30 years. The military dictator faced an arrest warrant from the International Criminal Court (ICC) in 2009 for genocide and war crimes committed in Darfur, in which the government-supported Janjaweed militia killed over 15,000 civilians between 2003 and 2004.

After months of protests, Bashir was overthrown and arrested on Apr. 11 by a military coup led by Mohamed Hamdam "Hemeti" Dagolo. However, the protesters continued to fight for civilian control of the government when Dagolo's military council took power instead.

Dagolo faces human rights abuse accusations related to Darfur and defended his use of violence to control the protest movement.

The new council will be composed of five members of the protest movement as well as five military personnel. Both the movement and the military council will jointly elect a civilian to make up the eleventh spot. The military will rule the country for the first 21 months, followed by the civilian representative for the subsequent 18 months.

Many people are still skeptical about whether the agreement is enough to reform the destruction that occurred during the revolution. Ola Idris, a Sudanese student at UW, is one of them.

"I don't really like the agreement because there aren't many

details about how those that participated in the destruction of Sudan are going to be held accountable," Idris said. "A lot of the members of the transitional military council are still wanted by the ICC for war crimes, not to mention that they were behind the mass-cring of Jun. 3 and the killing of the protesters of the beginning of the revolution, so it makes me question how they're going to hold themselves accountable if they are in power for the first 21 months of the agreement."

Idris remains optimistic about the future of Sudan based on the actions of the civilians.

"I think what's beautiful to learn about the Sudanese revolution is that it's very collective. It's the idea that if one person loses, we all lose ... It was fully civilian-organized, so you had horizontal leadership structures and ways they were providing medical supplies and food for everybody. You had schools to teach for homeless kids. You had places where they were collecting resumes to try to get people jobs and send people to work. The sit-in created this foreshadowing for what Sudan could



Ola Idris is an advocate for the rights of Sudanese civilians.

be under civilian rule. It showed that we are able to handle our own resources and that we are able to take over the whole country. So, before the dispersal of the sit-in on Jun. 3, it was very clear that a fruitful Sudan was possible."

There are several ways that UW students could show their support for those affected by the revolution in Sudan. People have began

changing the profile pictures on various social media to show support with Sudan civilians in order to raise awareness of the violence occurring during what started as a peaceful protest.

Idris recommends, "Check on your Sudanese friends. Raise awareness. Learn what's going on. Donate to Sudanese charities and GoFundMe accounts."

Police Briefs

A shooting in Kitchener sent one woman to hospital.

Waterloo Regional Police continue to investigate a shooting on Jul. 2 in the area of Paulander Drive and Victoria Street South at approximately 2:30 a.m.

Police responded to a residence after receiving reports of a shooting and determined a group of people were gathered outside of the residence when two males approached and shots were fired.

A 21-year-old female sustained non-life-threatening injuries. She was transported to hospital, where she was treated and later released.

The suspects fled the area in a dark-coloured SUV, on Paulander Drive towards Lawrence Avenue.

Investigators believe this is a targeted incident; however, police would like to remind the public to remain vigilant and encourage the community to report any sus-

picious activity or persons to police.

The Waterloo Regional Police Service's General Detectives and Forensic Identification officers continue to investigate and there will be an increased police presence in the area.

Anyone with information is asked to call police at 519-570-9777 ext. 2375 or Crime Stoppers at 1-800-222-8477.

A woman robbed a convenience store and fled with cash.

Waterloo Regional Police responded to a convenience store in the area of Elgin Street North in Cambridge for a report of a robbery on Jul. 6, at 9:45 p.m.

A female entered the store, brandished a weapon and demanded money. An undisclosed amount of cash was obtained.

The female then exited the store and fled in an older model vehicle.

The investigation is ongoing. Anyone with information is encouraged to call po-

lice at 519-570-9777 or Crime Stoppers at 1-800-222-8477.

A small fire broke out in Kitchener.

Emergency services responded to the area of Halls Lane and Ontario Street in Kitchener for reports of a fire on Jul. 7 at 11:15 a.m.

The fire was extinguished and no injuries were reported.

The fire was not deemed suspicious.

Traffic in the area was disrupted momentarily while emergency crews were on scene.

A man fled from police and caused thousands in damages to an arena roof after attempting to set fire to a fuel tank.

Waterloo Regional Police responded to a break and enter in progress at the Queensmount Arena in Kitchener.

Officers found a man trying to set fire to a large fuel tank inside a fenced compound.

The male attempted to flee from Police

by climbing to the roof of the arena where he proceeded to cause several thousand dollars worth of damages.

After several hours of negotiations with the Emergency Response Unit, the male turned himself over to police. As a result of the investigation, a 41-year-old male has been charged with Break and Enter, Mischief Over \$5,000 and Arson.

A woman was arrested for outstanding charges after a short stand-off with police.

Waterloo Regional Police attended a hotel in Kitchener for a wanted female on Thursday, Jul. 4 at 7:30 p.m. Members of Waterloo Regional Police Service's Emergency Response Team assisted with executing a warrant at the hotel.

As a result of the investigation, a 26-year-old female was arrested for outstanding charges.

There was no concern for public safety.

Appreciating mindful differences

UW initiative focuses on a collaborative approach to wellness

Ayma Aqib
Orientation Editor

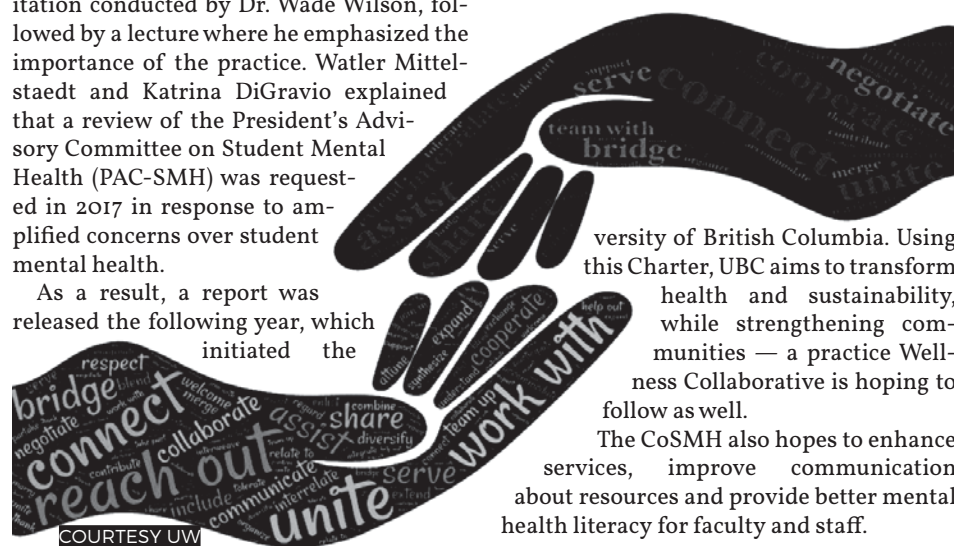
Wellness Collaborative held its launch event hoping to create a culture of awareness on campus on Jun. 25. The initiative aims to collaborate with students and groups to spread their healing vibes.

The launch began with mindfulness meditation conducted by Dr. Wade Wilson, followed by a lecture where he emphasized the importance of the practice. Watler Mittelstaedt and Katrina DiGravio explained that a review of the President’s Advisory Committee on Student Mental Health (PAC-SMH) was requested in 2017 in response to amplified concerns over student mental health.

As a result, a report was released the following year, which initiated the

launch of the Committee on Student Mental Health (CoSMH), a committee responsible for the oversight of mental health recommendations.

These 36 recommendations mentioned in the report pushed for a proactive approach to changing the campus wellness culture. One such mental health recommendation was the adoption of the Okanagan Charter for Health Promoting Universities and College, a policy currently approved at the Uni-



versity of British Columbia. Using this Charter, UBC aims to transform health and sustainability, while strengthening communities — a practice Wellness Collaborative is hoping to follow as well.

The CoSMH also hopes to enhance services, improve communication about resources and provide better mental health literacy for faculty and staff.



Following the University of British Columbia’s event on wellness, the University of Waterloo initiated their own Student Mental Health committee.

Mittelstaedt also stated that 50 per cent of these recommendations are in progress while 22 per cent are already completed.

The advisory committee intends to use a collaborative attitude to wellness, using a community development approach, em-

phasizing inclusion participation and equity.

The event concluded with “hope” as a clear objective. Using an innovative and flexible strategy for change that rewards creativity and even failure through learning.

Professors should be more entertaining

Students say it’s a profs job to make classes more entertaining than social media

Harleen Kaur Dhillon
Managing Editor

Researchers from UW found a majority of students believe they have the right to use technology in class however they please, and it’s the professor’s responsibility to motivate them not to.

Nearly half of students surveyed believe that non-course materials on other people’s laptops were distracting. Despite that, both professors and students think there are benefits to having technology in class.

Elena Neiterman, a School of Public Health and Health Studies professor stresses the importance of technology in a classroom.

“Technology makes education accessible for students with disabilities, and many instructors use online tools such as Ted Talks and YouTube videos in class,” Neiterman said. “Our students use technology to take notes — students today don’t even learn cursive in school.”

The co-authored the study, “A Mixed Blessing? Students’ and Instructors’ Per-

spectives about Off-task Technology use in the Academic Classroom,” along with Christine Zaza was published in the *Canadi-*

an Journal for the Scholarship of the Teaching and Learning in May.

Neiterman and Zaza surveyed 478 un-



49 per cent of students find that non-course materials on other students’ screens is distracting.

dergraduate students and 36 instructors to draw conclusions about perceptions of technology use in class. Most students use technology to keep up with the course and lecture, but some students used their devices to catch up in courses other than the one they were attending. Many used their devices when they were bored in their lectures as well.

Instructors said off-task usage of technology hindered their ability to teach. However, students believe they were within their rights to use their devices as they please, because they are adults paying for their education.

Instructors do not support banning technology in their classrooms. The study found that banning technology would be both unlawful and impractical for instructors.

“A ban means policing,” Neiterman said. “With larger class sizes, who is going to police students to ensure that they do not use technology?”

The study found that technology plays a major role in providing accessible education to students and is important for students who need to accommodate disabilities.

OS(n)AP! Low loans land low blows



COURTESY FEDS

Matthew Gerrits, VP Education, will share student stories during Student Advocacy Week.

Harleen Kaur Dhillon
Managing Editor

If he can't pay his entire tuition with the loan he receives, Rajpreet Sehra would rather not have a loan at all. The mechanical engineering co-op student believes he is lucky because he earns money and experience with his co-op placements but others are

not so lucky.

"I'm not too interested in what builds up [the OSAP amount], as long as I'm not able to pay 100 per cent tuition, it's irrelevant," Sehra said. "I'm on the lucky side of this. I go to work every four months at a decent engineer's pay, and even after that, I am having problems ... So you can keep the loan money unless I actually get the rest of the grant to pay the entire tuition, I'm

sitting at home, irrespective of if I get a loan or not."

In January 2019, the provincial Conservative government announced changes to OSAP and tuition structures for post-secondary education.

These changes included: removal of all free-tuition and introducing a mandatory 10 per cent loan; the Student Choice Initiative, which makes some "non-essential" fees optional; and a 10 per cent reduction in fees across the board.

Now, students are receiving their OSAP estimates for the 2019-2020 academic year, and many are dismayed at reduced funding. For some students, this may mean they are unable to attend school in the coming academic year.

Matthew Gerrits, Feds VP Education, recognizes that some students will need to readjust their budgets for upcoming year.

"I think that students are really going to start to adjust and they're going to have to start to adjust on their own terms," Gerrits said. "I recognize they're in a very difficult spot. We do have some resources that are available, mostly being able to point them in the right direction for different bursaries."

One of the options that Gerrits highlighted was the Student Access Guarantee. Students that are eligible for OSAP also have access to this automatic bursary.

In November, Gerrits will be part of Student Advocacy Week, where student delegates can make recommendations to the provincial government. This year, OSAP and fee changes are a main focus.

"We are hoping to make sure that we are advocating through the [OUSA] on student financial aid, this year, it's going to be one of our big four advocacy priorities," he said. "We're going to continue to collect [student] stories as well, make sure that when we go up for Student Advocacy Week, which will happen in November, that we speak about the experiences of Waterloo students."

While many students are opposed to the government's changes, others are in support, as they face increased financial troubles. Allyson Hildebrandt is an Arts student and the president of UW Conservatives. She believes that OSAP and funding cuts are unpleasant but necessary.

"The decrease in grants that

many students now face — including myself as a low-income student — is not pleasant, but it is a product of wasteful spending by previous governments. Hopefully, as Ontario's financial situation improves, future students will be able to benefit from increases in grant funding," she said. "While the changes to OSAP bring about reduced funding for many students, the changes are necessary to reduce Ontario's debt load and to ensure the overall sustainability of OSAP."

Despite being aware of Ontario's debt, Sehra believes education should not be targeted for any sort of funding cuts. He said education is the backbone of Ontario's development, and OSAP grants are an investment in the future, rather than a "waste of money."

"I know that Ontario is in a deficit right now, but education should not be the receiving the hard end of the stick. We should not be getting any cuts because, at the end of the day, we do give the money back so it is a helpful [investment]," he said.

Sehra said he fears that Ontario will become more like America, where people enter straight into the workforce after high school. He said fewer students will be able to graduate with a bachelor's degree, simply because they cannot afford it.

"What I think this is going to end up doing is — straight out of school, kids are going to go into the workforce. The idea that we're becoming like America, where people don't have the money to go to college — like I know friends in America that are in the workforce. They try to do labour or construction and build up lump sums of money so they can go to college. And we're basically becoming like that," he said.

Sehra suggested raising taxes on other industries or products instead, such as gas, metal production, or import and export. Hildebrandt believes this is not the way to go.

"The main reason that we attend the University of Waterloo is to secure a career in the field of our choice upon graduation. With high taxes and high regulation, potential investors may be deterred from our province. This emphasizes the importance of reducing spending and cutting red tape," Hildebrandt said.

Student choice initiative

In addition to changes with OSAP and tuition, the provincial government introduced the Student Choice Initiative.

According to their news release, this initiative will "ensure transparency, choice and ease of decision-making, Ontario is introducing a plan to ensure non-tuition student fees are clearly communicated and give students choice regarding where their money is spent. Going forward, institutions will be required to provide an online opt-out option for all non-essential non-tuition fees."

SehraRajpreet, a UW student, disagrees.

"University is not just going to school, it's run by different clubs and academics and that kind of stuff, it's an entire experience," he said.

The Ministry of Training, Colleges, and Universities released a document in March, "Tuition Fee Framework and Ancillary Fee Guidelines", which included guidelines for categorizing services as essential or non-essential.

As of now, UW is still classifying all of its different services. Some services, such as equity services provided by Feds, are classified as essential; and others, such as Feds Advocacy, are considered non-essential. The full classifications, and their consequences, remain to be seen.



COURTESY ERNEST DOROSZUK

In early 2019, Doug Ford, Premier of Ontario, made changes to OSAP.

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Campus Question



See what students think about current issues.
How have OSAP changes affected you?



Saad Jaspreet, 2B
Accounting and Finance Management

"I have a brother who's also in university, and so even though I can earn money through co-op and make up for the OSAP cuts, my brother who's not in a co-op program will have to depend on my parents and work part-time to pay his tuition, and this has definitely made a drastic change in how he's now planning financing his degree."



Majd Khasib, 2B
Mathematics/Statistics

"I believe it's going to add more stress for students because with these new changes many will have to start working part-time to pay tuition while also trying to balance school, social life, and a healthy lifestyle. This will definitely put a financial burden on a lot of students that will lead to an unbalanced lifestyle."



Saadia Gul, 2B
Mathematics/CPA

"Seeing how OSAP is changing, I may have to rethink how I should finance my studies because the tuition for my program increases every term and I know that I won't be able to cover my tuition and living costs with the money I get from co-op only, because up until now OSAP helped me take care of a large portion of my tuition."



Kristen Cargill, 3A
Honours Science

"I feel like students from low-income families will have it worse with the new changes since there is no grace period after graduation and so they would have to depend on their parents to help with students loans until they find employment."

Don't sweat it: UW startup for sweat free living

Meghan Coish
Reporter

Chanakya Ramdev, founder of clothing company Sweat Free, and former student of Management Engineering at UW, believes that your clothing should do more than just cover you.

Ramdev set out to create a product that returned clothing to its original functional purpose.

"Instead of us wearing our clothing, our clothing now wears us."

Motivated by a rather sweaty trip to Hong Kong, as well as the high-priced but low quality of clothing today, Ramdev sought to make clothing a "tool" again.

"In true UW fashion, the idea came out of a co-op experience I had in Hong Kong" Ramdev said.

He explained that his boss asked him to dress formally for work, but due to the humidity and heat in Hong Kong, formal wear resulted in a lot of sweaty days at work. Deodorant was useless and he lost the only two suits he had. His frustration birthed the Sweat Free company.

Sweat Free undershirts works by killing the bacteria responsible for body odor called *Corynebacterium* which feeds on proteins and causes body odor. The compa-

ny determined that by killing this bacterium before it is able to feed on sweat, body odor can be prevented. Providing both functionality and comfort in men's wear and women's wear.

Ramdev attributes a large part of his success to the university's outstanding engineer program. "More than what it taught, it built my will power to put in all-nighters and finish stuff last minute."

The school provided him with the tools necessary to start and develop his own business.

The founder of the company beams with pride at the university where he started.

"Just like BlackBerry lead the way in phones, the apparel tech developed right here in UW will be leading the way in apparel," Ramdev said.

After working tirelessly to improve the weight and feel of their product, it is now extra thin, extra light, and ready for action.

With their technology complete, their manufacturing ready, fundraisers started, and their very first investor on board, the company is on its way to great success. Everyone can now look forward to sweat and odor free future days.

This article is not a paid promotion for Sweat Free nor does the author have any affiliation with the company.



COURTESY THE RECORD

Chanakya Ramdev, founder of Sweat Free, makes clothing from bamboo fibres and nanotechnology to ensure no sweat stains are seen or smelled.



Vegging out to better the planet

Dylan Wilson
Arts & Life Editor

People came out for fun, food and animal rights at the second annual Vegfest, and they might have walked away a little more educated than when they arrived.

The event took place in Kitchener City Hall on July 6 from 11 a.m. to 6 p.m. There was a reasonable turnout, starting off busily and maintaining a sizable crowd until the festival's end.

Mo Markham, organizer with Vegfest and KW Climate Save said Vegfests happen all over the world.

"They are vegan festivals to help showcase vegan food, to help people to see how easy [veganism] is, to come out and party...and also to showcase vegan products and sanctuaries," he said.

Sofia Kudriavtsev, UW grad and co-founder of Ontario Plant Based Student Association said her favorite part of



UW Animal Rights at Vegfest.

the festival is meeting new professionals.

"I just love seeing the nonprofit organizations. I think the food is great, phenomenal. But I like coming out and seeing you know, talking to the farm sanctuaries, talking to organizations," she said.

The festival featured many educational workshops.

"We've had a number of speakers today. We've had some ongoing workshops and climate speakers and animal rights speakers. We have a vegan vet who spoke about plant based foods for cats and dogs. We have a zero waste workshop... and also a naturopath," said Markham.

Another highlight of the festival was the abundance of free samples given at booths. Markham started getting involved in veganism for the climate related issues, "I saw how much British Columbia had changed in just... seven years. I think people who are living there everyday don't see that change...and that's what got me started," Markham said.

Stephanie DeSousa, UW Animal Rights

organizer said there are many ways students can start eating more plant-based.

"To implement...[people can try] campaigns like meat-free Mondays. Just implement vegan meals like one time a week or a few times a week. There are a lot of resources out there...even vegan on a budget."

The UW Animal Rights organization holds weekly meetings. This term they're every Thursday at 7 p.m. to 8 p.m. in EV 3, rm. 4408. People can go to meetings where they hold discussions and organize various events.

"We have like movie screenings, or there's like just food and more social events. In the Fall and Winter terms, we host eight booths a term where students can sign up, practice their activism, interacting with other students, encouraging them to go vegan or even just like introducing more plant based options into their diet. Sharing that there are options on campus for plant-based options as well," DeSousa said.

Why thrifting is the best way to shop

Anne Shirley Lytle
Reporter

Most popular clothing stores these days are considered fast fashion.

The cheaply priced and cheaply made clothing is produced at breakneck speeds to reflect the ever changing trends and consumer demands. Stores like H&M, Forever21 and Urban Outfitters are the mainstays of fast fashion. Thrifting, alternatively, is an even cheaper, environmentally friendly, and unique way to shop for clothing. It's a great feat to be able to practice sustainability and environmentally friendly practices while still looking great.

Here are some important things to know when deciding whether to invest in the fast fashion industry or go the route of second-hand shopping.

1. Let's start with the easiest benefit to thrifting— it's cheaper. Thrifting is cheaper for the bank account of the person buying the clothing, and can be incorporated into business' budgeting as well. If big clothing companies started buying thrifted items and reworking them into an even more unique piece, great clothes would be produced and

less money would be spent on producing hundreds of fast fashion items.

2. Reusing clothes greatly reduces waste. To create synthetic fibers such as polyester, a lot of energy is needed. Harmful substances such as crude oil also play into the manufacturing of polyester, and releases byproducts like toxic gases and chemicals into our atmosphere. Reusing clothes plays into the loop of buying less clothes which consequently leads to less clothes being produced.

3. Second-hand clothes are much less likely to end up in landfills compared to their fast fashion counterparts. If a thrifted item has made its way from an individual to the thrift store, it can be assumed that this is a sturdy piece of clothing and can withstand wear and tear. That puts less strain on the environment, as well-made clothing will last longer on people than in the landfills. Comparatively, fast fashion items are clothing made at a high speed and low quality; they end up in landfills much faster than clothes that have been thrifted even just once.

4. Reusing clothes also decreases the amount of pollution contributing to global warming. Soil and water are often polluted when the dyes used for clothes are washed down drains or improperly thrown away,



Gina Hsu saving money on clothes.

due to inefficient regulations in many countries where cheap clothes are made. Having chemicals thrown into water and soil wreaks havoc in many ways, from farming practices to simply having clean drinking water.

5. Lastly, supporting thrifting versus fast fashion is better for the people making them. Large companies producing new clothes weekly often pay workers in underdeveloped countries just a few cents per hour to produce these clothes. Conditions are often not up to the perceived standard and when people buy from stores where these clothes come from, they are supporting the mistreatment of these individuals. By choosing second-hand clothing stores instead, the money will go to a company that promotes sustainability and environmentally friendly practices.

So, next time you're shopping at the mall and complaining about the high prices of items, maybe head to the local thrift store instead. There are so many options around now as thrifting has gained popularity over the last couple years. Each item you buy second-hand (or donate) contributes to one less piece of clothing in the landfills. It is possible to have the best of both worlds: find unique clothing items and help save the environment!

science & tech

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Donna Strickland recognized by CAE

Strickland bestowed honorary fellowship by Canadian Academy of Engineers

Nick Owens
Science and Tech Editor

Donna Strickland, a UW professor will be receiving an Honorary Fellowship from the Canadian Academy of Engineering (CAE), the highest honor that this organization can bestow.

The honor is given to someone who has made contributions to the field of engineering above what is expected from a fellow of the academy. Most notably, Strickland received the Nobel Prize for her co-creation of chirped pulse amplification lasers and, earlier this year, gave a President's Lecture at the University of Waterloo about her invention.

This invention has had a huge impact, specifically in its ability to be used in laser eye surgery, but her contributions to science go far beyond this one invention.

For example, Strickland has made a number of contributions to the field of photonics. Photonics are similar to electronics, in that both involve the transmission of infor-



The title of Honorary Fellow was given to Strickland for her contributions to the engineering profession.

mation.

However, in the case of electronics, electrical current is used to transmit said information. Photonics use light instead.

In her President's Lecture at the UW earlier this year, Strickland mentioned why it is important to invest in such devices.

In her opinion, the biggest factor is that light can travel so much faster than electrical current can. Photonics can ideally act faster and carry more information than electronics.

An example of this that is recognisable in everyday life is how many fibreoptic lines have started to be installed in communities, namely for the purpose of it being a high-speed method of signal transmission.

Professor Strickland has published over 80 articles internationally which have all together been cited more than 9,000 times. Furthermore, she is the former president and a current Fellow of the Optical Society. This honorary fellowship aims to recognize her contributions beyond the invention that she is best known for.



One of the prime examples of Donna Strickland's contributions to engineering is her work with photonics and with the Optical Society.



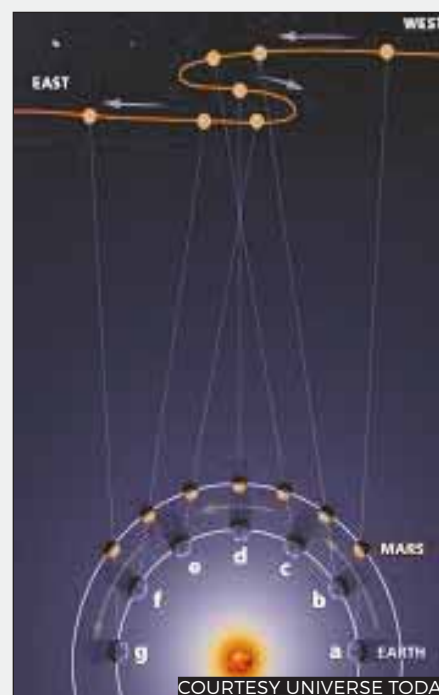
Column

The science behind...

Charlotte Hings



The Mercury retrograde



A diagram depicting Mercury's apparent retrograde motion.

third closest, after Venus. Planets closer to the sun move more quickly in their orbit and planets that are farther away move more slowly, but they all move in the same direction.

When planets retrograde in the sky they aren't actually changing directions; this is just what they appear to be doing when observed in the sky from Earth. It's an illusion that unfolds over several weeks or months. This illusion happens when Earth laps an outer planet, like we do to Mars every two years, or when an inner planet laps Earth, like Mercury does every four months.

As Mercury passes by us, our line of sight shifts, so Mercury will appear to loop back on itself for about three weeks, before resuming its normal orbital direction. It's simply a function of two planets orbiting in the same direction at different speeds. If you were standing on Mercury, Earth would appear to retrograde every so often as well. The key here is to remember that Earth is moving too.

It's easy to see how baffling planetary retrograde must have been to early astronomers who thought Earth was stationary and at the centre of the solar system. In the second Century, Claudius Ptolemy developed a model for planetary motion full of complicated loops and orbits within orbits to account for retrograding. Despite being completely false, that model was widely accepted for 1,500 years because it made sense based on the knowledge of planetary motion that was available at the time. Once Johannes Kepler demonstrated that all the planets, including Earth, move around the sun, retrograde motion was easily explained as simply an illusion. Most of the time in nature, the simplest explanation is the right one.

If there's anything we can take away from explaining the Mercury retrograde phenomenon, it is that we may be vulnerable to many illusions, and we can develop false pretenses when we think that everything revolves around us.

Mercury retrograde occurs three to four times a year when Mercury appears to temporarily change the direction of its orbit. This is actually happening right now, from Jul. 7 to Jul. 31.

In astrology, Mercury governs communication, travel, and learning. Astrologers believe that Mercury retrograde affects life here on Earth, specifically, communication and technology. For this reason, Mercury retrograde is often blamed for miscommunication, technological bugs, failed business deals, missed flights, car troubles and even cell phones breaking. But there is no concrete science to back that up.

Aside from astrology, planetary retrograding is a real astronomical phenomenon. To explain it, let's begin with the basic layout of the solar system: Mercury is the planet closest to the sun and Earth is the

sports & health



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Legend returns to the Warriors

Syed Naqvi
Sports Editor

Eric Ciezar, the coach who led the Warriors during 13 medal-laden years, has been announced as the head coach of the Women's rugby team.

Ciezar completed his undergraduate degree in mathematics in UW and also represented the Warriors in rugby.

He first assumed the responsibilities of head coach back in 1997.

After 13 years of steady success, Ciezar departed as the head coach in 2010. In those 13 years, however, his record with the Warriors Women's Rugby team was impeccable. He racked up a total of 70 victories, 37 defeats and 3 ties.

That adds up to a winning record of more

63 per cent. His achievements don't end there as he led the Warriors to two OUA gold medals (2000, 2001), three silver medals (2001, 2003, 2007) and three OUA bronze medals (1998, 2002, 2006).

The Warriors accumulated a total of eight podium finishes out of a possible 13.

His accomplishments were not just limited to the provincial level, however, as the Warriors ramped up the pressure on the National level and won two bronze and silver medals at the Canadian Interuniversity Sport (CIS). His most memorable moment as the head coach of Warriors was the 2001 National Championship game against Alberta. Under his tenure Warriors won 5 national championships.

"It is exciting to return to my alma mater, coaching the Warriors again," said an exuberant Ciezar. "I am looking forward to re-visiting, re-connecting and experience the

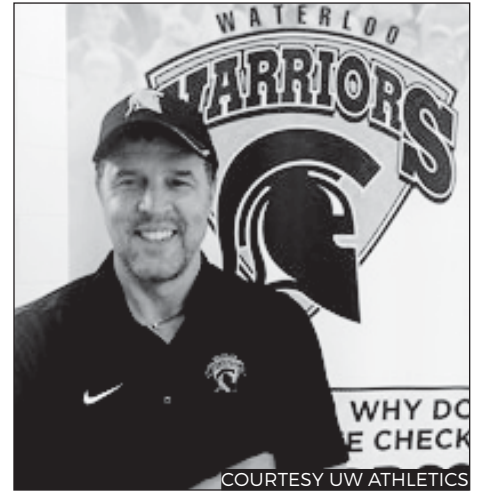
exuberant energy that I always felt when I was there as a student, athlete and coach," he added.

In addition to his previous term as head coach of the Warriors' rugby team, Ciezar has been a teacher at Bluevale Collegiate Institute for the last 25 years.

His impressive resume also includes coaching stints at the Waterloo County U-19's, Waterloo County Women's team and Northland Rugby Union Senior Rep Squad.

"We are very pleased to have Eric return to the Warriors. Eric has an exceptional track record and his background in rugby is second to none." Brian Bourque associate director said. "Eric's involvement is not only positive for our current athletes but I think there will be a lot of Rugby Alumni excited to see Eric back leading our Program."

To get all the players match-fit, Ciezar will start his coaching with immediate effect.



Coach Eric Ciezar is returning to his home turf to coach the UW Warriors Women Rugby Team.

Vaping sees a surge in popularity

Syed Naqvi
Sports Editor

Researchers at the University of Waterloo conducted a study to find the rates of vaping and smoking in Canada, the U.S. and England among youth aged 16 to 19.

The study, "Prevalence of vaping and smoking among adolescents in Canada, England, and the United States: repeat national cross-sectional surveys," was authored by David Hammond and appears in the British Medical Journal. The study found that between 2017 and 2018, there was a hike of 5 per cent in users of e-cigarettes in Canada and 8 per cent in the U.S. within the last 30 days. In England, there were no significant changes to the rates.

The reason for this rise has been attributed to a new generation of e-cigarettes which contain higher levels of nicotine.

"Prior to 2017, many youths were experimenting with e-cigarettes, but it was very hard to find regular users," David Hammond, a professor in the School of Public Health and Health Systems at Waterloo said. "In 2018, not only were more youth in Canada and the U.S. trying e-cigarettes, but there was also a shift toward more frequent use."

Among the other findings of the study

was the fact that users of the JUUL brand of vaping device rose significantly in the month of August 2018. In Canada the rise was reported to be 10 percent whilst in the U.S. the users of JUUL tripled in number over the same time period.

"E-cigarettes have the potential to help

adult smokers to quit; however, e-cigarettes need to be targeted more effectively at adult smokers to avoid creating a new generation of nicotine users," Hammond said. "We have yet to achieve the optimal regulatory balance, and the findings support urgent action to reduce youth vaping - includ-

ing greater restrictions on advertising and youth access."

More than 24000 youth between the ages of 16 and 19 were surveyed as a part of the International Tobacco Control Policy Evaluation Project (ITC) Youth Tobacco and Vaping Survey.



Vaping continues to grow in popularity among the youth population.

imprint

Wednesday, July 10, 2019 | Vol. 42, No. 6

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Next scheduled post-mortem meeting:

Wednesday, July 10 at 2:30 p.m.
Imprint Office, SLC 0137

Next scheduled board meeting:

Wednesday, July 17 at 6 p.m.
Imprint Office, SLC 0137

opinion

HAVE YOUR SAY

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

What is love? Concern.

You can be anyone you want. Or at least that's what they tell us from an early age. However, we go through life with various levels of direction and often, we can feel like we're losing control of who we're becoming. This is about one thing you can start doing to transform yourself into a little bit better of a person everyday, starting today.

Concern: Your attention is arguably the most important gift you've been given. It essentially dictates the path of your experience. As they say, life is 10 per cent what happens to you and 90 per cent how you're looking at it. That said, concern is a very precious quality to hold within your attention. It's a lot like love, some would say concern is the essence of love. All day long, perhaps thoughts cloud your mind and you're taken away from the present moment. While that's happening to you, you'll be oscillating along various spectrums, among the most central, your current level of self absorption.

Your mind might be chattering on and on and perhaps you're mindlessly following it wherever it goes, just reacting to stimuli or even reacting to reactions. I know I've had periods of time, especially if there's a lot going on in my life or the life of my family, where I'm spending 99 per cent of my time



Showing concern and giving attention is one of the greatest signs of love.

thinking about my issues or their's. Sound familiar?

It's interesting that by expanding our circle of concern, we actually feel elated in some ways. In moments, just by shifting our attention to the needs and wishes of strangers, of our country, of the world, we can feel relief and even a sense of increased peace and love in our hearts. And since love creates joy, what better way to spend our time?

Various life events, (education, career, personal problems) can push us to withdraw our attention from the well being of others, but I'd like to suggest that it is wise to make efforts against this force and aim to spend at least part of our time undertaking heartfelt concern for the needy.

Expand your personality with love. Live up to your highest potential and follow the universal religion that even most atheists would agree with. Love as selflessly as is possible. Expand your world and daily experience with the ornament of compassion. The average person is self-obsessed, I think you're better than average. I think you're a saint and you can prove that to yourself day by day, just by leveling up your heart muscle with a daily dose of concern.

Dylan Wilson
Arts & Life Editor

Awareness helps your happiness

Everybody would like to be happy. Research has shown that university students around the world rate being happy as extremely important and valuable (6.39 on a 7 point scale). Dr. Tal Ben Shahar, a popular Harvard psychologist, has described happiness as "the ultimate currency". He believes that everything we do, every action that we take, is because we believe it will, ultimately, lead to happiness.

Although it may seem like focusing on your own happiness is a self-indulgent goal, in fact, research has shown over and over again that happiness doesn't just make you feel good. It's also linked with many other valuable benefits. For example, happier people tend to have an advantage in terms of health, life span, rates of college graduation, job performance and satisfaction, social relationships, leadership skills, self-esteem and coping skills.

With so many benefits, who wouldn't want to increase their levels of happiness? But, is that even possible? According to psychology professor, Sonya Lyubomirsky's book, *The How of Happiness*, our happiness level is a result of three factors. Our ge-

netics, which determine 50 per cent of our happiness level, our environment, which determines 10 per cent of our happiness level; and intentional activities, which determines 40 per cent of our happiness level.

We can't change our genetics, and we may not have much control over the stuff that happens to us. So, psychology has recently put a lot of effort into focusing on the Intentional Activities – what people can do, what deliberate activities they can engage in, to improve their happiness level. Evidence from well-designed studies has shown that people can significantly boost their happiness by using certain "happiness exercises."

One well-documented and straightforward happiness exercise is called Three Good Things. It starts with the premise that we think too much about what goes wrong in our lives, and not enough about what goes right.

These negative events, then, end up having more impact on us than positive ones. Although this may have made a lot of sense for our distant ancestors who needed to recognize and prepare for disaster for their very survival, in the present time, we will

feel better if we notice, think about and appreciate what goes well in our lives. The goal is to change your focus from things that go wrong to things that go well, that you may have been taking for granted. Gratitude can be an antidote to negative feelings.

The Three Good Things exercise requires you to set aside 10 minutes a day (before bed works well) and "write down three things that went well today, and ... why they went well". The three things need not be earth shattering in importance. Some examples you could write about include something you did well or achieved, what you like about where you live, specific individuals who care about you, the beautiful weather or the tasty dinner you had.

Try to keep the strategy fresh, not using the same things every day, in order to keep it meaningful and interesting. Although it may be tough to find things to be grateful for during tough times, this may be the most important time to look for three good things, in order to increase your level of happiness.

Rhonda Giloby

Clinical psychologist, Western University professor



FALL TERM 2019 JOBS

HOURLY PAID JOBS

CREATIVE DIRECTOR

Sept 4 start ; Monday to Friday, 22 hours/week ; \$1,333.33/monthly.

Creative, detail-orientated, with strong communication and leadership skills. Knows how to use MAC/PC computers, along with Microsoft Office and Adobe Creative Suite, including InDesign and Photoshop. Design portfolio an asset.

For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137.

MANAGING EDITOR

Sept 4 start ; Monday to Friday, 22 hours/week ; \$1,333.33/monthly.

Strong communication and leadership skills. Creative, detail-orientated. Knows how to use MAC/PC computers, along with Microsoft Office and Adobe Creative Suite, including InDesign and Photoshop.

For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137.

2 MARKETING SALES REPS

Sept 4 start ; Monday to Friday ; \$14.00/hour

Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in Imprint, to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCo137.



AVAILABLE UW WORK STUDY POSITION REQUIREMENTS

You must be a full-time student and OSAP eligible. Candidates must first apply to Student Award and Financial Aid Office for approval. If approved, candidates are required to bring Declaration of Student's Eligibility/Hiring Form to Imprint interview.

UW WORK STUDY

EDITORIAL ASSISTANT

Sept 4 start ; Monday to Friday, part-time ; \$14.00/hour.

Enthusiastic attitude about writing and Imprint in general. Experience in transcribing, interviewing, research and the ability to plan and write full articles quickly and without assistance.

For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137.

Position available upon funding.

VOLUNTEER COORDINATOR

Sept 4 start ; Monday to Friday, part-time ; \$14.00/hour.

Highly organized with excellent verbal and written skills, along with group management. Assisting the Executive Editor and Advertising and Production Manager with social recruiting events, Imprint training workshops, volunteer team spirit, appreciation luncheon, etc.

For further information on job description or applying for this job, please email cover letter and resume to editor@uwimprint.ca or drop in to the office, SLCo137.

Position available upon funding.

BOARD ASSISTANT

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

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

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCo137.

Position available upon funding.

SOCIAL MEDIA ASSISTANT

Sept 4 start ; Monday to Friday, part-time ; \$14.00/hour.

Assisting the Executive Editor to ensure daily postings are completed for Imprint's social media channels. Connect with readers ; develop content ; multi-task assignments from various departments and use social media analytical tools to measure key metrics for editorial and advertising.

For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137. Position available upon funding.

SALES ASSISTANT

Sept 4 start ; Monday to Friday, part-time ; \$14.00/hour.

Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in Imprint to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCo137.

Position available upon funding.

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SECTION EDITORS for News, Opinion, Arts, Sports, Science, Distractions.

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

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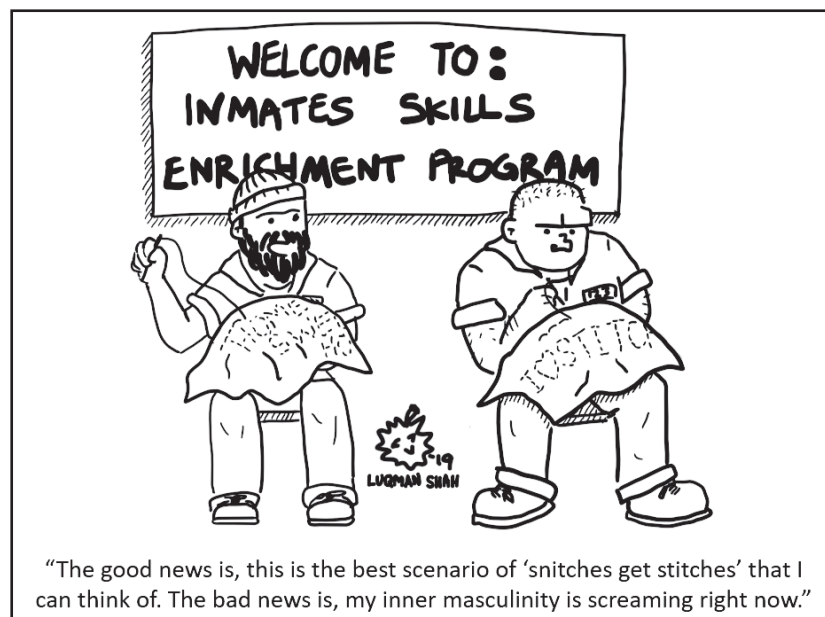
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SPARKLE ON!

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| Desk | Tea |
| Assignments | Circulation desk |
| Document | Borrow |
| Keyword | White board |
| Eduroam | Coffee |
| Database | Call number |
| Laptop | Reserve |
| Journal | Write |
| Davis Centre | Special collection |
| Encyclopedia | Notes |
| Renew | Homework |
| Librarian | Reference |
| Index | Thesis |
| Books | Hold |
| Peace and quiet | Read |
| Snacks | Print |
| Highlight | Browse |
| Cold | Type |
| Library card | Archives |
| Newspaper | Cellphone |
| Dictionary | Work |
| Serial number | Glossary |
| Pencil | Media |
| Library | Internet |
| Pen | Window |
| Edit | Perk |

The Urban Circus



ATTACK ON ICE CREAM

BY TIMI BOKH



SUDOKU

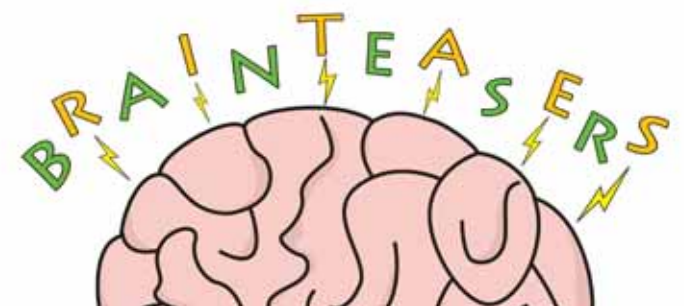
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PUZZLES &



Where flowers bloom, so does hope.



WHAT IS THE NEXT ELEMENT THAT WILL FOLLOW THESE TWO SEQUENCES? NOTE THAT THE SEQUENCES ARE INDEPENDENT, THE NEXT ELEMENT WILL BE DIFFERENT FOR EACH AND THERE IS NO CONNECTION. FURTHER, BOTH SEQUENCES CAN BE CONTINUED INFINITELY.

SEQUENCE 1:
 1 2 3 4 5 6 7 8 9
 SEQUENCE 2: O T F S N E T

HINT FOR SEQUENCE 2: CONSIDER THESE TWO SEQUENCES TOGETHER: BOTH FOLLOW THE EXACT SAME LOGIC WITH A SLIGHT DIFFERENCE. CAN YOU IDENTIFY THE NEXT CHARACTER IN EACH OF THEM?

O T F S N E T
N H I E I L H

THIS PUZZLE WAS BROUGHT TO YOU BY THE W PUZZLES AND BRAINTEASERS CLUB, WHO MEET EVERY FRIDAY AT 6 P.M. IN QNC 1507.

SOLUTION TO LAST ISSUE'S PUZZLE:

