

im print

p13

NOT A LATTE

Just four dollars per semester in ancillary fees goes to *Imprint* to support students in making this newspaper, building community, and engaging in activities they love.



CANADA'S NEW FOOD GUIDE

The new Food Guide recommends more plant-based proteins than before, in addition to many other changes. P11

GRAND RIVER HOSPITAL OVERCROWDED P5

GRH will be receiving more government funding to help cover a deficit and end hallway healthcare.

ARTIFICIAL KIDNEYS P9

A Kitchener start-up is creating artificial kidneys for people in need of transplants.

CAMPUS QUESTION P6

Find out how recently-announced changes to OSAP and tuition will affect fellow students.



Raising the bar for minorities P8

CHARLOTTE HINGS



P4E JOBFAIR

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Council in brief: City of Waterloo

Victoria Gray
Executive Editor

WATERLOO PARK LAKE FRONTAGE RECONSTRUCTION

Council approved spending \$772,000 for the Lake Frontage Reconstruction.

The proposed scope of this project includes detailed design and public consultation for the decommissioning of Lions Lagoon after the end of the 2019 season.

These changes will help improve the splash pad area, associated buildings, design and reinstatement of the shoreline area, and contribute to the design and construction of a new activity area along the reconfigured shoreline.

The details of this project will be coordinated through the implementation of the Laurel Creek and Silver Lake Environmental Assessment Addendum detailed design and construction project that is currently underway.

This will be brought back to Council in approximately the second quarter of 2019 with a project update.

Future public information centres will be held as part of the design process prior to finalizing the design.

A replacement water play facility will be

required for the 2020 summer season.

City staff will use public consultation and planning to begin looking for a location in west sector of Waterloo Park.

UPTOWN COMMUNITY IMPROVEMENT PLAN (CIP) 2018 ANNUAL UPDATE REPORT

The Uptown Community Improvement Plan (CIP) is designed to generate reurbanization in the form of building rehabilitation, infill, intensification and redevelopment within a specific area in a community. Specifically, the Uptown CIP focuses on promoting specific land uses in the Uptown Community Improvement Project Area including employment and affordable housing that have been included in the Official Plan as a high priority, in addition to heritage conservation and sustainable design.

In 2018 a total of 18 applications were received and 11 applications have been approved to date.

The CIP is divided into two application windows. One window occurs in early spring and the other window, in early fall. Nine applications were received as part of the spring round. Eight of them were approved, with one requiring additional information to satisfy planning concerns and is still under review.

In the fall round, nine applications were received. The six applications for buildings that were either listed on the City's heritage

inventory or designated under the Ontario Heritage Act, planning staff requires additional information and/or heritage permit applications.

Once Planning staff has the information they require, these applications will be processed accordingly.

Of the remaining three applications in the fall round, two were approved for 75 King Street South and 46 King Street North.

The final fall application is for a Commercial Building Improvement Loan at 98 King Street North and is being recommended by the CIP Committee for Council approval.

REVISED PROGRAM REFUND AND WITHDRAWAL POLICY

Council approved changes to its Program Refund and Withdrawal Policy. Changes include:

- A reduction in administrative fees on refunds from 20 per cent to 10 per cent.
- The application of administrative fees to both refunds and credits on customer accounts.
- The addition of a 24 hour 'buyer's remorse' period after registration in which no administrative fees will be charged for withdrawing from programs.
- An adjustment in withdrawal deadlines for camps and single day programs from five business days before the program begins to 14 calendar days in advance of the

first program date.

TENDER AWARD - WATERLOO PUBLIC LIBRARY MAIN BRANCH MECHANICAL UPGRADES

Council approved a tender award of more than \$880,000 for mechanical upgrades for the Waterloo Public Library. The work will be completed by Superior Boiler Works and Welding Limited.

The systems being replaced were originally installed in 1965 and 1988 and are in need of replacement in order to maintain an acceptable interior environment within the building.

CITY UTILITY RATES

Council approved the 2019 city utility rates. The annual financial impact of the overall City Utilities increase for 2019 is 4.4 per cent (or \$44.44) for the average household; of which the City's share is 2.4 per cent (or \$23.65) and the Region's share is two per cent (or \$20.79).

The rate increases proposed by the City of Waterloo include various factors. The single largest factor to the water and sanitary sewer rates is the proposed rate increases from the Region of Waterloo, our sole supplier of drinking water and treatment provider for our wastewater.

For these services, the Region charges wholesale rates to the City. The effective date for the new rates is Feb. 1, 2019. Full details can be found online at www.waterloo.ca.

Police Briefs

TWO MALES were taken to hospital with injuries after a vehicle collision in Cambridge. Waterloo Regional Police responded to a two-vehicle collision involving injuries at the intersection of Myers Road and Cheese Factory Road in Cambridge on Jan. 26 at 1:46 p.m. A white Nissan was east bound and a bronze Subaru was travelling south bound when they collided in the intersection, which was controlled by traffic signals. Both drivers were males from Cambridge who were taken to hospital with injuries. Damage to both vehicles was significant. The intersection was closed for just over two hours and the incident is still under investigation. Police are asking anyone who witnessed the collision to contact the Waterloo Regional Police Traffic Services Unit at 519-570-9777 extension 8856.

THREE STOLEN AIRSOFT GUNS were found by the police and a Kitchener man was charged. On Jan. 24, 2019, Waterloo Regional Police Service's Break, Enter and Auto Theft Unit arrested a 38-year-old male in connection to a break and enter that happened on Jan. 21 at a business on Victoria Street, North in Kitchener where the airsoft guns were stolen. A search warrant was obtained for a residence on Bruce Street in Kitchener and the three-airsoft guns were recovered. The male was charged with various offences including break and enter theft, possession of stolen property under \$5000, possession of a stolen credit card and possession of break and enter tools. The investigation is ongoing.

A MAN spent the day damaging property in Waterloo, including throwing a chair through a businesses window. Waterloo Regional Police responded to the area of Ontario Street in Kitchener for a report of property damage. A business owner reported that a male had

thrown a chair through the front window of their business on Wednesday Jan. 23, at around 1:30 a.m. Throughout the day, police received several other reports of a male damaging property to local businesses and homes in the downtown area. Police responded and were able to locate the male. As a result of the investigation, a 24-year-old male has been arrested and charged with ten counts of mischief under \$5,000. No injuries were reported as a result of the incidents. The estimated cost of damage is unknown at this time.

WATERLOO REGIONAL POLICE responded to the report of a collision at 10:45 p.m. on Jan. 25 at University Avenue West, near Sunview Street in Waterloo. A male pedestrian was struck and was transported to hospital in critical condition with life threatening injuries. The roadways in the area were closed for about three hours while police investigated. Anyone who may have witnessed the collision is asked to contact the Waterloo Regional Police Service Traffic Services Unit at 519-570-9777 extension 8856.

A 23-YEAR-OLD MAN after a young woman woke up to find him watching her sleep. Waterloo Regional Police received a report of a residential break and enter in the area of University Avenue West in Waterloo on Jan. 23 at about 4 a.m. A female was asleep inside her apartment when she reported waking up and seeing a male standing in her room watching her. The suspect fled from the apartment when the female woke up. Waterloo Regional Police responded and a suspect was later arrested. A 23-year-old Waterloo man has been charged with break and enter. He is scheduled to appear in court on Mar. 8. The investigation is ongoing and anyone with information is asked to call police at 519-570-9777.

Glow pledges to fight OSAP changes

Students attend Day of Action at Glow to understand and fight the Ford government

Suhani Saigal
News Editor

For their Monday Funday, the Glow Centre for Sexual and Gender Diversity organized a day of action on Jan. 21 to generate awareness about the changes made by the Ford government regarding the Ontario Student Assistance Program (OSAP) and show their support in fighting them.

On Jan. 17, Minister of Training, Colleges, and Universities, Merrilee Fullerton, announced that the Ontario government will give out more loans than grants in the next academic year and there will be a 10 per cent reduction in tuition fees.

The event started with volunteers discussing the three policies of Glow — inclusion, safe space, and confidentiality.

This was followed by the introduction of all present.

"I just know [that] a lot of people are in trouble," Simran Parmar, Feds presidential candidate from Team Gold said.

Advocacy Director of Glow, Alex McEwin, made and presented slides, giving all necessary and relevant information about the announcements.

After discussing OSAP, participants were told about the Members of Provincial Parliament (MPP) they can contact, like Lisa Thompson, Doug Ford, Mike Harris Jr., and many more.

They were also told about the various resources they can use to fight these changes. These resources included petitions and protests organized across Ontario.

To challenge these decisions, students can also participate in a survey designed by the Ontario Undergraduate Student Alliance (OUSA), through which they can share their own stories and have them sent to the government.

When asked why he decided to organize this event, McEwin said the news came as a shock.

"I was very anxious when I heard the news and when I get anxious, I start finding out everything I can. And since I am the Advocacy Director of Glow, I realized this information needs to go to everyone

else too."

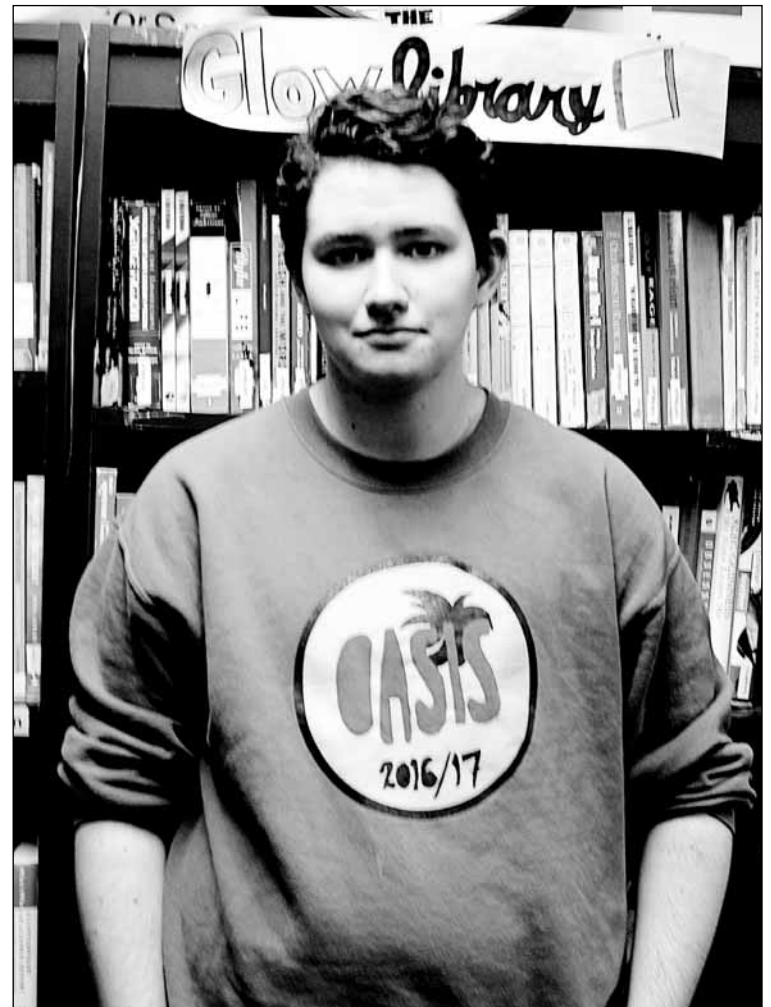
McEwin said that the slides will be posted on the event page on Facebook for everyone to see. After the presentation was over, participants were given letter and email templates to follow and write to the government.

"I am hopeful that these letters will make a difference," McEwin said. A petition was also passed around for everyone to sign. Throughout the event, students expressed their opinions on the topic.

While in conversation, Parmar said, "One thing politicians need to understand is that a lot of times when someone comes from a high-income family, it does not mean that they are supported by the family.

"So, I believe there should be a greater focus on how much support the person has from their parents."

Amanda Fitzpatrick, coordinator of Glow and VP of student life and Joshua Mbandi, VP of operations and finance for Team Gold were also present to show their support.



Advocacy Director of the Glow Centre for Sexual and Gender Diversity, Alex McEwin, 20, is a 3B social development studies and psychology, student 3B.



PHOTOS SUHANI SAIGAL

From left to right: Amanda Fitzpatrick, Simran Parmar, and Joshua Mbandi.



Day of Action at Glow aimed at discussing the changes to OSAP.

Retail Services has your back

Suhani Saigal
News Editor

After conducting extensive research in 2017 about their customer experience, Retail Services, now Print+Retail Solutions (P+RS), launched its new W Store, W Print and the new e-commerce website on Jan. 28.

Rebranding Retail Services to P+RS was the result of consultation with the firm The Build who found that students were confused about how the brand worked as they did not know what they could find in which store. "We also interviewed alumni, faculty staff, and 2200 students," Ryan Jacobs, director of P+RS said.

The new brand and its website were launched with a ribbon cutting and logo reveal, followed by remarks from the University of Waterloo's President, Feridun Hamdullahpur. Jacobs and one of the website developers also spoke at the event.

P+RS also announced a contest which they call, "Our Biggest Contest Ever". To enter this contest, students must log onto their new website www.wstore.ca and fill out the form. Alternatively, they can also like the University of Waterloo-Retail Services' official page on Facebook or follow [uwaterloo](https://www.instagram.com/uwaterloo) on Instagram. Students who complete any one of the steps will qualify for the draw.

"Our goal is to get students to check out the website," Jacobs said.

"This time of the year, students do not shop a lot, and so they might not get a chance to see how much better the new website is."

One lucky student will win up to \$3,000 toward their next semester's tuition. Runner-ups will win up to \$500 to go toward textbook purchases, W Store gift cards, and a wireless audio prize pack. The contest started on Jan. 28 and will run until Feb. 1.

To replace the Bookstore and Waterloo Store, P+RS launched their new W Store at South Campus Hall (SCH), which is a one-stop shop for UW students.

At this store, one can find a mix of course materials, supplies, gifts, and apparel. Under the new brand structure, tech repair was relocated to SCH. In place of Media. Docs and Campus Tech, P+RS has opened W Store Essentials at MC, SLC, and STC. These stores have bestselling, popular, and essential items from the main store. Basic printing services will also be offered at these locations.

P+RS announced that new lines of apparel will be launched throughout 2019 but some products were launched on Monday. These include a new line of faculty-specific hoodies, enamel pins and faculty-specific t-shirts. Students from various faculties were asked about their favourite hang-out spots on campus, and some of

those spots have been printed on the back of the new faculty-specific t-shirts.

P+RS is an umbrella brand for all printing services offered on campus. These include the large format print centre in SCH, uPrint, printers and copiers, and all services provided by the Digital Production facility in GSC. Special printing needs are now handled at

W Print located in SCH. All uPrint kiosks will become W Print kiosks in 2019 and many units will be available 24/7.

P+RS reinvented its online shopping website so as to allow customers to order all products sold at the W Store. Students can use their credit cards and WatCards to pay, and in some time, they will be able to use W Rewards

points (formerly RS Rewards). Faculty and staff will be able to pay by charging the amount to their department account, in a month or two.

The brand also has a new tagline: #wevegottyou.

"We aim at increasing convenience for students and make it easier for them to find what they're looking for," Jacobs said.



Ryan Jacobs, director of Retail Services unveiled the Print and Retail Solutions newly branded W Store on Monday morning.

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CONTEST ALERT

1) FOLLOW @uwimprint ON INSTAGRAM, TWITTER & FACEBOOK

2) TAG A FRIEND & COMMENT A PUN WITH THE WORD "WARRIOR" TO SHOW YOUR SCHOOL SPIRIT!

GINA HSU

New Policy 8: Freedom of Speech

Harleen Kaur Dhillon
Editorial Assistant

In the summer of 2018, the Ford government announced many changes for Ontario. Among them was the new requirement for universities and colleges to have free speech policies modeled after that of the University of Chicago. They were given a deadline of January 2019 to put these policies into effect.

The University of Waterloo (UW) recently redrafted Policy 8, the Freedom of Speech policy, in accordance with the requirements of the provincial government. Policy 8 begins by quoting the University of Waterloo Act, 1972: “The objectives of the university are the pursuit of learning through scholarship, teaching and research within a spirit of free inquiry and expression.”

Matthew Grant, UW director of media relations, said, “UW has

always supported the principle[s] of free speech and freedom of expression on campus.”

“The new policy reflects long-held beliefs of UW that the campus should be a place that supports the free exchange of ideas, beliefs that have been documented in numerous university policies and in various public statements,” he said.

Policy 8 simply expects people to respect others’ freedom of speech. Violations of the policy

will be addressed through pre-existing policies, many of which have sections concerning freedom of speech. Policy 8 states: “Alleged breaches of this Policy by members of the university will be managed in accordance with policies and agreements (including Policy 33, Ethical Behaviour; Policy 71, Student Discipline; the Memoranda of Agreements with the Faculty Association, CUPE, and Staff Association of the University of Waterloo) governing members of the

university.”

Visitors who offend the policy will be managed by the appropriate policy or referred to the UW Police Services.

“The policy will be governed in part by Policy 71, where any issue will be dealt with through a non-academic misconduct process. The process itself is designed to be fair, and students are afforded the right to appeal if they do not agree with the decisions,” Grant said.

Students gather to protest OSAP changes

Harleen Kaur Dhillon
Editorial Assistant

Nearly a hundred students gathered in the Veteran’s Green on Tuesday, Jan. 22 to protest the new changes to OSAP. The protest, led by Laurier Young Liberals (LYL), saw students gathered to express their anger and dismay for the sudden changes.

Aqsa Naveed, former president of the LYL and political science graduate student at Laurier, was a co-organizer for the protest.

Naveed wanted to ensure that students are aware of these OSAP changes and their potential consequences.

“[We want to make] students aware ... that these changes are happening and just also [send] a message to the Ford government and [make] them realize that we won’t stay silent. We will fight for our rights to education and ensure that we can go back to school and that we have all the right resources to support us,” Naveed said.

Desiree Sam, current president of LYL and fourth-year political science student, stated that these

changes are only helping the rich, and are hindering access to education for lower income people.

“I think the main point that we want here is that we want students to stay politically engaged and to pay attention to elections and to understand that the Ford government is not for students,” she said.

“This is a major problem for the vast amount of students in general — most people cannot afford to go to school by themselves.”

Naveed also emphasized that the changes don’t just affect

individual students — they have detrimental effects on everyone. She stated that they plan to keep fighting the changes until they are rescinded.

“It just seems very shortsighted and clearly the changes weren’t, like, properly thought out,” she said. “The Ford government [needs to know] that we are going to keep fighting this and we’re not going to stop.”

Participants were able to sign a petition and listen to guest speakers which included Yvan Baker, a former MPP who was present when the liberal

government previously made changes to OSAP; Mitzie Hunter, previous Minister of Education; and Bob Johnson, a representative of the Green Party.

Despite the political nature of the situation, Sam stated that unity is necessary in order to combat the OSAP changes.

“People should be putting aside the political differences and work together in order to make sure that education is set up in this province to benefit everyone and not just the wealthy few,” Sam said.

An Ontario-wide protest is set to take place on Feb. 4.

Grand River Hospital overcrowded, but getting funding

Suhani Saigal
News Editor

Kitchener Waterloo Hospitals will get \$4.6 million from the Ford government to help upgrade, repair, and maintain their facilities.

Grand River Hospital will get about \$2 million of the Health Infrastructure Renewal Fund, which is providing \$180 million for repairs and upgrades to 128 hospitals in Ontario this year.

In a press release issued on Jan. 18, Kitchener Centre NDP MPP Laura Mae Lindo said that the Grand River Hospital is understaffed due to decades of Liberal hospital cuts. 50 front-line health-care staff members were laid off and as a result, patients have to wait longer in queues. The Grand River Hospital is in a \$7.4 million deficit. “We need a government willing to prioritize health care, and invest in front-line care in-

stead of cutting,” Lindo said, in the press release.

On Jan. 23, Monte McNaughton, MPP for Lambton-Kent-Middlesex and Ontario’s Minister of Infrastructure, announced that three local hospitals will be receiving considerable funding for upgrades.

Four Counties Health Services Corporation will receive \$596,410, and Strathroy Middlesex General Hospital will receive \$3,273,458. To split between the Chatham and Wallaceburg sites, Chatham-Kent Alliance Hospital will receive \$1,810,203.

A total of 128 hospitals will receive funding through the Health Infrastructure Renewal Fund. To deal with challenges facing the health care system, Ontario’s government is developing a strategy that ends hallway health care.

The funding announced by McNaughton will help hospitals deal with the problems at hand, such as upgrading or replacing roads,

windows, heating and air conditioning systems, fire alarms and back-up generators.

In 2018—19, the government invested an additional \$90 million. This money was used to make over 640 new beds and spaces.

A press release from Kitchener-Conestoga MPP Mike Harris said the government is “moving

forward quickly to address challenges facing the health-care system as it develops a long-term transformational health-care strategy to end hallway health-care.”

Regional Chair Karen Redman gave committee members a copy of her correspondence to Finance Minister Vic Fedeli, that includes a

Top 10+1 list of requests.

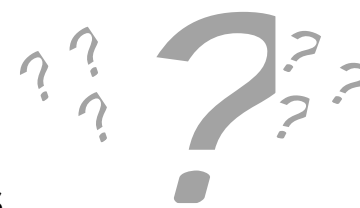
In addition to these priorities, she highlighted local ambulance dispatch operations, funding for nurses to address ambulance off-load delays at hospitals, support for economic development and investment in mental health, prevention, treatment, and addiction support as needing funding work.



Grand River Hospital is understaffed due to decades of Liberal hospital cuts.



Campus Question



See what students think about current issues

This Week: Do the changes to OSAP effect you? How do you feel about those changes?

Students in Ontario are facing major changes to the structure of the Ontario Student Assistance Program (OSAP) in 2019-2020 school year.

On Jan. 17 the Ford government announced changes to the existing OSAP program to save provincial funds and make repayment of loans simpler for students. In addition, the Ford government claims that, with the removal of the interest-free grace

period of six months, repayment of loans should be simpler for students.

Starting in the 2019-2020 school year, publicly funded universities and colleges will be subject to a ten per cent reduction in tuition. According to the news release by the government, this should save a college student \$340, a university student in an Arts and Science degree \$660, and university students completing a professional or

graduate degree over \$1000.

New tuition rates will be frozen for the 2020-2021 academic year.

In the coming academic year, the minimum loan to grant ratio will be fifty percent -- that is, at least half of the OSAP received by a student in a second-entry program or in a program outside of Ontario must be a loan.

It was previously much higher and now

students in higher income brackets will not get grants.

Ancillary fees are additional fees that students pay on top of their tuition for services from their universities.

The Ford government has made it so that the option to opt out of ancillary fees must be available online. This does not include essential fees such as university healthcare and dental plans.



**Andrew Francey, 3B
Physics**

"The OSAP changes don't really affect me personally. I use OSAP, but I was never a part of the 'households under \$50,000' income to get it for free. I do not support the taking away of the grace period to pay the loan back. I thought that the grace period was a good policy. I support dropping tuition by 10 per cent. I feel like that makes it a little more affordable for everyone."



**Aakash Patel, 1B
Accounting & Financial Management**

"It doesn't really affect me, but I don't think it's fair that they got rid of the grace period. Especially for people who are just getting out of their undergrad or Masters, and are straight out of school. They most likely don't have a job, so it's going to be difficult for them to pay it back. They're going to be in a tight situation. Also, the people who are above the threshold, but still under \$50,000 are in a tight situation, because they can't even afford school in the first place."



**Megan St. Michael, 4B
Kinesiology**

"I'm graduating after this term, so what really affects me is the grace period. I guess I'm probably going to have to go back to school, so tuition being lowered isn't a bad thing."



**Vipneet Johar, 1B
Business Admin & Computer Science**

"I guess it kind of affects me because I did use OSAP this year. From what I do know, the grants are going to be focused more on lower-income families, and tuition is going to be lowered by 10 per cent. So I guess it sort of balances out."



**Hilary Cheng, 1B
Business Administration & Mathematics**

"I don't use OSAP so I don't really know much about the whole situation, but from what I do know, I think it's unfair to the students that use OSAP."



**Aniek Gul, 4B
Computer Science**

"It has no effect on me because I am an international student, so I don't have access to OSAP anyways. From what I've heard, it seems like it's unfair. My friends who use OSAP aren't too happy. And people's grants are getting cut off."



**Shalia Mangalam, 2B
Computer Science**

"I haven't really checked to see if it really effects me, but it's not good that they are cutting it. Maybe it will effect me? I guess I'll find out when I reapply."



**Shannen Nguyen, 3A
Social Development Studies**

"Yes, it definitely does affect me. Just hearing about it was really upsetting, and I understand why there's a bunch of backlash. I feel like OSAP is the reason I get to go to school every year and get my education. OSAP helps me pay for school, so without it, it feels like there is no option."

PHOTOS VISHAL LILMAN

arts & life

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THE OSCARS

UW EDITION

NUMBER ONE ALL MALE
A CAPELLA GROUP (2017):

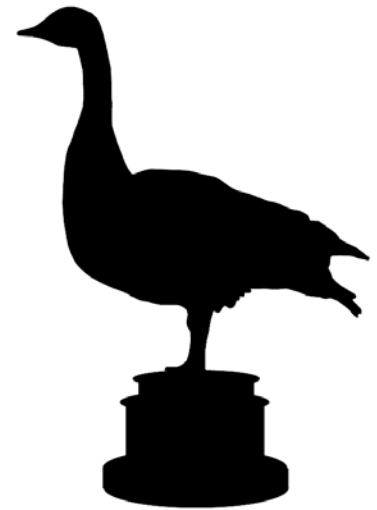
WATERBOYS

Won the ICCA competition in 2017, making them the number one a cappella group in Canada and the number one all-male a cappella group in North America.

MOST LIKED "STUFF UWATERLOO
PROFESSORS SAY" IN 2019:

"SOMETIMES I DO
SMART THINGS
AND I TOTALLY
SURPRISE MYSELF."

- Prof. Engelhardt, BIOL 373, 71 likes



LARGEST CANADIAN
hackathon:
HACK THE NORTH

WINNER OF
WATERLOO OF
THE SOUTH:

Massachusetts Institute of
Technology

reddit.com/r/uwaterloo/comments/9
gvxhq/mit_of_the_north_confirmed/

1957
UNIVERSITY
OF WATERLOO
ENGINEERING
CLASS OF 74
STUDENTS

2002
BLACKBERRY
SMARTPHONE
LAUNCHED BY
WATERLOO
ALUMNI

2018
PHYSICS
NOBEL PRIZE
AWARDED TO A
WATERLOO
PROFESSOR

STUDENT RUN

newspaper:

IMPRINT

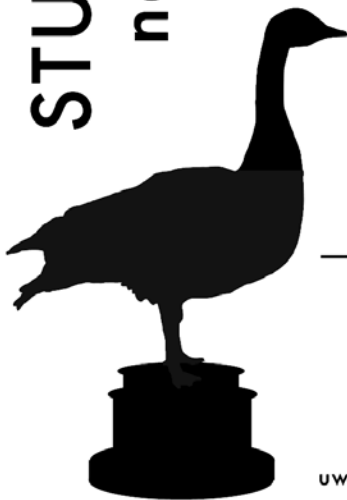


NUMBER OF STUDENTS FALL 2018

10,183 REGULAR STUDENTS

22,416 CO-OP STUDENTS

uwaterloo.ca/institutional-analysis-planning/university-data-and-statistics/
student-data/student-headcounts



Popular course:
CS135, 1925 Reviews, UW Flow

Fighting discrimination in the community



Fiqir Worku is making UW a more welcoming place for students of colour

PHOTOS COUTESY FIQIR WORKU

The Lincoln Alexander Award recognizes individuals who challenge systemic discrimination, acting in substantive and distinctive ways to fight racism.

Harleen Kaur Dhillon
Editorial Assistant

Fiqir Worku is an incredibly humble Health Studies student, who is heavily interested in and involved with social justice. She was also one of the driving forces behind the creation of University of Waterloo's (UW) new racialized service, RAISE, which opened its doors this semester.

Worku was awarded the Lincoln M. Alexander Award on Jan. 21 2019 in Queen's Park for her work in making UW even more welcoming for students of colour. This award is presented annually to two high school students and one youth over 18 who fight against discrimination in the community.

"The Lincoln Alexander Award recognizes exceptional individuals who have taken it upon themselves to challenge systemic discrimination, acting in substantive and distinctive ways to fight racism," Elizabeth Dowdeswell, Lieutenant Governor of Ontario, said.

Despite her achievements, Worku gives much credit to her network and her team.

"[I feel] really good. But I feel more like 'what's the next step?' You know I always feel like I need

to do more," she said. "[I am] honoured but also grateful to all the networks that I've had thus far because this obviously wasn't just me."

Worku believes that UW still has a lot of room for improvement, namely in how students that run services are compensated for their work.

"[The] way that services are set up now is not sustainable," she said. "People who are in equity seeking services ... definitely experience burnout. [Especially] if those positions are not paid which they are not. And they're dedicating twenty hours plus of their week to creating this service. There definitely needs to be a fair compensation for that. The university should also take this on other than Fed's itself."

Worku was nominated by an organization, and was able to win with the help of reference letters and votes from various organizations in the Kitchener-Waterloo community.

"I think it's just mostly taking initiative and just powering through," she said. "But also it's just I think like my ability to connect different organizations together." As she is in her fifth year, Worku will graduate soon. Still,



Worku was awarded the Lincoln M. Alexander Award on Jan. 21 in Queen's Park for her work to make UW even more welcoming for students of colour.

she believes that it is important for current students to leave the UW community better than it was when they arrived.

"So it's just that kind of like building a legacy and finding a

common ground with people who are in your network to try to make change happen, [...] establishing a better university for like the people that are still there," she said.

Currently, Worku is working on

an undergraduate thesis on the mental health of students of colour. In the future, she plans on working in health policy, and perhaps attend graduate school after working for a while.



WIRTE FOR US

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Qidni Labs creating artificial kidneys

Kitchener based start-up takes steps towards helping those suffering from kidney failure



COURTESY CBC

An artificial kidney produced by Qidni Labs.

Nick Owens
Science and Tech Editor

Kidney failure is a very serious condition, one that claims many lives and affects even more people.

Kidneys are essential in filtration of the blood. The best form of treatment for kidney failure is a transplant from a donor.

However, according to a recent study, only a fifth of those suffering from kidney failure are able to find an available kidney. Fortunately, this statistic may change in

the near future due to research being done by Qidni Labs, a Kitchener-Waterloo based start-up.

The research shows that artificial kidneys could be accepted by the human immune system.

This has always been a tricky task to perform, as even a human kidney cannot be transplanted into any given individual.

However, testing of the methods used in creating a replacement organ has already shown encouraging results.

One of the methods tested involves pig kidneys.

The cells in a pig kidney are dissolved, leaving behind only the scaffolding of the organ. This scaffolding is then used to make a new artificial kidney that could be accepted by a human patient.

Given the limited access to donated human kidneys, the number of people who cannot receive a transplant would be significantly reduced with this new technology.

The result would have a great impact on

the healthcare system, to say the least.

Another technology being developed by Qidni Labs is a portable dialysis machine.

Those who suffer from kidney failure must spend hours each week undergoing dialysis treatment to properly filter their blood.

During this time, they must stay in the hospital connected to an analysis machine, according to Qidni Labs.

The primary complaint about this procedure is how it virtually immobilises a person.

Even if a portable dialysis machine will not work as well as a replacement kidney, the creation of a device that can perform these functions will allow a person to go about their daily life would greatly influence the lives of many people.

Currently, Qidni Lab's projects are still in the phase of being tested.

The hope is that in the near future, these products will have completed human trials and, commercially available and widely accessible to those who are in need.

Making the world a safer place

Demine Robotics creates a device to disarm mines without endangering people



COURTESY UWATERLOO

Richard Yim showing his designs to the Prime Minister of Cambodia.

Nick Owens
Science and Tech Editor

War often leaves a scar on the planet which lasts long after the battle ends.

Nowhere can this be said to be more true than in Cambodia.

Due to former conflicts, Cambodia is now considered to be one of the most heavily mined places on the planet.

Land mines that have been left behind are

now a regular issue for the people of this area, injuring many and claiming countless lives.

It is estimated that about half of the victims are children.

Richard Yim, the founder of the start-up Demine Robotics, was raised in this environment and used his upbringings as his inspiration for his start-up.

Demine Robotics is focused on building a semi-autonomous robot that can excavate landmines without human interaction.

The result would mean a much safer method of disarming mines which would, in turn, increase that speed at which mines can be disarmed. This would produce a much safer environment for the children of Yim's home country to grow up in.

The project started several years back as a fourth year capstone project.

Since then, the project has won many different start-up grants, allowing it to expand into what it is today. Furthermore, a test in 2016 heralded encouraging results. The technology was able to successfully disarm an active land mine.

Although one of the offices in which

Demine Robotics is based is still located on the University of Waterloo campus, the start-up now has another office based in Cambodia.

The project has already gone through many iterations, though some tests were more successful than others.

A test in spring 2018 saw the robot fail to properly dig up a mine to be disarmed. Despite the setbacks and with a successful test this past November, the project appears to have a good outlook for the future.

Once active, the robot would provide help to many people around the world. There are over 60 countries currently affected by landmines leftover from past conflicts and unfortunately, mines can remain active for a very long time.

There have even been recent cases of munitions left behind from the First World War causing issues in France.

The fact that so many people could be affected by old land mines for such a long period of time demonstrates how impactful the completion of a mine defusing robot would be.

As Yim puts it, "Failure is not an option."

sports & health



WRITE FOR SPORTS
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Think Pink!



PHOTOS COURTESY UW ATHLETICS

The Think Pink campaign originated from the U SPORTS women's basketball coaches association and expanded to a department wide initiative that runs on a yearly basis.

University of Waterloo Athletics and Recreation

The 11th annual Think Pink campaign was once again a huge success for the Department of Athletics and Recreation. The annual event held during the month of November is an important fundraising and awareness campaign that touches many across campus who have been affected by breast cancer.

This year the campaign raised \$15,782.26 for the Breast Cancer Cause at the Canadian Cancer Society (formerly the Canadian Breast Cancer Foundation, CBCF), making it an incredible 11-year total of \$229,703.29 raised for the cause.

"Our campus really gets behind the Think Pink movement and our students become driving forces behind our fundraising efforts," Jenny Mackay, marketing, events and outreach manager said.

"It's not only about the money raised but about the awareness the campaign brings to the cause and I am very proud of our efforts to help advance the research for Breast

Cancer. From our students to our staff to the community, everyone seems to rally around Think Pink," Mackay said.

The Think Pink campaign originated from the U SPORTS women's basketball coaches association and expanded to a department wide initiative that runs on a yearly basis. Many schools across Canada have taken on this initiative and have provided thousands of dollars in donations to the CBCF. Throughout the month of November, the athletics marketing team put on a series of events to attract students and fans to varsity

games and Warrior Recreation programming to help raise money and awareness. Fans and students were treated to six different varsity games, a 3-on-3 indoor soccer tournament, and many more fundraising initiatives this year.

"I am so grateful for the level of engagement by our entire campus community, and the priority placed on this important cause," commented director of athletics and recreation. Roly Webster, "These efforts have made a significant financial impact while continuing to build a greater awareness."

As part of the fundraising efforts, there are team challenges to see which varsity team can collectively raise the most funds.

This year, the women's basketball team raised the highest percentage of funds with a total of \$4,097.07 (\$256.07/student athlete), Women's soccer played a massive role as well, raising the second highest with a total of \$2,748.92 (\$114.54/student athlete). Women's hockey rounded out the top three fundraising efforts, bringing in a total of \$1,750.00 while several individuals from the men's track and field team helped bring in close to \$1,000. The highlight of this year's Think Pink campaign was the hair cutting and shaving by members of our varsity programs and the campus community.

At a men's hockey game, three players and one coach shaved their head for the cause while at halftime at a Men's basketball game 19 brave souls cut their hair and shaved their heads.

The hair of these Warriors was donated to several organizations that provide hairpieces to those who have suffered long-term medical hair loss from any type of diagnosis.



Warriors from many teams helped support the Canadian Cancer Society in November. This year's 11th annual Think Pink Campaign raised more than \$15,000.

THIS WEEK IN
ATHLETICS AND
RECREATION

im print

BASKETBALL

FEBRUARY 1
VS LAKEHEAD
(W) 6:00 PM, (M) 8:00 PM
PAC GYM

FEBRUARY 2
VS LAKEHEAD
(W) 12:00 PM, (M) 2:00 PM
PAC GYM

WATERLOO ALUMNI | Manulife

M HOCKEY

FEBRUARY 1
VS WESTERN
7:00 PM
CIF ARENA

VOLLEYBALL

FEBRUARY 2
VS MCMASTER
(W) 6:00 PM, (M) 8:00 PM
PAC GYM

GET THE APP!

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ATHLETES OF THE WEEK

COLM GUYN
VOLLEYBALL

MADISON GREENOUGH
TRACK & FIELD

The new, improved, food guide

Canada changes its iconic nutritional model in light of advances in health science

Nick Owens
Science and Tech Editor

Most who have grown up in Canada have learned about the Canadian food guide, a chart that provides a graphical representation of how much of each type of food a person should consume in a day. These foods are split up into vegetables, dairy, grains, and meats and alternatives.

However, as of Jan. 22, Canada has unveiled the new Canadian food guide which is vastly different from the one that most Canadians are used to. One of the most noticeable changes is the recommendation to eat less meat.

Of course, meat is still on the food guide and this is unlikely to change completely. The new model simply shows how essential nutrients can be obtained through vegetables and how meat should

not be the primary focus of a person's diet.

Another noticeable absence from the food guide are dairy products. The former milk and alternatives food group has been completely eliminated, with the guide itself only having yogurt as a recommended dairy product. It has, therefore, been speculated that this new guide could even hurt the dairy industry, with the possibility of people buying less milk products because of how the new recommendations influence what people buy.

However, with the food guide only being announced recently, these claims are still speculative.

Furthermore, the new food guide puts an emphasis on drinking water over milk or other types of drinks. These other drinks almost always contain sugar, artificial sugars, syrups, or other unhealthy substances. The food guide states that the best way

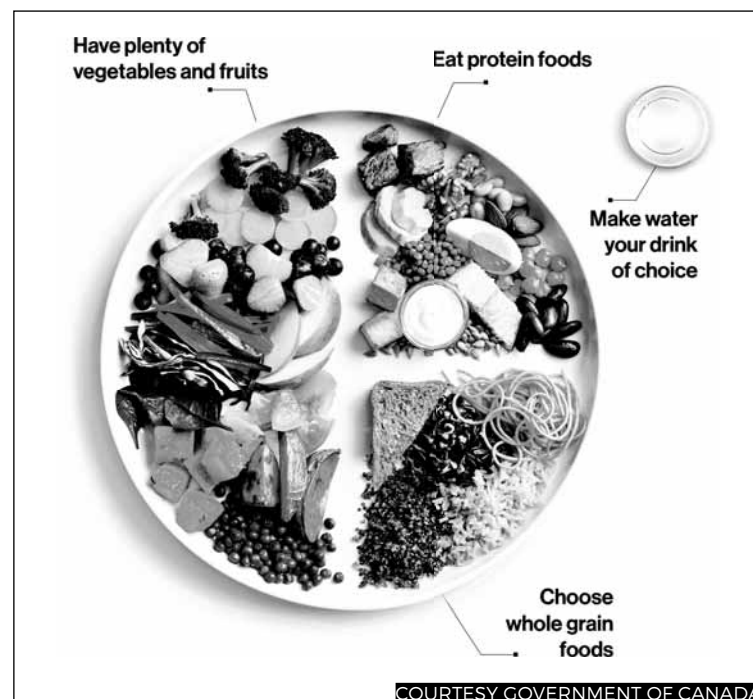
to stay hydrated, and often the healthiest, is to drink water.

Although meat has been relegated to a place of less importance, plant based protein has become an important part of the guide's recommendations.

This seemingly follows a trend in Canadian eating habits where products containing plant-based protein have come into higher demand.

For example, Maple Leaf Foods has already started taking on contracts to secure production of these types of products.

Finally, portion sizes have been removed from the guide as the required caloric intake is different for each person. It does, however mention the importance of preparing your own food at home. Take-out is almost never a healthier option than cooking at home. The food guide reflects this, and shows how the best person to prepare one's food is themselves.



The new guide recommends more plant-based proteins and more water. At the same time, it removes portion sizes.

OKA to collaborate with Hexfit

Initiative hopes to lead to more innovations in the field of kinesiology



COURTESY CANADIAN KINESIOLOGY ALLIANCE

Hexfit and OKA believe that this partnership will lead to more innovations in the field of kinesiology.

Nick Owens
Science and Tech Editor

The Ontario Kinesiology Association (OKA) has announced that it will be collaborating with

Hexfit as a means to help promote interest throughout the province in kinesiology related fields.

Announced on Nov. 11, 2018, OKA stated that this partnership would help to promote kinesiology within Ontario's hospitals as

well as other healthcare providers.

OKA President Krista Crozier stated that, "This collaboration demonstrates the desire of kinesiology in Ontario to innovate in the field by partnering with a

company that facilitates exchanges between the various health professions."

Hexfit, who had already affiliated with other governments in the country, were certainly eager to make this happen. Etienne Dubois, the president of Hexfit, commented on the announcement, "After having developed partnerships in the province of Quebec and with the Canadian Kinesiology Alliance, it is only natural to help kinesiology in Ontario."

This partnership will allow the two organizations to work together on a number of different programs. One such program outlined by OKA is Hexplorations, a tool that is aimed at making research projects within the field of physical activity easier to manage. Particularly, the costs to create such a tool have hindered any one party from taking the time to properly develop it. With OKA and its Academic Advisory Committee working alongside Hexfit, Hexplorations is more possible now than ever before.

Beyond the development of

new tools, OKA's partnership will likely provide new opportunities for Ontario's kinesiology. For example, Hexfit allows for easier management of files for different patients as well as the analyzing of data to help with prescribing exercises. Hexfit has already developed this type of technology. The partnership will allow them to apply this technology to OKA's extensive knowledge about the field.

With the combined knowledge of both organizations, both parties have stated that they would like to create and implement different features to these technologies to better suit the needs of Ontario kinesiology and help patients with better effective practical solutions for management of injuries or for better ability to cope with disabilities. Furthermore, with the improved management of resources that Hexfit can provide, one hopeful outcome is that kinesiology will be able to focus more time on their work, leading to more innovative methods over time.

JOIN THE FUN. REGISTER FOR FREE TODAY!
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Next scheduled post-mortem meeting:

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

Next scheduled board meeting:

Thursday, Feb. 7 at 5:30 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.

Four dollars per semester is not a latte



Fees help students help each other

Our Volunteer Coordinator, Gabrielle Myers (left), welcoming new volunteers at the Imprint office.

Students can pay anywhere from \$500 to \$2,000 in ancillary fees on their tuition. At the University of Waterloo some \$4.35 goes to *Imprint*. It helps us print your weekly newspaper; it helps us pay your fellow students who work diligently to provide you with the news that matters to you.

It's not perfect. *Imprint* is often criticized for its typos, mistakes, and sometimes poorly constructed crossword puzzles, but this is, above all, a student newspaper. It's a place for students to learn how to write, how to use InDesign, Photoshop, make graphics, make comics, and more.

There is no journalism program at UW. Our students are coming in with little to no experience and we are teaching them to build new skills, helping them think critically, and question authority. Even if you don't care about the news you should care about your fellow students who are building real world skills.

We have students from every walk of life

and from many different countries that help build our paper, but also help inform and shape each other. Some turn the skills they learn here into careers, some use them as side hustles, some learn to hate news, but they all learn something about the university, the world, and themselves.

Isn't that worth \$4.35 to you? This semester we have had more than 400 people come into the office asking for their refund and although I understand student life is hard (I'm still paying back my own OSAP), I also believe in helping others. I think having someone to watch the watchers is more important than a latte.

The price of one latte a semester pays for 15 staff members and 12 newspapers painstakingly made by people just like you, who care about your university and your community, even if you don't.

Victoria Gray
 Executive Editor



Copy Editors, Tanisha Mehta (bottom) and Ashley Nicolas (top) editing articles.



Copy Editors, Anoja Parameswaran (left) and Maryam Mughal (right) editing articles during production.



Creative Director, Gina Hsu working hard on articles and layouts during production.

PHOTOS CHARLOTTE HINGS

campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

upcoming events

Wednesday, January 30

KW Chamber Music Society presents "The Van Kuijk String Quartet" at 8 p.m., 57 Young Street, W., Waterloo. For info/tickets 519-569-1809 or www.Ticket-Scene.ca/kwcms.

UW - Music - Noon Hour Concerts - "Women Music Revolutionaries" at 12:30 p.m., Conrad Grebel Chapel. For more info music@uwaterloo.ca or 519-885-0220, ext 24226.

Wednesday, February 6

UW - Music - Noon Hour Concerts - "Soiree Francaises" with Steven Vanhauwaert, pianist, for more info music@uwaterloo.ca or 519-885-0220, ext 24226.

Wednesday, February 13

UW - Music - Noon Hour Concerts - "Grand Duo" with Jerzy Kaplanek, violin and Leopoldo Erice, piano, at 12:30 p.m., Conrad Grebel Chapel. For more info music@uwaterloo.ca or 519-885-0220, ext 24226.

Saturday, March 2

Kitchener Comic Con 2019 begins Saturday at 11:00 a.m. and continues until Sunday, March 3 at 5:00 p.m. at Kitchener City Hall, 200 King Street West, Kitchener. Kitchener Comic Con is an award-winning event that celebrates the wonderfulness of all things that are comic book related.

Website: www.kitchenercomiccon.com. Contact information: info@kitchener-comiccon.com.

extra curricular

HELP - Looking for a knowledgeable person with experience in cryptocurrencies. Please email Lauretta at lanonby@rogers.com with your name, telephone number, best time to call and desired hourly rate of remuneration. Bit of a time-crunch so asap would be helpful. **Thank you UW community** for your continued participation in the annual Poppy Campaign. UW's 2018 contribution was \$3,615.00, that contributed to the overall contribution of \$210,313.08.

Gamelan: World Music Ensemble or Community Gamelan - join for credit or as extra curricular. For more information on requirements, rehearsals and concert dates, visit uwaterloo.ca/music/ensembles.

Art\$Pay competition & venue - 2nd performance-based photography event! Submission deadline is Monday, January 28, 2019 by email at info@artspay.org, with event on Saturday, March 2. For more info email Cathy at info@artspay.org or and event info at www.artspay.org.

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.

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needed so come and enjoy lots of new experiences and making new friends! Imprint's office is SLC 0137 or email editor@uwimprint.ca. **Become a Meals On Wheels** volunteer! Call 519-772-8787 or www.communitysupportconnections.org/volunteer/apply.

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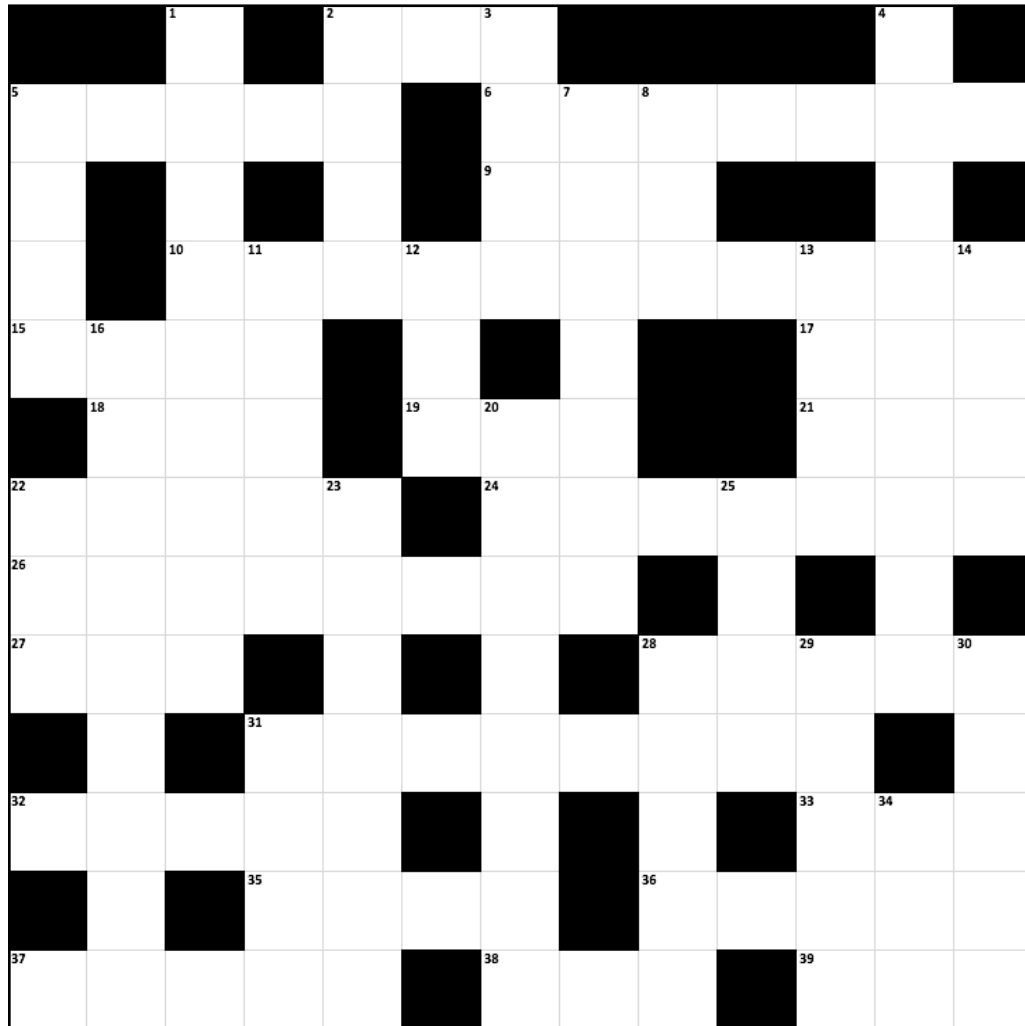
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opinion * photo * arts
distractions * head designer
graphics editor * video editor
satellite campus editor

distractions



SOMETIMES I HAVE NO FLUFFING IDEA WHERE I'M GOING, BUT I KEEP HOPPING!

Don't Bench the French!



JOSHUA GOLDSCHMIDT

Across

- 2. Spongebob and Patrick, Shawn and Cory, Serena and Blair
- 5. French explorer on the Georgian Bay
- 6. At the edge of sensory perception
- 9. A statute or decision of a legislative body
- 10. Marked by a fundamentalist Christian zeal
- 15. Otherwise
- 17. A heightened fuss over nothing much
- 18. Program to recognize digitized texts
- 19. Encounter with dread and wonder
- 21. Bum on a chair
- 22. Pear-shaped fruit with white or red flesh
- 24. Celts of Ireland
- 26. Curing cheese or meat to improve flavour
- 27. Québécois "You know?"
- 28. Animals as distinct from human beings
- 31. Taylor Swift's 2008 album
- 32. A secret group united in scheme
- 33. To expose to rays
- 35. Galvanization's key ingredient
- 36. To pluck a guitar string

- 37. Medieval three-stringed instrument
- 38. Instrument to turn a bolt of door
- 39. "Sweet" Reynolds in *It's Always Sunny in Philadelphia*

Down

- 1. Defining MMORPG of the early '00s
- 2. Second letter of the Greek alphabet
- 3. Leader of the Suicide Squad
- 4. Habs
- 5. Cholera or melancholy
- 7. Major appearance in Titanic
- 8. Largest city in QC
- 11. Vivacious in performance
- 12. Dept. for intel and comms in the U.S.
- 13. Method Man "_____ rules everything around me"
- 14. Cast or drawn to decide at random
- 16. Territory drained by the Mississippi River, under Louis XIV
- 20. Alcohol retailer
- 22. In charge of Waterloo's transit system
- 23. Relating to celestial beings
- 25. Perceives by sight
- 28. Synonym for one-across, with a "y"
- 29. Syrian dictator since 2000
- 30. A modifying affectation
- 31. To cause someone to be disturbed
- 34. A French one

Life is ruff, have a laugh!



Q: WHY AREN'T DOGS GOOD DANCERS?

A: BECAUSE THEY HAVE TWO LEFT FEET!



Q: WHY DID THE COOKIE GO TO THE HOSPITAL?

A: BECAUSE HE FELT CRUMBLY!



Q: WHY DON'T CATS PLAY POKER IN THE JUNGLE?

A: TOO MANY CHEE-TAHS!

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

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SUDOKU

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

EASY

HARD

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

COURTESY WEBSUDOKU.COM

WINTER TIME DELIGHTS

BY TIMI *Rich*



How Trump is Feeling About Reopening the Government



By T.L. Rampa

Inspired by the music of Oasis

Solution to last week's crossword:

L	M	R	U	N	N	Y	B	A	B	B	I	T				
A	H	A	A	A	A	A	A	A	A	A	N					
M	E	R	R	Y	P	E	S	T	I	C	I	D	E			
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