

p9

**THE UNSUSTAINABLE TRUTH
ABOUT TIM HORTONS**

Has Tim Hortons pushed us into the consumer capitalist trap? Read more on P9.



SEIZURE THE DAY

UW Professor Brian Orend writes on achieving a fulfilling and happy life despite chronic illness. P10

CAMPUS QUESTION P4

See what your peers have to say about reducing street parties.

CAN'T LIVE WITHOUT PLASTIC P8

Get more information on the dialogue surrounding the reduction plastic pollution in KW.

FAKE COUNSELLING STICKERS P5

UW warns students of fraudulent services offered at uwtherapy.com.

Cultural Caravan celebrates diversity P6



news

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Charity in Guelph helps war-torn Syria

Vidyut Ghuwalewala
Assistant News Editor

Guelph's Danby Appliances, in collaboration with Canadian charity Global Medic, assembled over 200 volunteers and 67,000 meals on _____. The meals are to be delivered to at-risk communities in the dangerous, war-torn regions across Syrian border.

In a day's time, the volunteers mixed, packed, and stacked thousands of meals for vulnerable families. The meal plan consisted of a dry mix to a traditional Syrian dish called mujadara, created by a group of Syrian women through the Toronto-based non-profit, organization, Newcomer Kitchen. The main ingredients to the dish are green lentils, fried onions, and bulgar (con-

sisting mostly of durum wheat).

After being assembled in Guelph, the food was repacked in Toronto along with an emergency supply kit that is added to each bucket (each containing 14 meals) which will be delivered to the communities in need by partner agencies associated with Global Medic.

Rahul Singh, the executive director of GlobalMedic told *The Hamilton Spectator* that over 13.5 million Syrians were affected by war and a majority were insecure of food.

Their main goal of this campaign was to create an easy to make, inexpensive to produce, nutritious and tasty meal that is familiar to the target communities, Singh also said that the families are facing various challenges and, through GlobalMedic and its partner agencies, the volunteers hope to deliver the food packages to the areas that have been hit the hardest.

The aim of creating such an easy-to-make food packet was to enable an individual to simply empty the contents into a pot of boiling water and have enough food to keep their family alive. Yet, even though the food packets are delivered to the regions that need it the most, there is a shortage of food and supplies.

Danby's CEO, Jim Estill, donated 1.5 million dollars to sponsoring more than 85 refugee families, majority of whom came to Canada from Syria. He teamed up with Singh to share their collective story of the nonprofit's mission, and the impact that Danby has had in its efforts to help settle many refugee families who were in need.



Volunteers assembling meals.



COURTESY GUELPH TODAY.COM

Mike Morrice nominated as candidate for Greens

Vidyut Ghuwalewala
Assistant News Editor

Mike Morrice beat two other candidates to become the nominee in the upcoming federal election for the Green Party of Canada's Kitchener Centre riding.

The nomination meeting drew a record crowd of more than 200 people in attendance who selected the founder of Sustainable Waterloo Region and Green Economy Canada.

"I'm doing this because I recognize the significant challenges we face, from economic inequality to gaps in our health system to household debt, all of which are made worse by the climate crisis" Morrice said in a press release issued on Mar. 6. "It's time our ambition rises to meet the scale of the challenges we face."

Morrice shared with attendees his support for a made-in-Canada Green New Deal with universal access to affordable and energy-efficient housing, high speed rail, the guarantee of federal jobs, and a shift to 100 per cent renewables.

In the recent Outremont by-election, the Green candidate placed ahead of the Bloc, the Conservatives, and the People's

Party with 13 per cent of the vote.

Elizabeth May was chosen as the most ethical party leader by most Canadians in the recent polls, also polling at 11 per cent for preferred Prime Minister tied with Jagmeet Singh, the newly elected NDP leader.

The Sustainable Waterloo Region and the first Green Economy Hub, founded by Morrice, engaged local companies representing 14 per cent of the local workforce to set and achieve voluntary climate goals.

The creation of ClimateActionWR was also led by Morrice, which was a collaborative effort that secured unanimous support from Regional and City Councils for the community's first-ever climate target (a six per cent reduction by 2020, since raised to 80 per cent by 2050).

Morrice founded Green Economy Canada in 2013 in response to global interest in replicating Green Economy Hubs, and also led the award-winning organization until late last year.

To date, over 250 organizations lowering their impact and increasing their profitability across Ontario have been supported by seven Green Economy Hubs.

Correction: "Free speech on university campuses" in the issue printed on Mar. 6 2019, was written by Uriel Kogt.

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Budget cuts impact accessible healthcare in KW



Families and emergency responders are worried that an ambulance may not be available in times of need.

Amanda Guo
Reporter

In early December, the Ford government closed and relocated the Cambridge Ambulance Communication Centre to Hamilton due to a staffing crisis. This service was responsible for dispatching ambulances to the Waterloo, Guelph, and Wellington County areas. The closure left emergency responders and families worried that an ambulance would not be readily available in times of need. These decisions have made it more and more dif-

icult for local Kitchener-Waterloo families to access the hospital care that they need.

In a parliamentary debate between Waterloo NDP MPP, Catherine Fife, and the Ontario Minister of Health and Long-Term Care, Christine Elliott, Fife asked the provincial government for permission for the Region of Waterloo to take over the Cambridge Ambulance Communication Centre. They also requested 100 per cent of ambulance dispatch operations be covered by provincial funding.

Fife brought up the reality that, although the ambulance dispatch

was relocated due to a “staffing crisis,” the crisis has actually been a long-term issue since June 2018. Workers had been leaving due to stress and since then, the Ministry of Health has done almost nothing to address the issue. They took six weeks to release new postings for positions and have not addressed the wage gap between dispatchers, culminating in a high staff turnover.

Moreover, the new Hamilton dispatch was not equipped with auto-location and an ambulance ended up arriving at the wrong location. Consequently, first responders lost precious time that was crucial upon their arrival and in caring for the victim, who showed no vital signs. There was another concern that the Hamilton staff were not trained enough either.

Elliott responded that the Ministry is “working to modernize and change the system,” in order to make sure people are safe at every place along their healthcare journey. Her response to Fife’s request to take over the Cambridge Ambulance Communication Centre was unclear, as she merely repeated her statement of modernization and technology incorporation in healthcare. Currently, the Region of Waterloo is still waiting to hear

back from the Ministry regarding the proposal.

The debate stems from both a municipal standpoint and a provincial standpoint, and party leaders differ in their goals for the community. The Waterloo NDP Party advocates for social change and wants to make sure the community is getting the healthcare that they deserve. However, the Conservative Party of Ontario’s focus is on budgeting and making sure that immediate solutions are brought forth to address a financial crisis.

On the one hand, the Region of Waterloo should get to take control of their own ambulance dispatch, as land ambulance dispatch centres in Toronto, Ottawa, Timmins, and the Region of Niagara are operated by their respective municipalities, but in Waterloo, it is still operated by the province. On the other hand, concerns brought up by the provincial government regarding modernization and technological incorporation are important as well. A large point of debate was the fact that Hamilton’s dispatch currently lacks auto-location. However, this auto-location technology only works from landline calls (which makes up only 25 per cent of the calls received anyway). Thus, perhaps

the Conservatives are looking at a bigger picture of truly integrating today’s technology to create a better world with the best accessible healthcare.

Apart from the ambulance dispatch closure, hospital cuts in the Kitchener-Waterloo region are also leaving families worried about accessible healthcare as well. Recently, the Grand River Hospital’s \$7.4 million budget shortfall ended in many nurses being laid off and the closure of several mental health beds causing families to be worried about hospital wait times.

“Families were already waiting too long for hospital care while our front-line caregivers are run off their feet,” Catherine Fife, said. “Years of Liberal hospital budget cuts and funding freezes created this mess and now, the Conservatives are making things even worse.”

In fact, Kitchener-Waterloo families are losing out on almost 50,000 hours of care per year because of these layoffs, now, the Region of Waterloo is demanding that the government do something about the issue, because families deserve the right to timely health care. News awaits of the provincial government’s response to these pressing health care matters.

Changes to provincial healthcare system

Harleen Kaur Dhillon
Editorial Assistant

The Provincial Progressive Conservative (PC) government has set forth a new proposal for the dissolution of Local Health Integration Networks (LHINs) in favour of an Ontario-wide super health agency. The announcement was posted in the Ontario Newsroom website on Feb. 26, and specified suggested changes to the healthcare system.

There are plans to incorporate the duties of the LHINs with six other health agencies, including Cancer Care Ontario and eHealth Ontario.

Christine Elliott, deputy premier and minister of health, said that the aim of the suggested changes is to build a more integrated, coordinated, and accountable healthcare system which is

easier for patients to navigate, as well as to modernize delivery and equipment of services.

“Our government is committed to building a modern, connected public healthcare system that patients, families, and caregivers deserve,” Elliott said. “To build a truly patient-centred system of care, we must enable collaboration and coordination from top to bottom.”

The PC government has also placed an emphasis on senior and mental healthcare, with a commitment for 30,000 nursing home beds and a \$38.8 billion investment, respectively, over the next 10 years.

George Heckman, an associate professor at the University of Waterloo’s School of Public Health and Health Systems and the Schlegel Research Chair in Geriatric Medicine, believes that there is an opportunity here to improve on the shortcomings of the the LHIN system.

“If you have a single agency that sets a standard in terms of how you assess people, that sets a quality standard,” he said. “[If] you do things correctly, [if the standards are the same]... you can allow local flexibility to come up with a solution that fits local needs that will meet the standard.”

“Right now, it doesn’t seem like there’s actually something firm. So it could go sideways or, if they really start thinking about these mechanisms, and that’s what they put in place, it might work,” Heckman said.

On Mar. 8, two more announcements were made. First, a Board of Directors has been chosen. Second, a Patient Declaration of Values for Ontario has been released by Elliott and Julie Drury, chair of the minister’s Patient and Family Advisory Council.

The Declaration has five core elements: respect and dignity, empathy and compassion, account-

ability, transparency, and equity and engagement. For more infor-

mation, visit news.ontario.ca/newsroom/en.



Christine Elliott, Deputy Premier and Minister of Health.

COURTESY CBC

?? ? Campus Question ?? ?

See what students think about current issues

This week: Municipalities and universities are working to minimize street parties. What do you think of this?



Taraneh Tahmoures-zadeh, 4B
Biomedical Science

"It's hard to say, because for both first years and people who are moving out, it's a big deal because they want the experience. But at the same time, I understand that families who live there don't want to see that. I really can't choose a side!"



Piere Tito, 3B
Biomedical Science

"I don't really have much experience with parties. I guess for the students who can't handle much noise at night, this would be beneficial to them. And for the ones who don't mind the noise, it wouldn't really make much of a difference in their lives."



Carol Chan, 3B
Geography & Environmental Management

"It would be really good if it's successful. Many bad things happen from these street parties, like damaged property and critically injured students. If the municipality did something, it would create a safer community for everyone. Waterloo is well known for St. Patty's at Ezra, but maybe have something safer and more regulated."



Ki Lee, 4B
Economics

"To me, the number of parties from the time I started at Waterloo to now has decreased, so, I feel like the culture has changed. Maybe something has already been done behind the scenes? But it's good if they could regulate it and keep the noise levels down for people who mind it. I personally do not."

PHOTOS VISHAL LILMAN



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Life after prison for former UW student

Released from prison after terrorism involvement

Adrian Monrad
Reporter

Former UW student Kevin Omar Mohamed is being released from prison after admitting to attempting to join a terrorist organization with intentions of attacking Western countries. The Parole Board says he has not done anything towards rehabilitating or served even half of his sentence. They are “concerned that [he] may continue to commit

terrorist-related offences.” They recently labelled him as a “high risk to public safety.” Corrections Services decides who is released regardless of the Board’s decisions, although they do take the board’s decisions into account. When wanted by the police for terrorist activity in 2017, Mohamad fled and hid in Waterloo where he was eventually detained in possession of a large hunting knife, lots of cash, and plans for terrorist activity involving explosives and guns.

He has been given restrictive conditions for his release, including limited access to the internet. He must also live in approved living arrangements and his devices may be inspected by his parole officer. Also, he is to participate in “religious counselling” that is not specified. “The Board remains very concerned that the serious nature of [his] offences alone, coupled with [his] dangerous radical religious beliefs, would impede [his] reintegration and continue to present significant risk to the

community as a whole.” In 2014, Mohamad attempted to join an Al-Qaeda affiliation in Syria but was convinced by his mom to come home to Canada. Back home, he tried to spread hate against others and incite violence on non-Muslims, suggesting publicly that “non-believers” should be burned alive. The Parole Board stated, “As [he has] engaged in interventions and there is little in the way of evidence of progress to assess [his] level of commitment to change versus [his] degree of adherence

to extremist ideological beliefs. As such, the Board finds [he] continue[s] to present at least a moderate risk to re-offend violently.”

If he breaches conditions or endangers public safety, he will be returned to prison. The government will be watching Mohamed very closely; Canadian Security Intelligence Service (CSIS) and Royal Canadian Mounted Police have many procedures in place to protect Canadians from people that are known to be capable of and desiring to hurt others.

Fake UW counselling stickers

Charlotte Hings
Managing Editor

Many University of Waterloo students have been confused by false advertisement stickers around campus, promoting “inexpensive, confidential online” counselling for UW students.

The stickers display the official university logo and list a website, uwtherapy.com, where students can allegedly access those services. As of Mar. 7, uwtherapy.com was not an active site.

These stickers are fake and do not advertise an official university

resource.

“This information should not be considered a way to access counselling services on campus,” Director of Campus Wellness, Walter Mittelstaedt said.

Staff were made aware of these stickers after several students reported that they didn’t recognize the website listed on the sticker.

“We’re disappointed there is information out there that could point people looking for counselling to the wrong location,” Matthew Grant, director of media relations at UW, said.

Fortunately, no students have complained of any wrongdoing

to the university or the Waterloo Regional Police relating to this false advertisement.

The exact source of these stickers is still unknown; however, it is clear that “this information does not come from UW but rather from a person(s) who are fraudulently presenting themselves as being from the university,” Mittelstaedt said.

UW staff are currently working on taking the stickers down.

Anyone looking to access services on campus or in the community can do so through the following tried and true points of contact.

UW Counselling Services:

519-888-4567 ext. 32655

UW Health Services -

Student Medical Clinic:

519-888-4096

Employee and Family Assistance Plan Provider (Homewood Health):

1-800-663-1142

Grand River Hospital:

519-749-4300

St. Mary’s Hospital:

519-744-3311

Crisis Services Canada:

1-833-456-4566 or by text 45645

Kitchener-Waterloo Sexual Assault Support Centre:

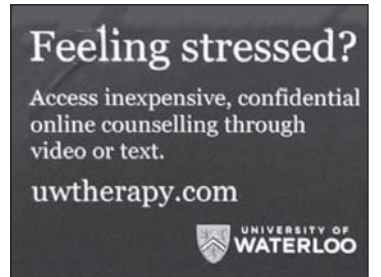
519-741-8633.

Here 24/7:

1-844-437-3247

Good2Talk:

1-866-925-5454



The fake counselling services stickers that appeared around campus.



Celebrating diversity at UWaterloo

Eight cultural clubs gathered to display performances drawing from different cultures

Harleen Kaur Dhillon
Editorial Assistant

Dua Ahmed, 18, appreciates the wide variety of cultures that are represented by UW students.

As a Feds volunteer, she welcomed the opportunity to be a part of Cultural Caravan, where she had the chance to participate in an endeavour she enjoys.

“[Cultural events are important] to spread awareness about the different kind of cultures that are around us, especially in the uni where you have students from all around the world, so I guess, it just gives you a chance to learn about your peers’ cultures,” she said. Cultural Caravan is an an-

nual event that celebrates the diversity of UW students and allows them to showcase their cultures in the form of dance.

This semester, it took place on Mar. 7 in the SLC Great Hall, and was attended by over 200 students, staff, and faculty.

Eight cultural student associations performed at the event, including the UW Bengali Student Association (UW BSA), which performed for the first time.

Fabiha Jahan Ahmad, an Honours Math student, was one of the two performers from the UW BSA. “UW has one of the largest percentage of international students, so I think it’s just a way to get to know each other. So I think it’s wonderful that we have this sort of cultural event just to get to know each other and promote diversity in UW,”

Ahmad said. Daniel Nguyen, a third-year Honours Science student and member of the UW Vietnamese Student Association (UW VSA), was also a part of the group of students that performed a traditional Vietnamese dance.

He said that, although the Vietnamese population in UW is small, UW VSA wanted to represent their culture for the rest of the UW community.

“I feel very grateful, it’s awesome to share the stage with as many culture clubs here at UW. It’s interesting to see all the types of culture clubs UW has and it’s great to showcase that with Cultural Caravan.

It’s really nice, it shows that all the culture clubs here are equal, and it’s nice to showcase and show what being Vietnamese

is all about,” Nguyen said.

For Clarissa Moreira, a salsa dancer and Recreation and Leisure student, Cultural Caravan brings diversity to the forefront and represents the multicultural nature of Canadian society.

“I think this is good because it really brings unity and diversity. No matter what background you are, you can just come and join a club and show your culture,” she said.

“[You can show that] you’re proud of your culture, you’re proud of who you are, you don’t have to be Canadian to be here in Canada, you can be proud of who you are.”

The show was live streamed for those who could not make it. Snacks were sold by the UW Association for Food Lovers Everywhere (uWAFFLE).



The UW Bengali Student Association performed for the first time.



The show ended with a performance by the UW Indian Cultural Association.



arts & life



KaiYuan Chi
Reporter

Escape rooms. They are not like any computer games or virtual reality machines.

"We started off in a square room. Once we finished one of the clues, the lights went out completely and strobe lights started going off. When the lights came back on, the room had expanded," Adrian Pasqualini, a first year computer science student at the University of Waterloo, said. Pasqualini has a long history with a variety of escape rooms all over North America.

To many students, "escape room" is not an unfamiliar term. Every escape room challenge starts with a given background story and a set of clues which guides you and your team to solve the mystery. It may sound easy, but the tension and suspense created while being trapped in a real-life space is simply ineffable. If you have ever wondered about where to go after midterms, escape rooms are a great option! Some of the well-known escape rooms are usually from franchise companies. Adventure Rooms, Confundrum Escape, and Qube Escape are just a few of the many choices out there. With a variety of escape rooms to choose from, how can one decide on which one to try?

We sat with Pasqualini at the Applied Health Sciences Starbucks to speak about some of his amazing escape room experiences. At the top of his recommendation list is the Palace Game Escape Rooms, which were exceptional.

"I would say [Palace Game] was definitely the best escape room that I have been to. It just had the highest production quality" Pasqualini said. "Usually for most escape rooms, you get regular puzzles and locks; those are all fun if you incorporate them well, but these people had lights on the walls, pressure sensors on the floors, detectors to detect your movements ... they incorporated all the puzzles around that really, really well."

The Palace Game Escape Rooms are located in San Francisco and it has been rated as the "best escape room company in the country". There are currently five rooms to choose from and each booking costs around \$500 per team with a maximum of 10 players. Compared to other escape rooms which cost around \$20 to \$30 per person, this surely is pricy, but worthy.

For a less costly recommendation, Pasqualini ranked Escape the Six, which is located in the city of Mississauga, as his second favourite experience. Escape the Six escape rooms are more affordable, around \$25 per person. If you can't make it to this one, Pasqualini pointed out that in selecting any escape room, puzzle layouts really determine the quality of the experience. Bad escape room designs really show through when the players are confused about the instructions. "I went to one in Toronto. I actually can't remember [the name of it] but it has something to do with foxes and some scripted society. Basically, it was just one room with a bunch of puzzles scattered around and then there was a guy inside the room with us from the company and he kind of gave us hints that we didn't ask for. Even with all that help, we still didn't escape."

From a bad experience, Pasqualini explained the benefits of choosing linear puzzles instead of non-linear ones. "I would say that you would have to look at the type or the layout of the escape room. That one was non-linear, in a sense that you can do any puzzle you want in any order and the order didn't matter. I think linear puzzles are better, where you do one puzzle and that one gives you the clue to do the next. Those are much more structured and you always know what you're supposed to do."

Pasqualini made a great point, but obviously a good escape room experience will never come about without bonding and teamwork. Pasqualini hopes his advice will really get everyone into games that are worth their time. "Just have fun! You want to go have fun with your friends and escape rooms are definitely a good choice."

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Plastic: can't live without it



COURTESY CJP24 VIA WIKIMEDIA COMMONS

Plastic has become a regular, but potentially harmful, part of day to day life.

Community dialogue to focus on reducing plastic consumption

Nick Owens
Science and Tech Editor

Plastic has become a part of daily life and there appears to be no way around it. Food comes in plastic wrappers, electronics come in plastic casings, and, rather notoriously, drinks come in plastic bottles. All of these have contributed to an increase plastics in the ocean as well as extra waste in community landfills.

On Mar. 20, this will be the topic of the upcoming dialogue hosted by the Stratford Public Library with the University of Waterloo as part of an ongoing community dialogues series. The purpose of the talk will be to educate others on the reduction of plastic in everyday life, particularly with regards to single-use disposable plastic items.

The first meeting of the year will be held in the University of Waterloo Stratford's main atrium and will involve an open discussion between Waterloo's Kassy Vassilakos and Upper Thames River Conservation Authority's Emily Chandler and Jennifer Pate. Following the presentation, both Chandler and Pate will be accepting questions from the audience.

Robyn Godfried, Stratford's adult collection and outreach librarian noted that there were strong feelings about how much plastic there was in modern society.

In an interview with the *Stratford Beacon Herald*, Godfried stated, "We're hoping that

there will be some strategies for people who are quite happy to use convenient plastic things that will help them to make decisions based on a more global understanding."

Mitigating plastic can admittedly be a somewhat inconvenient task. However, the reward for doing so is a much lower presence of plastics in our waterways as well as in the ocean. For example, replacing certain disposable items with reusable ones may not eliminate a person's plastic consumption completely, but it can do a lot to lower the daily plastic expenditure.

Waterloo Region is not the first community to discuss how to mitigate the negative effects of plastic on the environment. Recently, the United Kingdom passed a law that prohibited the use of plastic straws due to the issues caused in British waterways.

In Canada, some fast food restaurants such as Harvey's and A&W have already developed the practice of providing customers with paper straws instead of their plastic counterparts.

For those who don't wish to use a straw that goes soggy if submerged too long, the University of Waterloo, itself, already sells custom made metal straws that sport the

university's insignia. Both of these options, combined with the increasingly common practice of using biodegradable plastic made from corn starch, could lead to a future where plastic is not such a prominent environmental issue. It might just take a bit of effort.



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Next scheduled post-mortem meeting:

Wednesday, Mar. 13 at 2:30 p.m.
 Imprint Office, SLC 0137

Next scheduled board meeting:

TBD

opinion



HAVE YOUR SAY

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

The unsustainable truth about Tim Hortons



CHARLOTTE HINGS

Has Tim Hortons pushed us into the consumer capitalist trap?

When you think of Canada, what comes to mind? Hockey? Being polite? Saying “eh” after every sentence? I’d bet my money on most Canadians associating a warm cup of Tim Hortons coffee with their country.

The reality is that Tim Hortons is, and has been since its opening in 1964, a staple of Canadian living. With close to 4,000 locations across the Great White North, this multi-billion dollar corporation is Canada’s largest food chain. Over two billion cups of coffee are served by Canadian Tim Hortons franchises annually. That’s a lot of coffee!

It’s expected that a substantial amount of that coffee is purchased during their annual “Roll Up the Rim to Win” event, a time in which overconsumption is encouraged in the off chance of winning a prized Jeep Compass ... In actuality most people are only lucky enough to win a free donut. Where do all those beverage cups get disposed? In the recycling? Think again.

The unfortunate truth is that, in most cases, Tim Hortons cups are not recyclable. Their plastic lids are too flimsy to be recycled, and the fate of the cups themselves rests

in the municipality at hand. The majority of municipalities consider the separation of paper cup from inner plastic liner too tedious, and so the cup of your beloved coffee is likely lying at the bottom of a landfill. The KW Region, for example, does not recycle the cup. An experience I had in Lucknow, Ontario, where there were no recycling bins at all within the establishment, suggests that smaller municipalities may neglect recycling issues altogether. Worse still, it becomes increasingly apparent that people are unaware of this lack of recyclability. Cups are chucked absentmindedly into recycling bins, giving a false impression of environmentally friendly behaviours.

As a proud Canadian, it’s difficult to sit here and let a beloved, patriotic corporation like Tim Hortons indulge in environmentally unsustainable actions. Sustainability is now as much a part of Canada’s legacy as Tim Hortons. Therefore, a concerted effort needs to be made to unite the two, both through individual actions and changes by the corporation.

You have the power to make a change. Opt for reusable mugs over non-recyclable ones

(Tim Hortons will accept them, and even give you a 10 cent discount off your purchase when you go reusable!). Or make coffee at home and re-evaluate the significance of an event like Roll Up The Rim. Tim Hortons also needs to be held responsible for their actions. A petition created by four UW students hopes to gain momentum in advocating for Tim Hortons to make simple, innovative changes towards a higher degree of sustainability within their products. Sign the petition at www.thepetitionsite.com/takeaction/914/506/571/ to be a part of the change!

Nobody hates Timmies, nor should they, because the food chain is a part of our Canadian identity. But with sustainability at the forefront of priority for many it becomes crucial for influential companies, such as Tim Hortons, to lead by example towards a greener future. Through our voices and by raising awareness of the issue, we can reach out to Tim Hortons and let them know that unsustainable cups are not Canadian, eh!

Erin Kuepfer

1B, Environment, Resources and Sustainability

sports & health



WRITE FOR SPORTS
 Want to go to UW games for *Imprint*?
 Talk to players, coaches, and fans!
 For more info, email sports@uwimprint.ca

Book Review: Seizure the Day

Lawrentina D'Souza
 Reporter

Brian Orend's book *Seizure the Day* as a play on words to convey "carpe diem, but with epilepsy" was quite the aptly titled read.

Orend, a University of Waterloo professor with epilepsy who experienced seizures for years before he was appropriately diagnosed, wrote this "DIY: Happiness Guide" with a genuine desire to help and educate. This was clear in the advice, analogies, logic, and scientific research he has compiled and supported with many psychologists' and philosophers' insights. He provides helpful lists on often overlooked aspects of life such as choosing the right career path, maintaining relationships, and the upkeep of health, diet, and nutrition to name a few of the book's topics. It also includes in depth models and observations on happy people, achieving goals, and how this can be extended to and adapted for those with chronic illnesses.

Aristotle emphasized courage in the pursuit of happiness — and Orend especially promotes this to those with chronic conditions. The "make or break" lies in the willpower to try in the face of adversity and negativity. We only back down when we accept our

circumstances as final. We must become the best and happiest version of ourselves and if worst comes to worst — fake it till you make it. The optimism and positive mindset can keep you afloat till you're able to attain the hap-

piness you're working towards. Refer to a summary of some interesting and meaningful information in the infographic should you want a taste of *Seizure the Day*. The biggest takeaway I gathered was this, those with chronic

illnesses should not forego their happiness and wellbeing. Happiness is an attainable goal fueled by taking matters into one's own hands through health management, work adaptation, relationship negotiations, and other con-

siderations.

To close in the words of R. Niebuhr: "Happiness is the ability to accept the things you can't change, have the courage to change what you can, and the wisdom to know the difference."

BOOK STATS

- **Title:** *Seizure the Day*
- **Author:** Brian Orend
- **Pages:** 382
- **Chapters:** 10
- **Diagrams:** 19
- **References:** 582
- **Audience:** Those with chronic illnesses pursuing happiness
- **Most referenced:** Aristotle, Tal Ben-Shahar, David Nettle, Sonja Lyubomirsky, Martion Seligman

DID YOU KNOW?

- Happy people get higher paying jobs, better marriages, and a lifespan up to 10 years longer
- Those who are chronically ill are 10 per cent less happy than the average person
- We tend to focus on when our emotions peak and end rather than how long the last
- 60 per cent of Canadians are happy with their jobs as compared to 15 per cent of Americans
- Oscar winners (who experience a boost) seem to live longer than those who have only been nominated
- Evolution has hardwired our brains to focus on the negative — it takes three to five positive things to counteract one negative
- Substance abuse occurs more commonly in 33 per cent and 20 per cent of mental and physical pain cases respectively
- The world's happiest societies share commonalities of a mixed economy, democratic government, transparent laws, familial freedom, and good healthcare/literacy/numeracy
- Losing as little as one per cent of your body weight in liquid affects mood, focus and energy — so stay hydrated!
- 67 per cent of the universal basic emotions are experienced in a negative way (anger, disgust, fear)

PARAPHRASES & TAKEAWAYS

- Happiness in general & pleasure in particular
- Pursuing goals helps one to cope through focus & purpose
- One can only be happy by making an effort to be happy on a daily basis
- Most of us are mostly happy but don't see ourselves as so
- Happy people learn to feel emotions in the right way for the right reasons to the right people for the right length of time

HEALTH

HAPPINESS
ULTIMATE GOAL

- Limited by: genetics, circumstances, and intentional actions
- Four attitudes of happiness: hedonist, rat racer, nihilist, happy person
- Consider: three happy things daily and actualize your potential
- Happiness: is worth pursuing for positive consequences and intrinsic values but should not be pursued to impossible lengths

↑

INTERNAL GOODS
MODERATE GOAL

- Goals: for a better payoff one should be intrinsic, authentic activity-based and flexible
- Flow: for a better outcome and meaning compared to short-term happiness one should hyper-focus on pursuing a goal
- Relationships: for a core difference in happiness one should develop beneficial and emotional attachments

↑

EXTERNAL GOODS
LOW GOAL

- Work + Income + Social institutes + Relating to others + Physiology → Invest in goals & people

↑

PLEASURE
HEDONISM vs STOICISM

LAWRENTINA D'SOUZA

A chronic illness diagnosis will not impede the pursuit of happiness.



ATHLETICS AWARDS BANQUET

FRIDAY, MARCH 29, 2019 | ST. GEORGE BANQUET HALL

GRADUATING SENIORS RECEPTION 4:30 PM (by invite only) | AWARDS BANQUET 6:00 PM

TICKETS \$45 +HST (MARCH 4-17) \$55 +HST (MARCH 18-22)
 Ticket includes round trip shuttle transportation. Tickets are non-refundable.

Tickets available online www.gowarriorsgo.ca/athleticsbanquet or CIF/PAC Customer Service Desks

STORE **ATHLETES OF THE WEEK**

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TRACK & FIELD

CLAIRE MACKENZIE
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campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

upcoming events

**Thursday, April 11 and 12
4th Annual Used Book Sale** -hosted by Bereaved Families of Ontario-Mid-western Region. Thursday hours 1 to 8 p.m., Friday hours 9 a.m. to 8 p.m. For more info on donations and event, email jaime@bfomidwest.org.

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.
Gamelan: World Music Ensemble or Community Gamelan - join for credit or as extra curricular. For more informa-

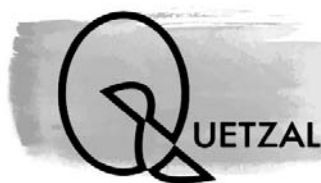
tion on requirements, rehearsals and concert dates, visit uwaterloo.ca/music/ensembles.

Volunteers needed at YOUR student newspaper, Imprint. No experience 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.

CLASSIFIED

HOUSING: ATTENTION Mandarin speakers - Free apartment for Mandarin speakers in exchange for helping our family learn Mandarin and some child care. Offering full private apartment near Cambridge. Contact Melanie.Blass@gmail.com.



Imprint's arts online magazine that reflects fine arts, photography, poetry and prose by University of Waterloo students, alumni & staff.

POSITIONS AVAILABLE

MANAGING EDITOR

Following team functions given by Executive Editor. Curate content, recruit volunteers, marketing for the magazine and chair meetings. Contribute to content and editing. Familiar with online design.

EDITOR POSITIONS

Photography ; Fine Arts ; Poetry & Prose

Contact editor@uwimprint.ca for more information



DISTRIBUTION DELIVERY/DRIVER NEEDED BEGINNING JUNE 2019

RESPONSIBILITIES AND TASKS

- * 19+ years of age
- * valid G2 drivers license, with a clean record
- * Overseeing a rented vehicle
- * Logging distribution numbers for delivery and pickup
- * Reporting all information to APM Manager

This is a contract job that entails hours of a 5 a.m. start and 10 a.m. finish, every Wednesday morning Fall and Winter Terms, and 3 to 6 times in Spring Term, delivering the official student newspaper of UW. There is presently 81 locations. Full training is done during delivery. \$100 is paid each distribution week.

Contact Laurie - ads@uwimprint.ca for more information

service directory

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